

***Ayurvedic management of Mukhapaka w. s. r. to Stomatitis:
A case study***

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Abstract:

Mukha (mouth or oral cavity) is one of the important part of our body. Digestive system starts from *mukha* so it is important to maintain proper oral hygiene for our overall health status. *Mukhapaka* is a commonest disease of oral mucosa found in India as well as all over the world. *Mukhapaka* can be correlated with stomatitis or mouth ulcers as per modern science. Oral ulceration is encountered frequently in our daily practice. Stomatitis is curable & not considered threat to life but these ulcers have significant negative impact on the oral health, affecting the quality of life. It also affects normal activities like eating & swallowing. Sometimes brushing & talking also becomes painful.

In *Ayurveda* various treatment modalities are described for *mukhapaka*. I have selected one of them to establish efficacy of *Gandush* on *mukhapaka* in my present case study.

Keywords:

Mukhapaka, oral hygiene, stomatitis, oral ulcers, *Gandush*

Introduction:

Mukhapaka consists of two words, one is *mukha* (mouth) & other is *paka* (inflammation & ulcer). *Mukhapaka* can be correlated with stomatitis and inflammation, ulceration & pain are the main features of this disease. It affects the mucus membrane of mouth & lips, with or without ulceration. In *Ayurvedic* texts *mukhapaka* is described as

sarvasara roga due to its spread in complete oral cavity(1).

Commonest causes includes infection, nutritional deficiencies, allergic reactions, stress, hormonal influence & radiotherapy etc.(2). It is characterized by small vesicles on the oral or pharyngeal mucosa which ulcerates with sloughy base & hyperemia. The lesion is extremely painful & may last for few days or weeks.

There is elaborate description of diseases of oral cavity under *Mukharoga* in *Ayurvedic* classical texts. They have defined "*Mukha*" as an organ which comprises *oshtha* (lips), *dantamoola* (gums), *danta* (teeth), *jihva* (tongue), *talv* (palate), *gala* (throat) (3). *Mukhapaka* is one of the *mukharoga* & occurs in all over the oral cavity. *Acharya Charaka* has described it as *pittaja nanatmaja vikara*(4) which means disease produced by only *pitta dosha*. As *mukha* is a part where *pranavayu sanchara* takes place & If *mukharoga*s are not treated in time may produce obstruction to breathing (proving fatal), hence should be treated immediately (5).The diseases of mouth are generally caused predominantly by *kapha* and *rakta* hence *raktavisravava*, *kayashirovirechana*, *vamana*, *kaval* & *gandush* with *katu tikta rasa dravyas* and *kapha raktahara* treatment is beneficial (6). In modern medicine there is no specific treatment for stomatitis. Combination of antibacterial & anti inflammatory are generally used in the form of paste, gel or solutions for application & gargles, which gives symptomatic relief by cooling soothing effect (7). But in *ayurvedic* texts many treatment modalities are described for *mukhapaka*.

So i have selected one of them in this present study which *Charaka* has indicated *gandush of darvi ghana with madhu for mukhapaka*(8). *Gandush* is the process of holding medicated liquid in the mouth for specific time without moving it inside the mouth. This process will heal ulcers in mouth.

Aims & Objectives:

- 1) To study the efficacy of *Gandush* with *abhyantar chikitsa* in the management of *Mukhapaka*.
- 2) To assess the reduction in severity of *Mukhapaka* after treatment.

Materials & Methods:

A female patient of age 27 years who was suffering from recurrent mouth ulcers approached to me. She had complaint of intolerance to hot & spicy food, was not able to eat. Talking was also painful. It caused lot of pain & agony since last 6 months. Here we find the root cause of disease is *pittaprakopa*, means aggravation of *pitta* due to etiological factors such as *ushna*, *teekshna katu ahara*, *ratrijagaran*, etc. She was examined systemically. History revealed that she developed multiple ulcers from 6 months, treated for that but had temporarily relief with ulcers healed, but recurrence process continued affecting her daily routine work.

Patient's History & Systemic Examination:

- *Nadi* - *pittapradhan vata*
- *Mala* - *malavashtambha*
- *Mutra*- *prakrut*
- *Jihva* - *aarakta*
- *Sparsh*- *ushna*
- *Druk* - *prakrut*

- *Akruti - madhyama*
- *Agni - madhyama*
- *Koshtha - Madhyama*
- *Satva - uttam*
- *Prakruti- kaphanubandhi pitta*

Local Examination:

• Redness on the tip of the tongue & inner surface of left cheek

• 3 patches of ulcers were seen which were reddish white in colour

Method of Scoring:

No. of vesicles **score**

(*pidakas*)

No *pidaka* 0

1 - 2 *pidakas* 1

3 - 4 *pidakas* 2

More than 4 *pidakas* 3

No. of ulcers **score**

(*vranas*)

No *vrana* 0

1 - 2 *vranas* 1

3 - 4 *vranas* 2

More than 4 *vranas* 3

***Shoola* (pain)** **score**

No pain 0

Mild pain 1

Moderate pain 2

Severe pain 3

Daha **score**

(burning sensation)

No burning 0

Mild burning 1

Moderate 2

Severe 3

Score Before & After Treatment:

Score

Before treatment 9

After 10 days 5

After 20 days 3

After 1month 1

After 2month no recurrence

After 3month no recurrence

Plan of Treatment:

A) *Nidan parivarjana*

B) For constipation & *pittashamana* for 10 days

1) *Avipattikar churna* 3gms at bed time

2) *Kamdudha vati* 2 tablets twice daily

C) Local treatment for ulcer healing - *Gandush of Darvi ghana* - 50 to 80 ml mixed with 10gms. honey two times daily.

Results:

Step by step significant improvement was observed in this patient. After treatment of 15 days, pain & intolerance of hot & spicy food was reduced. Gradual improvement was there in symptoms. After one months treatment patient got complete relief so *Kamdudha vati* & *Avipattikar churna* were stopped but *Gandush* was continued for next 15 days & thereafter *gandush* also stopped. Follow up was taken after 2 & 3 months, at this time there was no recurrence seen.

Discussion:

Mouth ulcers are one of the commonest occurring diseases of oral cavity. *Apathyakara ahara & vihara* i.e. improper food habits & life style are the most important causative factors. *Gandush of Darvi ghana* with honey acts as a topical medication that directly affects on oral mucosa by increasing mechanical pressure inside the oral cavity. The active ingredients of the *Gandush dravyas* stimulates parasympathetic fibers of salivary gland, causing secretion of saliva in large quantity. Immunoglobulin Ig in saliva has antimicrobial & antiviral action.

Sthanik dosha chikitsa is very necessary along with internal medicines as the *doshas* at particular site are in *leen* stage.

So for *shodhana* of these *leen doshas* local treatment is important. Here transdermal microabsorption of *Gandush dravyas* helps to flush out harmful *doshas* & heal the ulcers.

In *Ayurveda*, a traditional medicinal system *Darvi (Daruharidra)* is being used in wound healing. Its root bark contains the bitter alkaloid 'berberine' which is mainly used as antibacterial, antipyretic, anti-inflammatory, analgesic agent. *Daruharidra* mixed with *Madhu* (honey) is useful in the treatment of aphthous sores, abrasions & ulcerations. *Kashya rasa of daruharidra* heals wounds & mitigates *kapha, rakta & pitta*(9). Honey being cold in potency, mitigates bleeding disease & aggravation of *kapha*, heals wounds(10). Honey also provides clarity in the oral cavity, heals the ulcers & pacifies burning sensation (11). The healing property of honey is due to its antibacterial activity & its high viscosity helps to provide a protective barrier to prevent infection. Its *immunomodulatory* property is useful in wound repairing also(12).

Conclusion:

Improper dietary habits & life style causes *Mukhapaka*. *Ayurveda* mainly focuses on *Nidan parivarjana* to arrest further progression & recurrence of the disease. This study shows that *sthanik chikitsa* for *leena dosha* is very necessary along with internal treatment. Here in this case *gandush* worked successfully. But as it is only single case study, multiple clinical studies should be conducted to establish this treatment as a

reliable treatment in non-responsive cases of stomatitis.

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Conflict of Interest:

Non

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