



# AYURVEDIC MANAGEMENT OF MUKHAPAKA W.S.R. STOMATITIS A SINGAL CASE STUDY

DR. RAJEEV SOOD.

DR. RADHIKA SHARMA.

MD (KAYACHITKISTA)

MD PANCHKARMA

PROF & HEAD DEPTT. OF

ASTT.PROF. DEPT. OF PANCHKARMA

PANCHKARMA

SLN AYURVEDIC COLLEGE, AMRITSAR

S.L.N AYURVEDIC COLLEGE, AMRITSAR

PUNJAB

## ABSTRACT-

Mukhapaka is affected to particular age, socioeconomic status, improper food habits and life style. Here control over pittadosha is the very first step. There is a need to find out a simple, cost effective, economical, reliable and most suitable therapy by which one can give good results on disease. Erimedadi taila is best Vranaropaka and due to its guna, it cures Mukhapaka. The 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. In present era people are interested towards Ayurveda, which is most effective and reliable.

**KEYWORDS-** Oral Hygiene, Mukhapaka Stomatitis, Oral Ulcers, Gandush, Case Study

**INTRODUCTION-** Ayurveda is a holistic healing science. it comprises of both practical & scientific information. on various subjects beneficial to mankind like health, philosophy, astrology & engineering. ayurveda is science dealing not only with treatment of disease but is also a complete way of life. the aim of ayurveda is to give complete health & not just getting free from physical disease. ayurveda treatments don't suppresses the main symptom & create new ones as side effects of the main treatment. it is to remove the root cause & give permanent relief. the treatment mainly comprises of powders, tablets, decoctions, medicated oils etc. prepared from natural herbs, plants & minerals. oral ulceration is encountered frequently in our daily practice. stomatitis is curable & not considering a threat to life but these ulcers have a significant negative impact on 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.

We are thousands year away from the time when Ayurveda was practiced uniquely. The Sidhantas of this science then & now are the same.

These sidhantas are too revised in the context of modern lifestyle. Now day as life style is changed everyone is trying to live western style. In today modern & fast-moving hectic life style common man has no time to take care of his health. Many bad habits are developed in human being. Some of them alcohol, smoking gutkha chewing, soft drink etc. Due to busy & hectic schedule oral hygiene is neglected ultimately leads to mukhapaka. To maintain oral hygiene Ayurveda, describe gandoosh Upkrama in Dincharya. 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).

There is elaborate description of diseases of oral cavity under Mukharogas in Ayurvedic classical texts. They have defined "Mukha" as an organ which comprises oshtha (lips), dantamoola (gums), danta (teeth), jihva (tongue), talu (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 mukharogas 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..

## MATERIAL AND METHODS-

A female patient of age 35 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 2 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 CASE DETAILS-

Patient's History & Systemic Examination: **Age -65 yrs**

- asthavidha pariksha-
  - *Nadi - pittapradhan vata*
  - *Mala - malavashtambha*

- *Mutra- prakrut*
- *Jihva - aarakta*
- *Sparsh- ushna*

*Druk - prakrut* Akrti - madhyama • Agni - madhyama • Koshtha - Madhyama • Satva uttam • Prakruti- kaphanubandhi pitta Complain- Ulcers in bucal cavity, difficulty in swallowing, burning sensation in mouth. constipation. from 5-6months.

- **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

Investigation- Biopsy done.

Report of histopathology-tongue biopsy

- CLINICAL HISTORY>
- GROSS EXAMINATION: -Received single irregular grey yellow to grey brown soft piece measuring 0.6x0.4x0.3 cm in size. All processed.
- MICROSCOPIC EXAMINATION: - Biopsy received is lined by stratified squamous epithelium showing acanthosis. The subepithelial

tissue shows infiltration by the inflammatory cells- predominately sheets of plasma cells and lymphocytes with scattering of dilated and congested vascular channels. Few neutrophils are also seen admixed within the mononuclear inflammatory infiltrate. At places, focal areas of ulceration are also seen.

No evidence of granuloma or malignancy is seen in the sections examined.

IMPRESSION: Descriptive.

Advised clinical and radiological correlation.

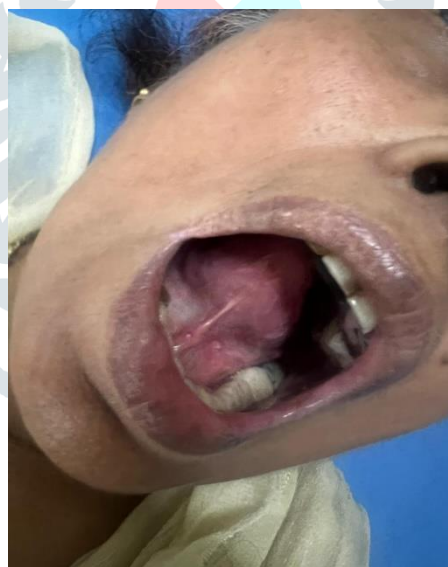
AYURVEDIC CHIKISTA-

- 1.mukh lep-With panchtikat ghrít +haridra
- 2.Gandush with erimedadi tail
- 3.khadiradi vati -2bd
- 4.trifla churna- 5gm at bedtime (For 7 days)

## AFTER 7 DAYS-

- 1.Gandush with erimedadi tail
- 2.Sudarshan ghan vati 1 bd
- 3.sutshekhar ras 1 bd with honey.
- 4.Trivrit avaleh 3gm hs (For 7days)

Gandoosh is defined as holding medicated decoction or Semisolids in the mouth in such a quantity so that it could hardly be rolled out in the mouth. Due to oral hygiene neglected so many people are approaching from treatment for complaining mukhapaka recurrently. Ayurveda acharyas mentioned various dravyas which are effective as well as affordable for patients. Erimedadi tail is used only for local application not for Systematic treatment. Gandush is a variety of the gargling. It is important to gargle the mouth after meals, eating any food and after brushing the teeth. One should use cold or lukewarm water, til tail or cold milk for gargling. Gargling with lukewarm water exerts cleaning action on the mouth, teeth, gums & tongue. It imparts a light & fresh feeling to the mouth. Gargling with oil exerts a cleansing & strengthening action on tongue, teeth, mouth & voice.



A sense of physical lassitude, salivation & a defect in the sense of fatigue & inflammation of the mouth are the symptoms which occupy half portion of mouth; medium occupies  $\frac{1}{3}$  portion of mouth & small occupies  $\frac{1}{4}$  portion of mouth.

#### ❖ RESULT-

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 month's treatment patient got complete relief so ,khadiradi vati and sudarshan ghan vati 1 bd & sutshekhar ras 1 bd with honey. were stopped but *Gandush* was continued for next 15 days & thenafter *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 *Erimedadi Taila* acts as a topical medication that directly effects 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.

#### ❖ CONCLUSION-

- As ancient acharya included gandoosh in dinacharya has an importance for maintaining health of oral cavity.
- Major contributing factor in oral hygiene problem. □ habit related to oral hygiene tobacco, smoking, □ addiction of taking tea, coffee. addiction of eating spicy food.
- Erimedadi gandush with madura, kashay rasa, sandhankar, ropan quality, raktapittaghna and sheet virya plays an important role in healthy & above mentioned condition.
- By using ayurveda treatment reduces aruchi , vedana ,vrana, strav to significant extent. by using erimedadi gandoosh we can use existing resource with efficacy. from economical point of view relatively better option.
- The effect of erimedadi gandoosh totally act in oral cavity & found practising gandoosh three time daily improves mukhapaaka, recurrence mukhapaaka & oral hygiene.

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