

ROLE OF DARVYADI RASKRIYA PRATISARAN IN MUKHAPAK W.S.R. TO STOMATITIS

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ABSTRACT- Mukhapaka is a commonest disease of mukha found in India as well as all over the

World. In this condition mukha s affected by paka process which is always associated with pitta dosha. Due to ulceration irritation, pain, burning sensation is experienced when patient take food. Sometimes liquid intake also becomes troublesome as cold or hot sensation gives lot of pain burning sensation etc. It may also occur because of chewing of chemical agents like Tobacco Gutakha, Insomnia, Vitamin deficiency, much life-threatening disease like Malignancy, Submucosal fibrosis, skin disease and disturbances in G.I. tract like Constipation. In modern medicine, several mouth paints and mouth gargles are used for the treatment infections, nutritional deficiencies, allergic reactions, radiotherapy etc. The causative factors are poor oral hygiene, diet. In this study, efforts were made to use Ayurvedic drug which is cost effective & alternative treatment for modern line of treatment of mukhapaka. Stomatitis has become very common problem in the present era .It is very important to have effective, economic & without any side effect medicine on it. According to vagbhata Darvayadi Raskriya Pratisaran is very effective in mukhpak.

KEYWORDS- MUKHAPAK, DARVYADI RASKRIYA PRATISARAN, STOMATITIS

INTRODUCTION- Ayurveda is ancient science of holistic healing through its herbal remedies. Ayurveda is comprised of eight parts called the “Ashtang” of Ayurveda. ShalakyTantra is a branch out of these ashtang. Shalakyatantra is one of the important branches of Ashtang Ayurveda that deals with the study of diseases of eye, ear, nose, and throat. This branch contains the detailed information of diseases related to the body parts above neck i.e.”urdhvajatrugat”.

Mukhapaka is a commonest disease of mukha found in India as well as all over the World. In this condition mukha s affected by paka process which is always associated with pitta dosha. Due to ulceration irritation, pain, burning sensation is experienced when patient take food. Sometimes liquid intake also becomes troublesome as cold or hot sensation gives lot of pain burning sensation etc. It may also occur because of chewing of chemical agents like Tobacco Gutakha, Insomnia, Vitamin deficiency, much life-threatening disease like Malignancy, Submucosal fibrosis, skin disease and disturbances in G.I. tract like Constipation. In modern medicine, several mouth paints and mouth gargles are used for the treatment infections, nutritional deficiencies, allergic reactions, radiotherapy etc.

[1] The causative factors are poor oral hygiene, dietary protein deficiency, poorly fitted dentures, furthermore in India, a habit of consumption of extremely pungent and spicy food poses a potential hazard to the oral mucosa. [2] It affects patient’s daily routine. It is found more in pitta pradhan dosh, pitta pradhan prakruti and pittaj kala. It is more found in India because people are more prone to have pitta prakopak ahar like spicy oily food, smoking alcohol consumption etc. and also pitta prakopak vihar like late night sleeping ,improper timings of meals etc. Due to the paka process, ulcers & inflammation over affected area is seen in mukha.[3] The disease Mukhapak can occur if it is neglected or not treated properly. Mukhapak is a common disease of oral cavity. Bad hygiene is one of the major

reasons which are very common in poor and uneducated class.[4] Oral ulceration is a common complaint of patients attending outpatient department. The estimated prevalence of oral ulcers is 25% in worldwide.[5] In Ayurveda, Mukhapak is a considered as a specific disease with its own specific Nidaana, Purvarupa, Rupa, Samprapti and Chikitsa. Thus an attempt has been made to study the disease Mukhapaka according to Ayurvedic text. There are 64 types of Mukhrogas mentioned by Acharya Charak, while Acharya Sushrut Acharya Bhoja and Madhav Nidana have mentioned 65 types of Mukhrogas. Acharya Vagbhata has mentioned 67 types of mukhrogas. Mukhapaka is one of the mukharoga and occurs in all over the oral cavity Acharya Kashyapa, Charak has described it as mukhapaka, while Acharya Sushruta and Acharya Vagbhata have described it as Sarvasara. In this study, efforts were made to use Ayurvedic drug which is cost effective & alternative treatment for modern line of treatment of mukhapaka.

As the life style is changed individuals are consuming excessive quantity of apthyakar ahar i.e. mixed type of food, acidic foods, spicy foods, chat foods, instant foods, Chinese, cold drinks etc. also addiction like chewing tobacco, suppari-(bettel nut), gutka, tobacco with lime, smoking, drinking alcohol etc. which internal disturb the normal physiology of the body. These dietary irregulating, Dietary allergen, habits and addictions perform long bad effects on human body which reduces the immunity and make them prone to many diseases; one of them is sarvasar i.e. Stomatitis. Many treatment modalities like antibiotics, anti-inflammatory, anaesthetics drugs, supplements like vitamins etc. are tried in modern science, which are either limited or unsatisfactory. Hence medical science is in the search of a safe, easily available cheap, therapy for this disease. Stomatitis has become very common problem in the present era .It is very important to have effective, economic & without any side effect medicine on it. As like Darvayadi Raskriya Pratisaran mentioned in vagbhata Uttarsthan. Mukhapaka is widely described in Nidansthan, its Hetu, RupaLakshana, Samprapti is given in SushrutaSamhita.

MATERIAL AND METHODS-

Mukhapaka is more common in students due to excessive consumption of spicy foods, acidic foods, mixed type of food, instant foods, dietary allergens & addiction, like chewing tobacco, betel-nut, gutca, tobacco with lime, drinking cold drinks, alcohol, etc, & mental stress, lack of sleep are some of the etiological factors. Burning sensation in mouth, intolerance to spicy foods, ulcers in oral cavity, difficulty in chewing ulcer the commonest signs & symptoms observed. Buccal mucosa is the commonest site involved in almost all cases, followed by soft palate, tongue, floor of mouth. Daruharidra Raskriya pratisaran is method of treatment for pittaja mukhapaka in major number of Ayurvedic classics. There was marked improvement in the subjective symptoms like burning sensation. In mouth intolerance to spicy foods, difficulty in chewing and objective findings like change in colour of buccal mucosa, Ulceration in the mouth, size & shape, position, their number, tenderness, depth etc. Improvement was also assessed by examining the condition of the oral mucosa, by examining the type & nature of the ulcer, buccal mucosa before and after the treatment.

Treatment with Daruharidra Raskriya Pratisarana proved to be very effective pittaj mukhapaka and good compliance of patient achieved. Drug is a product or a substance that is mainly used to modify or to explore the physiological symptoms of pathological states for the advantage and well-being of recipient. According to Acharya Charak, Drug is the second important Pada or Pillar of Chikitsa Chatushpada after Physician. [14] The comprehensive and detailed knowledge of drug is very much essential to a Physician because without it, patient cannot be treated properly and satisfactorily. All content of Darvyadi Raskriya Pratisaran are widely describe in DravyagunaVidnyan book with rasa, virya, vipak, Guna, karma, Latin name, family etc. In Vagbhata Uttarsthan gives brief about Pratisaranvidhi.

The method of preparation of Rasanjana is called Raskriya.It is prepared by using the herb called Daruharidra.Hence Rasanjana obtained through this method is also called as Daru Haridra Rasakriya.

Preparation of Rasanjana: 1 st step - To prepare Daruharidra Rasakriya(rasanjana),the decoction of daruharidra (tree turmeric)root is prepared by using 1 part of crushed tree turmeric boiled with 16 parts of water and reduced to ¼th part. Decoction is filtered. 2nd step – The filtered daruharidra decoction is added with equal quantity of cow's milk. It is again boiled. Preparation of Darvyadi Raskriya: Daru Haridra - 1-part Water - 16 part By using above rasanjana prepared and then add equal quantity cow's milk in it and the mix purified Gairik and Madhu.

In Mukhapak mainly pitta dosha and raktavah and mamsa are the dushyas. To break this samprapti, pitta doshahar, rakta prasadak, vranashodhak, vranropak, shothahar chikitsa is essential. Review of Ayurvedic text was done and

according to various Acharyas, prescribed treatment for sarvasar is in the form of kawalgraha, gandush, pratisaran, raktmokshan etc.

Particularly in case of sarvasar, Daruharidra Rasakriya along with madhu pratisaran is advised. Both are having properties like-anti-inflammatory, Vedanasthapan, Vranashodhan, Vrana ropan and Rakta pittahar, kaphashamak, ulcer healing properties. No doubt Daruharidra Raskriya along with madhu pratisaran is used since centuries to cu [1] In Ayurvedic literature, special nidhan has been mentioned for mukharoga. The causative factors in general are mentioned for all types of mukharoga.

Samanya Samprapti of Mukharoga - Due to specified etiological factors, tridosha get vitiated and among which kapha is aggravated more producing mukharoga. Mukha is sthan of the Bodhak kapha. So, the etiological factors, of the mukhroga do the vikruti of the Bodhak kapha. Madhur and amla rasas are the main etiological factors for the vikruti of the bodhak kapha. Due to the above factors mainly kapha pradhan prakopit Dosha causes the mukharog

[15] Mukharoga Samanya Roopa Kashayapa has told the signs and symptoms of the mukhroga in children. Excessive salivary secretions, refusal for breast feeding pain in oral cavity, restlessness of child, vomiting after milk feeding and increased respiratory rates, crying etc

[16] Mukharoga Samanya Chikista Sutra In oral Cavity, in Mukharoga mainly kapha and Rakta dusti is there so Rakta mokshana is main chikitsa. Kosteshudhi by virechana and as need vamak medicinal dravyas are helpful kawalagraha, gandusha, Nasya, shirovirechana. Pratisarana, Dhooma, Agnikarma, Ksharakarma, are also helpful in mukhrogas.

Charak has told pradhmana nasya, virechana, vaman, lekhan and vat, pitta, kapha, shamak ahar and dravyas. Mukhroga Samanya Pathya Generally in all mukhroga-old Rice, Joa, Muga, Kulalthya, karella, paravala, komal, muli, Hot water tikta and kandu Rasa are all pathayakar. Specially kapha and rakta shodhak ahar is useful in Mukhroga. Green vegetables, fruit, dry fruits, butter, carrot, tomato, orange, limes, santra, palaka, Awala, Hari-dhaniya are useful in mukhroga which contains vit. A, B, C. etc

[17] Apathyas Generally in all mukhroga Amala padartha, cured milk,, sweet padartha, vidahi, Rukshanna, kathina bhari and Abhishyandi ahar are apathyakar, cold water, brushing, eating of hard padartha, fish, anupadesh, goat Animal s mamsa, sleeping at day time are ahitkar. Adhomukha shayana is also Ahitkar

[18] Disease Review Acharya sushruta had described mukhroga in Nidansthan. There are 65 mukhroga which occur at seven locations such as lips, teeth tongue, palate, throat, and oral cavity. Out of them 8 occur in lips, 15 in gums, 8 in teeth, 3 in tongue, 9 in palate, 17 in throat and 3 in entire mouth. Sarvasar the disease, which affects the whole oral cavity, i.e. buccal mucosa is called as sarvasar. As the disease spreads very quickly in the oral cavity it is called as sarvasar. Acharya sushruta had told types of sarvasar as vataj, pittaj, kaphaj, and Raktaj. Pittaj Sarvasar Burning type of red and yellow coloured crackling thing blisters / boils or ulcers in the mouth Burning and combusting type of pain with feeling of bitterness in the mouth Ulcers in the mouth are formed like that of the ulcers formed by alkalies.

Samanya Chikitsa of the Mukhapaka are 1. Sheera Vedha 2. Sheero Virechana 3. Kaya Virechana 4. Kawalgrah (Gargels) with mutra, oil, Ghee, madhu, Milk [4] Kawal grah (Gargles) Kawalgraha & Gandusha are the procedures of gargling with the medicinal liquikas either kwatha, taila etc. kept in mouth for a period of a Dharana kala. Basic difference in kawala and Gandusha is kawala is that of quantity of drug which can be easily moved in mouth and if it is taken full of mouth is called as Gandusha. Vishesh Chikitsa Pittaja Mukhapakak / Sarvasara Chikitsa in case of pittaja sarvasora / Mukhapaka pittahar chikitsa of all types with the help of Madhu and sheetal medicinal Dravyas are advised. Pitta and Rakta shaman chikitsa should be done in pittaja sarvasar/mukhpak re such diseases, still the clinical trial was conducted as guided by Acharya Vagbhata

DISCUSSION-Daruharidra (Berberis aristata) is having pitta shamaka, dahashamak, shothhar, vednasthapan, vrana shodhan and vrana ropan, properties and it is having Tikta, Kashay rasa, Ruksha and Laghu guna. Madhu (Honey) is also having vranasthapan, vranaropan, vranashodhana, Raktshamak and Ptta shamak properties and it is yogvahi and sukshmagami. It increases medicinal properties of drug and penetrate deeply in the tissue.

Pittaja Sarvasar/Mukhapaka is a disease of oral cavity; it is the paka of oral mucosa and produces ulcers in oral cavity. Various treatment modalities from different medical faculties are in this disease like local application, local

anti-inflammatory, agents like kenalog, orabase. The paste application locally upto heal the ulcer. Tetracycline mouthwash, then application of thick layer of Triamcinolone Acetate is recommended. Oral or systemic antibiotic are administered if necessary. Supplementation of vitamins and iron is also recommended. These treatments have very limited or unsatisfactory results. In pittaja sarvasara/mukhapaka pitta dosh prokopa and rakta, Mamsa, dhatu, dushti is dushya is there, localizing in oral cavity. Hence the line of treatment should be pittashamaka, Shothahara, Vedanasthapana, vranashodhana, Vranaropana, Rakta prasadaka, Mamsa dhatu pustikara. Daruharidra is kapha pittahar, laghu, ruksha gunas. It is having properties like anti-inflammatory activity, wound healing properties, antipyretic and antiseptic. Madhu when applied locally to mucous membrane, it causes stimulation of mucous

Conclusion: In pittaja sarvasara/mukhapaka pitta dosh prokopa and rakta, Mamsa, dhatu, dushti is dushya is there, localizing in oral cavity. Hence the line of treatment should be pittashamaka, Shothahara, Vedanasthapana, vranashodhana, Vranaropana, Rakta prasadaka, Mamsa dhatu pustikara. Scholars have selected pratisarana with Daruharidra Rasakriya Proved to be very effective in this disease. Daruharidra is kapha pittahar, laghu, ruksha gunas. It is having properties like anti-inflammatory activity, wound healing properties, antipyretic and antiseptic. Daruharidra Rasakriya Madhu Pratisarana acts better on pittaja Mukhapaka. Give best relief from symptoms, like burning sensation, intolerance to spicy foods and promote speedy healing of the ulcer in oral cavity.

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