



Management of *Mukhapaka* with Ayurvedic Treatment with special reference to Stomatitis-A Case Report

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ABSTRACT:

The mouth is a window to the body's health. It can show signs of nutritional deficiencies or general infection. Oral health is an integral component of general health and well being for all ages. *Mukhapaka* is a commonest disease of oral mucosa found in India as well as all over the world. *Mukhapaka* is nothing but a recurrent mouth ulcer or Stomatitis. Oral ulceration is encountered frequently in our daily practice because of over consumption of extremely pungent and spicy food, chewing of chemical agents like Tobacco-Gutkha and also Vitamin deficiency. Stomatitis is curable & not considered threat to life but these ulcers have significant negative impact on the oral health and affecting the quality of life. It also affects normal activities like eating & swallowing. Sometimes brushing & talking also becomes painful. In present era, world is looking at *Ayurveda* with the hope that it is going to provide good asset to the treatment of ailing humanity. In *Ayurveda* various treatment modalities are described for *Mukhapaka*. I have selected one of them to establish efficacy of *Gandusha* and *Pratisarana* on *Mukhapaka* in my present case study.

Keywords: *Gandusha, Mukhapaka*, oral hygiene, *Pratisarana*, Stomatitis

INTRODUCTION

Mukhapaka is a very common disease of oral cavity in India as well as Asia due to excessive consumption of *pitta prakopakaahara* like spicy oily food, tobacco chewing, smoking, alcohol consumption, fast food etc. Tobacco chewer has more prone for mouth ulcers. *Mukhapaka* consists of two words, one is *mukha* (mouth) & other is *paka* (inflammation & ulcer). *Mukhapaka* can be correlated with Stomatitis. It affects the mucus membrane of mouth & lips, with or without ulceration. The symptoms of *Mukhapaka* are ulcerations, difficulty to open mouth,

coppery red and looseness of the skin, the tongue become intolerant to cold, burning sensation, bitter taste in mouth and itching¹.

Sarvasara Mukharogas are named as *Mukhapaka*, as it occurs by spreading completely in the *Mukha*². According to *Susrutha Mukha Roga* occurs due to intake of unwholesome food, curd, milk, fermented gruel, not cleaning the teeth daily, improper administration of inhalation, emesis, gargles and venesection³. In today's lifestyle intake of packed food, acidic food, food added with preservatives, and taste enhancers has increased along



with heavy workload related to a disturbed sleep schedule, random food eating times, and constant need to outperform induced stress. Which act as a causative factor for disturbed physiology of the body and cause disease. Oral hygiene is mostly neglected in our country. Poor oral health results in chronic conditions and systemic disorders.

Ayurveda is work on Preventive and Curative aspects, The focus of Treatment in Stomatitis according to modern view is local pain reliever, mouth lotion, Corticosteroids and Vit B complex. it is not satisfactory only symptomatic treatment. But in *Ayurveda* the treatment modalities for *Mukhapaka* include *Shamanoushadhi* and *shodana* treatment along with food and lifestyle changes.

MATERIAL AND METHODS

Case History- A 25 years old female Patient came to *Shalaky* OPD with the complaints of ulcer over tongue and inside oral cavity since 10 days. associated with burning sensation, difficulty in swallowing of food. Also complaints of constipation since 1 week.

History of Present Illness - Patient was apparently alright 10 Days before. Gradually She noticed multiple Ulcer over lateral surface of tongue. Next day she noticed multiple ulcer over buccal mucosa of oral cavity, hard and soft palate. then she noticed burning sensation, pain and difficulty of swallowing of food. and also she notice constipation since 1 week. above the complaint she approached to our OPD.

History of past illness- Nothing specific

Family History- Nothing specific

O/E (On Examination)

GC -Fair

Pulse-72/min

Bp-120/80 mm/Hg

Spo2-97

RR-19/min

Astavidha Pariksha

Nadi-Vata-Pitta

Mala-Malastambha

Mutra-Prakruta

Jiva-Vikrutha

Shabd-Prakruta

Sparsh-Ushna

Druka-Prakrut

Aakruti-heena

Systemic Examination

RS-normal

CVS-S1S2 Normal

CNS-Conscious Oriented

GIT-Liver, Spleen Not Palpable

Table-1 -Local Examination -oral cavity (Before treatment)

Samprapti Ghataka

Dosh-Pittaja

Dushya-Rasa, Raktha

Marga-Abhyantara

Agni-Jathargnimandya

Strotas-Rasavaha, Rakthavaha, Mamsavaha

Treatment Plan -Table 2: Drug name

RESULT

After 10 days Patient follow up shows-ulcer was clear, no redness, no pain and absence of constipation

DISCUSSION

Mukhapaka resemble with Stomatitis or Aphthous ulcer in modern. it is common in now days because of sedentary life style and fast food habits. Today's fast-paced lifestyle and busy schedule have made everyone to prefer junk foods over making fresh foods. in this case study I have adopted *Gandusha*, *Pratisarana* and internal medication.

Gandusha-Mode Of Action

Gandusha as a topical medication that directly affects on oral mucosa by increasing mechanical pressure inside the oral cavity. The active ingredients of the *Gandusha* stimulates parasympathetic fibers of salivary gland, causing secretion of saliva in large quantity and presence of Immunoglobulin Ig in saliva promote the healing process because it has antimicrobial & antiviral actions.

Properties of *Panchavalka kashaya*⁴-

Panchavalka has the properties of *kapha-vata hara* and *vrana prakshalana*, *vrana ropana*, *shothahara* and *rakta shodhaka*. Pharmacological action of *Panchavalka* (Bark) is found to have Anti inflammatory, Analgesic and Antimicrobial properties. Early researches explain that tannins present in *Nyagrodha* and *Udumbara* are

antioxidants and blood purifiers with anti-inflammatory actions. Tannins also proved to have antimicrobial property which might have reduced the vrana. The phytosterols and flavonoids are anti-inflammatory and analgesics reducing the pain. Hence these constituents in the *Panchavalkala* might have helped in regression of signs and symptoms of ulcer, hence by administering these drugs in the form of *Kashaya*⁵ helps to flush out harmful *doshas* & heal the ulcers.

Stomatab Capsule

Stomatab Capsule is a herbal Ayurvedic formulation from Sagar Pharmacy, its available in the form of a capsule. The capsule is indicated for the treatment of stomatitis, glossitis and gingivitis⁶. Above ingredients are having *vrnashodaka*, *vrnaropaka* and anti-inflammatory properties. Main ingredients has *shoditha gairika*. It is chemically Fe₂O₃. Its having properties like *rakthasthambaka*, *dahagna*, *vishagna*, *kandugna* and *vrnaropaka*⁷.

Content of stomatab capsule mixed with Honey and do the pratisarana over ulcer for 20min. being cold in potency of honey mitigates bleeding & aggravation of *Kapha*, heals wounds⁸ & pacifies burning sensation⁹. 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 also¹⁰.

Chitrakadi vati

Chitrakadi vati mainly indicated in *Ama*^{11,12} condition. *Ama* is one of the causative factors for *Mukhapaka*.

Avipatthikara choorna

Avipatthikara choorna, a poly-herbal formulation, is one of the popular *Ayurvedic* formulations which is used for GIT related ulcer. This drug having properties like Anti-Ulcerogenic Activities^{13,14,15}.

CONCLUSION

"*Swasthasya swastha rakshanam athurasya vikara prashamanam*"-*Ayurveda* mainly focuses on *Nidan parivarjana* to arrest further progression & recurrence of the disease. Improper dietary habits & life style causes *Mukhapaka*. The focus of Treatment in Stomatitis according to modern view is local pain reliever, mouth lotion, Corticosteroids and Vit B complex. It is only symptomatic treatment and not satisfactory. But in

Ayurveda the treatment modalities for *Mukhapaka* include *Shamanoushadhi* and *shodana* treatment along with food and lifestyle changes.

This study shows that *sthanik chikitsa* for *leena dosha* is very necessary along with internal medications. Here in this case *Gandusha* and *Pratisarana* 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 *Mukhapaka*.

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Table-1 -Local Examination -oral cavity (Before treatment)

<u>Structure</u>	<u>Inspection</u>		<u>Palpation</u>	<u>Percussion /picture</u>
Lip	<ul style="list-style-type: none"> ● dry ,scally on lip surface ● Colour-pale 		No tenderness	-----
<u>Oral mucosa</u>	<ul style="list-style-type: none"> ● Multiple ulcer present on buccal mucosa ● Shape-round,regular ● Size-approximatly 1mm*1mm ● Discharge-no ● Colour-reddish ● Margine-definate ● Center-edematous 		Tenderness	-----
<u>Tongue</u>	<ul style="list-style-type: none"> ● Multiple ulcer present on lateral surface ● Shape-round,regular ● Size-approximatly 1mm*1mm ● Discharge-no ● Colour-reddish ● Margine-definate ● Center-edematous 		Tenderness	
<u>Hard and soft palate</u>	<ul style="list-style-type: none"> ● Multiple ulcer present over hard and soft palate ● Shape-round,regular ● Size-approximatly 1mm*1mm ● Discharge-no ● Colour-whittish ● Margine- definate ● Center -flat 		Tenderness	
<u>uvula</u>	<ul style="list-style-type: none"> ● 2 ulcer present over uvula ● Shape-round, regular ● Size-approximatly 1mm*1mm ● Discharge-no ● Colour-whittish ● Margine- definate ● Center -flat 		No tenderness	
<u>Gum</u>	<ul style="list-style-type: none"> ◆ Colour -pinkish ◆ NAD 		No tenseness	
<u>Tooth</u>	Caries present	7 3 6	No tenseness	<ul style="list-style-type: none"> ● No tenseness ● No mobile tooth

Table 2: Drug name

Sn	Drug name	dosage	time	duration
1	<i>Avipatthikara choorna</i>	1tsp Tid	After food	10days
2	<i>Panchavalkala gandusha</i>	100ml Tid	After food	10days
3	Tab.stomatab <i>pratisarana</i> with honey	1 tab	After food	10days
4	<i>Chitrakadi vati</i>	1tab Tid	After food	10days

Picture no-01(Before treatment)



Picture no-02(After treatment)

