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ORIGINAL

Diagnostic Modalities and Management of Sialolithiasis: An experimental study

Modalidades diagnósticas y tratamiento de la sialolitiasis: un estudio experimental

Ahtesham Ahmad Qurishi[1], Putta Chandana[2], Vishal Ashokrao Mhaske[3], Puneeta Vohra[4], Suhas Gupta[5], Amritpal Sidhuo[6]

[1]Department of Maxillofacial surgery and Diagnostic sciences, college of Dentistry, Jizan university. Saudi Arabia.
[2]Centre for Multidisciplinary Research, Anurag University. Hyderabad, Telangana, India.
[3]Department of Radio-diagnosis, Symbiosis International University. Pune, India.
[4]Department. of Oral Medicine & Radiology, Faculty of Dental Sciences, SGT University. Gurugram, Haryana, India.
[5]Centre of Research Impact and Outcome, Chitkara University. Rajpura - 140417, Punjab, India.
[6]Chitkara Centre for Research and Development, Chitkara University. Himachal Pradesh-174103 India.

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Corresponding Author: Ahtesham Ahmad Qurishi

ABSTRACT

Introduction: sialolithiasis, the calcification of stones in the salivary glands, is an over diagnosed but under diagnosed condition that can cause significant pain, discomfort, and impaired gland function. Early diagnosis and effective management are important to prevent complications. The research takes into account the diagnostic modalities and management of Sialolithiasis.
Objective: the objective of research is to compare the effectiveness of various diagnostic techniques in diagnosing Sialolithiasis and different management techniques, both conservative and surgical.
Method: the research was performed on a sample of 350 Sialolithiasis-diagnosed patients. Diagnostic processes involving sialography, ultrasonography, and CT scans were performed on the participants. Therapeutic approaches, such as sialogogues, massage, and surgical extraction, were applied and results were compared according to the size, position, and material of the stones. Success rates, complications, and healing periods were assessed.
Results: the research revealed that ultrasonography and sialography were the best non-invasive diagnostic methods with CT scans helpful in identifying larger and deeper stones. Surgical treatment yielded the most conclusive results, especially in large or multiple stones. Conservative measures were successful in small, superficial stones, but recurrence was frequent in larger ones.
Conclusions: early diagnosis of Sialolithiasis is crucial for preventing further complications. While non-invasive techniques are effective for initial detection, surgical intervention remains the most reliable method for stone removal. Further research is needed to explore minimally invasive options and improve management strategies for different stone sizes and gland locations.

Keywords: Sialolithiasis; Diagnostic Modalities; Stone Removal; Salivary Glands; Salivary Duct Obstruction.

RESUMEN

Introducción: la sialolitiasis, la calcificación de cálculos en las glándulas salivales, es una afección sobrediagnosticada pero infradiagnosticada que puede causar dolor significativo, molestias y deterioro de la función glandular. El diagnóstico precoz y el tratamiento eficaz son importantes para prevenir complicaciones. La investigación tiene en cuenta las modalidades diagnósticas y el tratamiento de la sialolitiasis.
Objetivo: el objetivo de la investigación es comparar la eficacia de diversas técnicas de diagnóstico en el

diagnóstico de la sialolitiasis y diferentes técnicas de tratamiento, tanto conservadoras como quirúrgicas.
Método: la investigación se llevó a cabo con una muestra de 350 pacientes diagnosticados de sialolitiasis. Se realizaron procesos de diagnóstico que incluían sialografía, ecografía y tomografía computarizada a los participantes. Se aplicaron enfoques terapéuticos, como sialogogos, masajes y extracción quirúrgica, y se compararon los resultados según el tamaño, la posición y el material de los cálculos. Se evaluaron las tasas de éxito, las complicaciones y los períodos de curación.
Resultados: la investigación reveló que la ecografía y la sialografía eran los mejores métodos de diagnóstico no invasivos, y que las tomografías computarizadas eran útiles para identificar cálculos más grandes y profundos. El tratamiento quirúrgico arrojó los resultados más concluyentes, especialmente en cálculos grandes o múltiples. Las medidas conservadoras tuvieron éxito en cálculos pequeños y superficiales, pero la recurrencia fue frecuente en los más grandes.
Conclusiones: el diagnóstico precoz de la sialolitiasis es crucial para prevenir complicaciones posteriores. Si bien las técnicas no invasivas son eficaces para la detección inicial, la intervención quirúrgica sigue siendo el método más fiable para la extracción de cálculos. Se necesitan más investigaciones para explorar opciones mínimamente invasivas y mejorar las estrategias de tratamiento para diferentes tamaños de cálculos y ubicaciones de las glándulas.

Palabras clave: Sialolitiasis; Modalidades Diagnósticas; Extracción de Cálculos; Glándulas Salivales; Obstrucción de los Conductos Salivales.

INTRODUCTION

Stone develops in the ducts of all three primary saliva glands—the parotid, submandibular, and sublingual glands—due to a harmless condition known as sialolithiasis. It is the single most prevalent cause of enlarged glands for saliva. Sialadenitis, an additional infection caused by bacteria, or, in extremely rare cases, the development of an ulcer can occur when sialoliths block salivation ducts. The symptoms that appear most frequently are decreased salivary flow and cyclical postprandial swelling of the affected area. A thorough physical exam is usually sufficient to detect bigger saliva stones that affect the distal submandibular duct. Historically, conventional radiography, sialography, and digital subtraction sialography were used to diagnose cases with tiny stones in the parotid duct (Stenson's duct) or distal submandibular duct.[1] Point-of-care Modern tests for diagnosis include sialoendoscopy with clear viewing, CT, and MRI scans. Surgery, invasive sialography, lithography, manual massaging of distal stones out of the ducts, and sialogogues are some of the treatment options for sialolithiasis.

In big salivary glands and extremely rarely in lesser salivary glands, sialolithiasis is characterized by a cemented lump behind a salivary gland or duct.[2] This disorder typically causes the salivary duct to become blocked, which raises the risk of bacterial infections. The swelling, inflammatory processes, and discomfort are the signs, which are frequently associated to meals and are brought on by the natural salivary flow being obstructed. Sialolithiasis affected anywhere from one and two percent of people. In accordance with the analysis of the literature and a sample of data from hospitals, the annual incidence of sialolithiasis was estimated to be between 2,9 to 5,5 for each 100 000 person-years. In Denmark, the annual rate of severe sialolithiasis has recently fluctuated between 73 and 14 per million individuals.

Sialoliths are the primary cause of the salivary gland obstructions that leads to glandular ectasia and gland hypertrophy.[3] The greatest percentages of calculi generation were found in the submandibular (83–94 %), parotid (4–10 %), and sublingual (1–7 %) gland. Due to immobility caused by the lengthy curved placement with the whartons duct and the saliva's alkaline, viscous, mucus-rich, and greater phosphate and calcium material, compared to the parotid glands as a whole, the submandibular glandular system can be more prone to the generation of sialoliths. Males are more frequently impacted than females Submandibular glands transplantation were performed on clinically healthy cervical lymphatic vessels utilizing the gland on a side opposing the primary malignancy. The necks first through third levels had been properly dissected. The submandibular gland was then dissected and left attached to the submandibular ganglion, face artery, or vein.

Any suspicious glands and all level-one lymphatic nodes (submental and submandibular) have been sent to freeze segment examination. If these lymph nodes are malignant, the procedure was stopped, and a full neck resection was performed. The anterior belly of the digastricus muscle was released from the tissues that supported it when the mylohyoid muscles were cut. The facial artery and vein were tied off and severed right where the roots that supplied the glands were located. The most prevalent indication of obstructed sialadenitis, the "meal-time syndrome" is characterized by recurrent severe periprandial swelling in the afflicted glands. This condition is frequently aggravated by recurrent bacterial infections that are accompanied by fever and

purulent discharge at the papilla. Abscess formation, widespread cellulitis, and compromised airways can result from untreated salivary gland obstruction.

About 80–90 % of the time, sialolithiasis affects the submandibular gland. Submandibular sialoadenectomy has always been the preferred course of treatment for difficult-to-treat sialolithiasis.[4] Submandibular sialolithiasis is now effectively managed with an elevated probability of gland preservation because to recent advancements in partly intrusive therapeutic approaches. Due to the disease's relatively low incidence and the difficulty of conducting significant studies, the cause of salivary stone development is still unknown, and research into its etiologic variables is still in its infancy.[5] The reasons for the development of salivary stones are assumed to fall under two distinct groups: composition reasons affecting the amount of calcium or enzyme function and structural reasons which alter saliva synthesis or flow (such as duct stenosis or inflammatory). There is no connection between the regional distribution of hard water and the occurrence of salivary calculi, according to research that looked into the subject. There was no evidence of a rise in salivary stones with hypercalcemia, according to studies employing animal models to research the impact of the condition.

Research examined that cutting-edge method that worked wonders for treating sialolithiasis.[6] When laying out the most effective possible therapies, making an assessment or conducting a variety of diagnostic, managing treatments during an operation, and keeping an eye on patients following surgery, it offered essential data that proved helpful. Research examined that Robotic surgery is also becoming more and more common for treating salivary stones as it can make sialolithotomy and sialadenectomy.[7] Therapy is performed in line with strategies combining various modalities.

Research examined that per-oral sialolith removal with endoscopic assistance, longer hospital stays following surgery are correlated with longer operations, larger sialoliths, and prior antibiotic use.[8] A recognized and effective way to avoid gland excision in the treatment of sialolithiasis is through the use of a minimally invasive treatment strategy. Research demonstrates that the fact of stone extraction alone has a lower rate of success that patient-perceived enhancement brought on the relief of symptoms.[9]

Research examined that Sialendoscopy is a minimally invasive approach for the diagnosis and treatment of sialolithiasis and duct scars of the salivary glands for adults.[10] This is an effective approach to conservative treatment. It possesses both analytical and therapeutic qualities, a high rate of success, and a low incidence of complications. It can be performed with regional or general sedation. Additional information using randomized controlled studies with larger subject populations and extended follow-up in stone and non-stone obstructive disorders is required, yet the preliminary findings are encouraging. Research examined that Parotid stones occur less frequently than submandibular stones, particularly among children, are frequently unilateral, and more frequently involve the salivary duct than the gland.[11] The exact cause of Sialolithiasis is yet unknown. There are numerous methods of diagnosis offered to locate stones in the salivary glands. Depending on the size and location of the sialoliths, sialolithiasis can either be treated clinically nor surgery. Regardless of the patient's age, doctors should consider sialolithiasis in its differential diagnosis of facial edoema in the parotid area.

Research examined the nature of this particular ailment and treatment, as well as the challenge of determining reported biases. According to the results, sialendoscopy is an efficient and secure approach for treating sialolithiasis in kids and ought to be used on a regular basis in clinical practice.[12] Research examined that the health issue was verified with an ultrasound test. It was discovered that the structure was an actual hyperechoic surrounded by a transparent anechoic (saliva) in every instance, pointing to Sialolithiasis.

Research examined that the most frequent natural reason for glandular enlargement is sialolithiasis, albeit it is quite uncommon in children.[13] An energetic patient's submandibular duct occlusion was treated with a straightforward, efficient, and simple operation. A favourable outlook is achieved by comprehending the various therapy methods and the method of diagnosis. Using a disclosure strategy can help ensure patients obtain the proper initial care, which can hasten the problem recovery process. Research examined that the importance of malt vinegar, lemon juice, and different boiling candies for it sialagogue actions as well as the possible consequences for the treatment of a condition called or Sialolithiasis.[14] According to popular perception, lemon sherbets did not perform better in tests than other sialagogues; instead, the compounds having the highest citric or lactic acid levels did perform well.[15]

Research examined that after six months, the patients who had SASDS treatment for sialadenitis absent sialolithasis had better symptom scores and a higher decrease in problem intensity.[16] Patients who underwent SASDS experienced a greater degree of overall, substantial symptom relief. Multiple assessments can be made to capture the intermittent and cyclical pattern of obstruction in the evaluation of long-term sialadenitis. Research examined the purpose of the current clinical instance was to illustrate the diagnostic, medical treatment, and surgery approach for the safe excision of a sialolith from the submandibular gland duct without interfering with the patient's stomatognathic activities.[17]

Research examined that Sialolithiasis is an uncommon disorder that can be considered when making a differential diagnosis for children who have swelling and tenderness under the mandible.[18] A patient can experience severe discomfort and morbidity from an incorrect diagnosis, hence a high index of suspicion should

always be preserved. Although medical therapy is the basis of care, submandibular gland ectomy has a place in certain circumstances, as seen in this example.

Research examined that Sialolithiasis can be treated without making a neck incision thanks to the Sialendoscopy.[19] The current findings revealed a percentage of calcium phosphate as well as previously unknown and well-established prognostic indicators for successful elimination of stones (7,5 mm). Furthermore, based on our findings, sialendoscopic surgery for patients having parenchymal stones needs to be carefully considered.

Research examined that per-oral sialolith removal with endoscopic assistance, longer hospital stays following surgery are correlated with longer operations, larger sialoliths, and prior antibiotic use. A recognized and effective way to avoid gland excision in the treatment of sialolithiasis is through the use of a minimally invasive treatment strategy. Research demonstrates the fact that stone extraction alone has a lower rate of success that patient-perceived HRQoL enhancement brought on by the relief of symptoms.[20] The purpose of this research was to assess an integrated approach for sialolithiasiscuracy.

The following are the remaining sections of this essay: Part 2 discusses comparable papers, Part 3 explains the approach, Part 4 lists the findings, and then Part 5 concludes.

METHOD

It examines the efficacy of different diagnostic modalities and treatment protocols for Sialolithiasis with regard to identification and treatment of salivary gland stones. It also compares conservative versus surgical treatment with regard to success, recovery periods, and long-term results.

Participants

The research involved 350 patients with sialolithiasis, divided equally between submandibular and parotid gland stones (175 patients in each group). Conservative and surgical management were both assessed, with diagnostic methods such as sialography and CT scans employed for identification. Success rates, recurrence, and recovery times were compared for both groups to determine the efficacy of various management approaches to cure stone.

Table 1. Demographic characteristics of patients

Characteristic	Features	Submandibular Gland Stones (n = 175)	Frequency (%)	Parotid Gland Stones (n = 175)	Frequency (%)
Age	20-30 years	90	51,43	85	48,57
	30-40 years	85	48,57	90	51,43
Gender	Male	90	51,4	85	48,6
	Female	85	48,6	90	51,4
Diagnostic Modality	Sialography	80	45,7	70	40,0
	CT Scan	95	54,3	105	60,0
Management Approach	Conservative	100	57,1	90	51,4
	Surgical	75	42,9	85	48,6
Comorbidities	Hypertension	70	40	50	28,57
	Diabetes Mellitus	50	28,57	55	31,43
	Smoking History	55	31,43	70	40

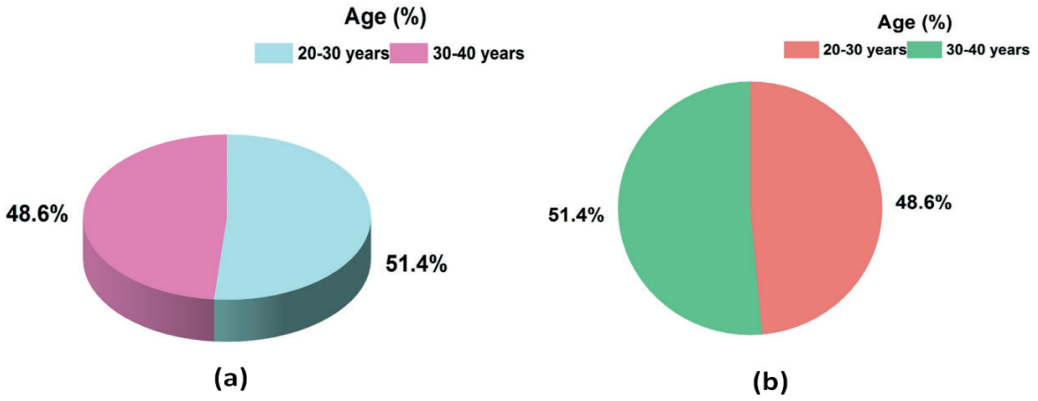

Figure 1. Age in (a) Submandibular Gland and (b) Parotid Gland Stones

Table 1 shows the Demographic characteristics of patients. Figure 1 presents the age in (a) Submandibular Gland and (b) Parotid Gland Stones. Figure 2 shows the Gender in (a) Submandibular Gland and (b) Parotid Gland Stones.

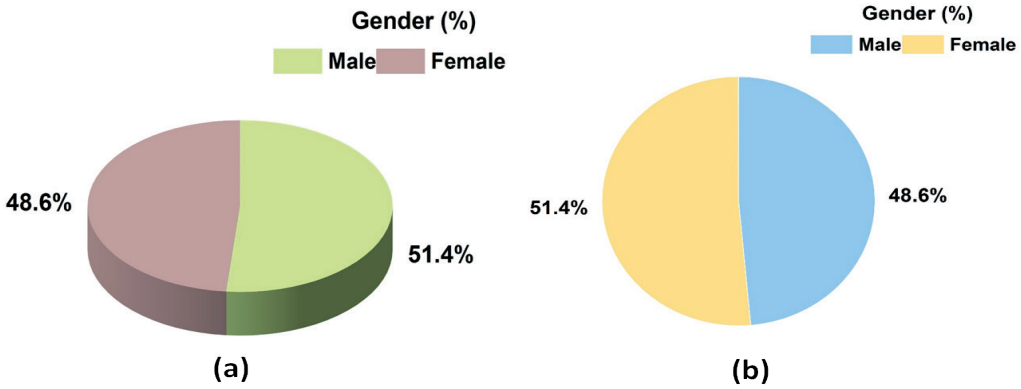

Figure 2. Gender in (a) Submandibular Gland and (b) Parotid Gland Stones

Diagnostic Modalities

Various imaging modalities are employed for the diagnosis of sialolithiasis to identify the presence, size, location, and character of salivary gland stones. Three significant diagnostic modalities employed in the research were sialography, ultrasonography, and computed tomography (CT) scans, with their respective benefits in the detection of sialolithiasis.

- Sialography: sialography is an advanced imaging method in which an injection of radiopaque dye-contained contrast medium with the salivary gland's ductal system is administered. Sialography demonstrates specific images of the ductal system, assessing whether there is a blockage or stones arising. Sialography tends to identify specifically those stones within the submandibular gland because stones usually are more regularly observed there. It is a helpful method for illustrating the size and shape of the stone, and also used to get an idea of the degree of ductal dilatation or damage caused by the stone.
- Ultrasonography: ultrasonography or ultrasound is a non-surgical diagnostic tool widely utilized in the diagnosis of sialolithiasis. It makes use of high-frequency sound waves to generate images of the soft tissues and is particularly valuable in the diagnosis of small stones, especially of the submandibular gland. The procedure involves the placement of a gel on the skin over the affected gland and the sweeping of a probe to take photographs. Ultrasound is also commonly employed because it is easily available, non-invasive, and possesses real-time imaging, which allows one to assess the gland as well as the surrounding tissues instantly.
- CT scans: CT scans are good at finding the bigger and more inward stones, which are harder to detect through other imaging processes. CT gives cross-sectional images of the gland with accurate data on the stone's size, location, and density. CT is particularly useful for the detection of stones in the parotid gland, where it is less frequent but can be harder to identify by other means. Although CT scans yield more accurate data, it is usually reserved as a second-line test following the use of non-invasive imaging techniques, specifically when surgical management is contemplated.

These diagnostic modalities used in combination, present a thorough method of sialolithiasis detection and characterization to allow accurate diagnosis and correct planning of treatment.

Treatment Approaches

Management of sialolithiasis consists of conservative and surgical approaches depending on the size, location, and composition of the stone. Three main approaches were used in this study: sialogogues, massage, and surgery.

- Sialogogues: sialogogues induce salivation to assist in the expulsion of smaller, superficial stones. It is effective for less embedded stones, employing agents such as sour candies or lemon juice to stimulate salivation. It is not as successful for larger or more embedded stones, and recurrence is frequent.
- Massage and warm compresses: massage and warm compresses are non-surgical methods employed to relieve symptoms and aid stone expulsion. Massaging the involved gland gently or using a warm compress can enhance saliva flow and diminish inflammation. It is effective in treating smaller stones but are less so for large ones.

- Surgical removal: surgical removal is the definitive management of larger or deeply seated stones. Surgery entails the direct removal of the stone, usually by a small incision in the duct or gland. It provides the best success rates for stone extraction but has a longer recovery period and complications like infection or ductal damage.

Evaluation Criteria

The primary criteria applied to evaluate the outcomes of treatment for sialolithiasis were composition, recovery time, recurrence, complications, and success of treatment. Treatment choices are influenced by the stone's composition because some stone varieties can react better to conservative techniques. The full removal of the stone and symptom relief are the markers of a successful treatment. The likelihood of new stones or failure of treatment is reflected in recurrence rates. Recovery time refers to the time taken to completely recover after therapy, whereas complications such as infection or ductal injury are always monitored.

RESULTS

The diagnostic methods and treatment options for Sialolithiasis emphasized on detection methods such as sialography, ultrasonography, and CT scans. It also assesses the efficacy of conservative management and surgical excision. The objective is to improve early diagnosis and optimize treatment outcomes for patients with Sialolithiasis.

Symptoms of Submandibular and Parotid Gland Stones

Submandibular stones are usually associated with a lot of discomfort, with almost all patients reporting high levels of pain. Pain results from the obstruction of saliva flow, which leads to inflammation and discomfort in the gland. Swelling and inflammation are also evident, as the stone obstructs the duct and normal secretion of saliva is prevented. The symptoms are the same in submandibular and parotid gland stone patients, but intensity may vary. Dryness of the mouth is another symptom found in patients with both parotid and submandibular gland stones. It arises because of decreased saliva production, leading to possible oral health problems and subsequently resulting in difficulty swallowing and increased likelihood of oral infection. Swallowing problem is also a symptom that may be common to both patients with submandibular or parotid stones because the obstruction of the salivary ducts may interfere with the normal act of swallowing. These symptoms emphasize the need for early detection and treatment to prevent further complications. Table 2 and figure 3 illustrate the Common Symptoms of Submandibular and Parotid Gland Stones.

Table 2. Common Symptoms of Submandibular and Parotid Gland Stones

Features	Submandibular Stones (n=175)	Parotid Gland Stones (n=175)
Prevalence of Pain (%)	85,7	78,0
Swelling and Inflammation (%)	70,0	66,0
Dry Mouth (%)	62,8	60,0
Difficulty in Swallowing (%)	45,1	40,0

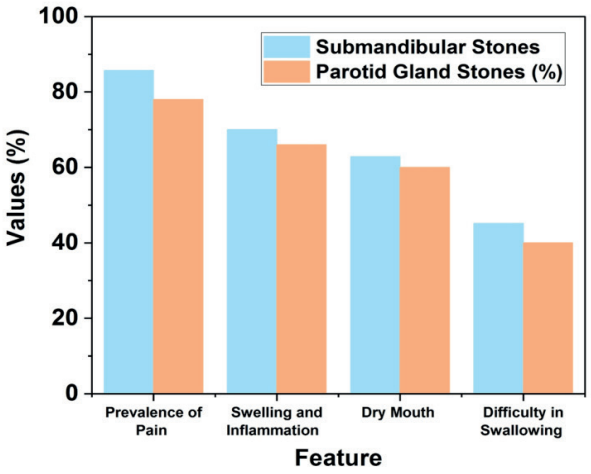

Figure 3. Common Symptoms of Submandibular and Parotid Gland Stones

Treatment Strategies for Submandibular and Parotid Gland Stones

The treatment options for both parotid and submandibular gland stones are a mixture of conservative and surgical approaches, each with differing success rates, recurrence rates, and recovery times. Sialogogues, employed to induce saliva production, are usually the initial treatment for smaller stones, encouraging it natural passage. Effective in some patients, recurrence can be a problem, particularly in larger stones. Warm compresses and massage relieve symptoms and can help with expulsion of stones in less substantial cases. With increasing size of the stone, however, the success of this non-surgical intervention is reduced. The most effective method is surgical removal, particularly for large or deeply placed stones, with high rates of success and total removal of the stone. This operation is usually accompanied by a longer recovery period, although the rate of recurrence is minimal. Table 3 presents the treatment Strategies for Submandibular and Parotid Gland Stones.

Table 3. Treatment Strategies for Submandibular and Parotid Gland Stones

Treatment Strategy	Success Rate (%)	Recurrence Rate (%)	Average Recovery Time (Days)
Submandibular Stones			
Sialagogues	65,5	25,0	7
Massage and Warm Compress	71,0	18,0	8
Surgical Removal	96,3	4,5	14
Parotid Gland Stones			
Sialagogues	63,0	20,0	6
Massage and Warm Compress	70,0	18,0	7
Surgical Removal	94,0	7,0	16

Effectiveness for Submandibular and Parotid Gland Stones

Table 4 illustrates the management results and efficacy for submandibular and parotid gland stone patients. It presents important points like the success of total stone clearance, degree of post-treatment symptomatic relief, post-operative complication rate, and rate of recurrence after surgery in both stones. For both parotid gland and submandibular stones, a high percentage of patients had successful complete removal of the stone via surgery, with the majority of patients also indicating marked symptom relief after treatment. Post-operative complications were low for both groups, with recurrence seen in a small percentage of patients.

Table 4. Effectiveness for Submandibular and Parotid Gland Stones

Outcomes	Submandibular Stones (n=175)	Parotid Gland Stones (n=175)
Complete Stone Removal (Surgical) (%)	97,0	96,0
Symptom Relief Post-Treatment (%)	95,5	92,5
Post-Operative Complications (%)	3,0	4,0
Recurrence After Surgery (%)	5,0	6,5

DISCUSSION

The treatment of submandibular and parotid gland stones demonstrates high success in both conservative and surgical management, with the latter offering the best results.[21,22] Conservative treatments like sialogogues and massage are especially effective for small stones but are limited in recurrence prevention. Surgery, with a longer recuperation period, is extremely successful in eliminating large or deeply located stones completely, with minimal complications. Both types of stones follow similar trends in relief from symptoms post-treatment, with significant relief from pain, swelling, and other symptoms.[23,24] Recurrence rates are reasonably low post-surgery, testifying to the efficacy of surgical removal as a long-term treatment. The findings highlight the importance of early diagnosis and appropriate management protocols for optimal patient outcomes.

CONCLUSIONS

Treatment of parotid and submandibular gland stones by conservative and surgical measures together has variable outcomes depending on the size and location of the stones. Small stones are treatable with conservative modalities such as sialogogues, massage, and warm compresses, but these are restricted by large or more inferiorly placed stones. Surgical intervention remains the best treatment for stone extraction, with

significant relief from symptoms and a high rate of overall stone clearance. Although surgery takes longer to recover from, complications are low and recurrence is not high. The imaging modalities such as sialography, ultrasonography, and CT scans are extremely important in determining the size, location, and type of stones, thus helping clinicians individualize treatment strategies based on this. In general, early diagnosis and proper choice of treatment are decisive factors in better patient outcomes, prevention of recurrence, and achieving long-term relief. Additional studies and refinements in minimally invasive methods could assist further in maximizing management approaches and decreasing recovery time in subsequent cases.

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None.

AUTHORSHIP CONTRIBUTION

Conceptualization: Ahtesham Ahmad Qurishi, Putta Chandana, Vishal Ashokrao Mhaske, Puneeta Vohra, Suhas Gupta, Amritpal Sidhu.

Data curation: Ahtesham Ahmad Qurishi, Putta Chandana, Vishal Ashokrao Mhaske, Puneeta Vohra, Suhas Gupta, Amritpal Sidhu.

Formal analysis: Ahtesham Ahmad Qurishi, Putta Chandana, Vishal Ashokrao Mhaske, Puneeta Vohra, Suhas Gupta, Amritpal Sidhu.

Drafting - original draft: Ahtesham Ahmad Qurishi, Putta Chandana, Vishal Ashokrao Mhaske, Puneeta Vohra, Suhas Gupta, Amritpal Sidhu.

Writing - proofreading and editing: Ahtesham Ahmad Qurishi, Putta Chandana, Vishal Ashokrao Mhaske, Puneeta Vohra, Suhas Gupta, Amritpal Sidhu.