Role of Ayurveda in the Management of Mukhapaka WSR to Oral Cancer – A Review

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ABSTRACT

Background: Mouth ulcers known as “Mukhapak” or “Sarvasar Rog” frequently occur. Its signs and symptoms are comparable to those of oral cancer. The term “oral cancer” refers to cancer that affects the lips, tongue, palate, gingiva, alveolar mucosa, buccal mucosa, and oropharynx. In India, oral cancer is distinct from oral cancer in Western countries because it is more likely to be caused by tobacco use (70%) and is more likely to be discovered in its third or fourth stages. The habit of chewing betel nuts and tobacco, consuming large amounts of chiles and other spices, having a weak immune system, smoking, drinking alcohol, and having dietary deficits are all likely to contribute to the disease.

Materials and Methods: Both primary and secondary sources were used to gather the data for the current analysis, with literary studies of key Ayurvedic texts and Samhitas as well as commonly read research articles serving as particular examples.

Results: The Ayurvedic analysis of the disease situation suggests that it is more closely related to chronic Sarvasara mukharoga, a Vata-pitta dominant syndrome. This trait of mouth cancer, according to Ayurveda, is present in Vata-paitik people.

Discussion: To cure this condition, some medication that is described in the Ayurvedic classics has been collected. There are several different therapy regimens documented in Ayurveda. Sarvasara roga due to its spread in complete oral cavity.[5] In ancient Ayurvedic texts, disorders of the mouth cavity are described in detail under the term Mukharogas. According to their definition, “Mukha” refers to an organ that includes the oshtha (lips), Dantamoola (gums), danta (teeth), jihva (tongue), talu (palate), and gala (throat).[6] One of the Mukharoga, Mukhapaka, can be found throughout the oral cavity. Pitaja nanatmaja vikara, which translates as sickness created by only Pitta dosha, is how Acharya Charaka characterized it.[7] Since the Mukha is the area where Pranavayu sanchara occurs, Mukharogas should be treated right away since they could cause breathing obstruction, which could be fatally.[8] Since Kapha and Rakta are typically the main causes of mouth disorders, Raktavisravava, Kayashirovirechana, Yamana, Kavala, and gandush with Katu tikt rasa dravyas and Kapha raktahara therapy is advantageous.[9]

1.1. Aims and Objectives

- The study aimed to evaluate, elaborate, and discuss the management and prevention of Mukha paka with special reference to oral cancer.
2. MATERIALS AND METHODS

Material related to review of Mukhapaka and Cancer is collected from Ayurvedic text and text book of modern medicine, respectively. The index, non-index medical journals have also referred to collect information of relevant topic.

3. REVIEW OF LITRETURE

3.1. Mukhapaka

Mukhapaka is the name for a disease that affects the buccal mucosa, which is part of the oral cavity. The four types of Mukhapaka stated by Acharya Sushruta are Vataja, Pittaja, Kaphaja, and Raktaja mukhapaka.

3.1.1. Vataja mukhapaka

The vitiated Vata Dosha causes Ruksha vrana (rough ulcer), Aruna Varna (redness), Tamra aushita (redness in lips), Sheetasha, Guru, Sphutita, Kantakachita jihva, and Vivranoti Kricha Mukha (difficulty in opening of mouth).

3.1.2. Pittaja mukhapaka

Daha (burning sensation), Ausha (pain), Rakta-peeta vrana (red-yellow ulcer), Tikta vaktrata (pungent mouth), and Ksharokshhitakshatasmasa vrana (Vrana felt like Kshara).

3.1.3. Kaphaja mukhapaka

Madhurasaya (sweetness in mouth), Kandu (itching), and Pichchhila Varna (sticky ulcer).

3.1.4. Raktaja mukhapaka

Symptoms resemble Pittaja mukhapaka.

3.2. Oral Cancer

3.2.1. Definition

A malignant neoplasia that develops on the lips or oral cavity is called oral cancer. It is typically referred to as a squamous cell carcinoma (OSCC) since 90% of malignancies in the dental area histologically begin in squamous cells. It exhibits varying degrees of lymph node metastatic propensity and levels of differentiation.

3.2.2. Status of oral cancer in India

In India, oral cancer is one of the most prevalent cancers that affect a sizable portion of the population. Due to their wide exposure to risk factors, people with low incomes are most at risk. Oral cancer has historically been mostly caused by tobacco use. In both young and adult Indians, the continued use of tobacco in various forms – such as gutka, zarda, mawa, kharra, khaini, cigarettes, bidi, and hookah is a key contributor to the development of oral tumors.

3.2.3. Risk factors

Smoking and drinking, two main risk factors for oral cancer, are present in 90% of cases, where they have a compounding influence on the disease.

4. MANAGEMENT THROUGH AYURVEDA

The importance of any workable strategy to battling this terrible disease cannot be overstated. Many ancient Ayurvedic writings make mention of cancer. There are several different words used to characterize the disease, some of which are much more comprehensive than others. The cornerstone to Ayurvedic cancer treatment is prevention. Acharya Charaka discussed cancer preventive strategies that work. Maintaining a healthy diet and way of life is part of it, as is avoiding contact with known carcinogens. It can be avoided by adopting a healthy lifestyle and eating habits, such as quitting smoking, eating more fruits and vegetables, exercising, avoiding direct sunlight, eating less meat, using whole grains, becoming immunized, and having frequent checkups. Ayurveda way of lifestyle focuses and management on all of these, under the following headings:

- Nidan parivarjana chikitsa is essential for preventing the disease’s further progression.
- Samanya chikitsa – Acharya Charaka has detailed sarvadehik shodhana karma, which includes shirovirechan and kayavirechan, in Mukhapaka. He has also discussed local measures, such as Mukhadhavan, Charwan, Pratissaran, Kashayapana, and Kavalagraha.
  - Mukhadhavan – Vagbhasa has discussed Mukhadhavan, which can be performed with Triphala, Patha, Mrudikaka, and Jatipraka kashaya combined with Madhu, in all sorts of Mukhapaka. Panchappallava kashaya, which includes Patol, Nimba, Jambu, Amra, and Malati, has been described by Yogaratnakar.
  - Charwan – Yogaratnakar has regularly explained Krushmajirak, Kushta, and Indrayava for Charwan purposes.
  - Pratissaran – By applying fresh juice of daruvaridra mixed with honey and Gairik will get cure for Mukhara, Mukhapaka, Rakadosha, and Nadivarna.
  - Kashayapana– Yogaratnakar has described the Saptacchada’s kashayapana, which includes the herbs ushir, Patol, Musta, Haritaki, Rohini, Yashimadhum, and Chandana.
  - Kavalagraha – The Kavalagrahan of dugdha, ekshurasar, gomutra, adhimastu, kanji, taila, and ghrita has been elucidated by Acharya Shushrut.
- Abhyantar chikitsa – Khadiradi gutika, which consists of Khadir, jati, karpour, tamalpatra, and nagkesar to treat problems of the tongue, lip, tooth, throat, and palate, has been described by Acharya Yogaratnakar. Several overseas studies have shown that certain herbs have anti-cancer potential.
  - Garlic (Allium sativum)
  - Ashwagandha (Withania sominifera)
  - Basil (Ocimum basilium)
  - Ginger (Zingiber officinalis)
  - Turmeric (Curcuma longa)
  - Green tea (Camellia sinensis)
  - Anti-cancer activity of cow urine
  - Aleo vera, saffron, and tomatoes (solanum lycopersicum)

5. DISCUSSION

Mukhapaka is an oral cavity disease that causes ulcers in the mouth. It is the Paka of the oral mucosa. The symptoms of mukhapaka can be compared to those of oral cancer. Since oral cancer is a chronic supraclavicular disease, holistic management of oral cancer should start with Kosthashuddhi (mild purgation) and Shiroyshuddhi. Acharya Vagbhatta has also stated that the first line of treatment in Mukharogas should be the purification of the body and head using Kosthashuddhi and Shiroyshuddhi. Shiroyshuddhi removes Srotorodha (channel obstructions) and opens the channels for absorption in the supraclavicular region, which may have boosted the effects of all the employed medications and treatments. Kosthashuddhi causes Anulomana of Doshas and prepares the organ for greater absorption. The local treatments that are most frequently utilized in Mukharogas are Pratissaran (external application) and Kavala (gargling). It can be used by adopting a healthy lifestyle as a physiotherapeutic approach to reduce stiffness. Poor dietary and lifestyle choices lead to
Mukhapaka. Ayurveda mostly focuses on Nidan parivarjana to stop the disease’s future progression and recurrence. A healthy, balanced diet and way of life are also encouraged in addition to medication. It is similarly crucial for cancer prevention. A healthy body will help to maintain Aahar (diet) and Dincharya (lifestyle), which can lower the risk of various oral cancers. A portion of it is altering your diet to include more fruits, vegetables, organic grass-fed meats, and less processed food. In addition, getting enough sleep, practicing yoga, meditation, reducing stress, developing excellent habits, and taking high-quality supplements are all beneficial for health. Many plants have a high promise for treating cancer. That can be used in food and medicine, such as tomatoes, ginger, cow urine, basil, garlic, and turmeric. They possess anti-cancer qualities. Simple dietary and lifestyle modifications can prevent oral cancer.

6. CONCLUSION
The reviews show that as stated in Ayurveda, nutrition and lifestyle play a significant impact in preventing and reducing the incidence of oral cancer. We came to the conclusion that modifying our food and lifestyle can lower the risk of cancer and increase our ability to prevent it.

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REFERENCES

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