



MUKHAPAK IN CHILDRENS - A REVIEW ARTICLE

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ABSTRACT-

Mukhapaka (Stomatitis) in children is prevalent all over the world. 'Mukhpak' or 'Sarvasar Rog' is presented as recurrent mouth ulcer. Most of the time, it occurs due to Vit B12 deficiency, folate deficiency, leukemia, inflammatory bowel disease, stress, illness, dietary triggers, Nutritional deficiency etc. Poor oral hygiene is one of the major cause of *Mukhapaka*. *Sarvasaramukharogas* is named as *Mukhapaka*, as it occurs by spreading completely in the *Mukha*. As we receive all kinds of things through the mouth, the mouth is an extremely vital and sensitive part of our body so poor oral hygiene condition causes many oral, systemic diseases and may have a profound effect on general health and several oral diseases are related to chronic diseases. In *Mukhapaka*, *Vata* is moving throughout the interior of mouth gives rise to ulcers which shift in different place of oral cavity. Now a days, world is looking at *Ayurveda* with the hope that it is going to provide good asset to the treatment of ailing humanity.

KEYWORDS- *Mukhapaka*, *Sarvasar Rog*, *Sarvasar Mukhrogas*, Ulcers, Stomatitis, B12 deficiency.

INTRODUCTION-

In *Ayurvedic* texts *mukhapaka* is described as *sarvasara roga* due to its spread in complete oral cavity^[2]. *Acharya Charaka* and *Kashyap* mentioned it as *mukhapaka*, while *acharya Vagbhat* and *acharya Sushrut* have described it as *sarvasara*^[5]. *Sarvasara* means the disease which have capacity to spread all over the buccal mucosa. There are 65 kinds of diseases affecting 7 different sites on the oral cavity i.e. lips, gums of teeth, the teeth, the tongue, the palate, the throat and entire cavity has been described by *susruta*.^[1] *Mukha Rogas* occurs due to intake of unwholesome food, curd, milk, fermented gruel, not cleaning the teeth daily, improper administration of inhalation, emesis, gargles and venesection etc^[3]. According to modern medicine, the symptoms of Stomatitis are presence of mouth ulcer, redness and erosion of buccal mucosa, burning sensation, difficulty in chewing pungent and hot things and enlargement of sublingual and submandibular lymph nodes. *Mukhapak* is characterized in *Ayurveda* as the *pak-avastha* of oral mucosa and produces ulcers in oral cavity. The main *dushya* in *Mukhapaka* are *Pitta dosha*, *Bodhak kapha*, *rakta* and *mamsa*. The clinical symptoms of *mukhapaka* are comparable with stomatitis. To break this *samprapti pitta doshahar*, *rakta prasadak*, *vranashodhak*, *vranaropak*, *shothahar chikitsa* is essential.^[4]

LITERARY REVIEW-

AYURVEDA LITERATURE

Nidan of Mukhapak -

There is no reference of particular *Nidan* or *Hetu* of *Mukhapak* so the *Samanya Nidan* of *Mukharoga* is used for reference-

Samanya Nidan of Mukhroga^[6]

➤ *Aharajanya Nidan*

- *Matsya sevana (Anupa pradesha mamsa has Ushna, Tikshna and Abhishyadi Gunas)*
- *Balamulaka (Pittakar-causes Ajirna)*
- *Dadhi and Kshira sevan (Abhishyandi)*
- *Shukta*
- *Tikshna, Guru, Ruksh Ahara.*

➤ *Viharajanya Nidan*

- *Avak shayya (Dozing in inclined Position)*
- *Vega Vidharana*
- *Danta Dhavan Dwesha (No ordinary tooth brushing)*

Samanya Samprapti of Mukharogas^[7] -

Samanya samprapti of *Mukhrogas* is also applicable for *Mukhapak*-

Hetusevan results in dominant *Kapha Dosha* along with other *Doshas* aggravation and produces *Mukharogas*. *Sthan* of *Bodhaka Kapha* is *Mukha*. So, *Hetusevan* of *Mukharogas* do the *Vikriti* of *Bodhaka Kapha*. Due to the above etiological factors, chiefly *Kapha Pradhana Prakupita Doshas* results in *Mukharogas*.

Hetusevan → *Kapha Dushti (Mukh Pradeshgat)* along with other *Doshadushti*



Mukhrogas

Poorva Roop of Mukhapak -

Purvaroop of *Mukhapaka* are not described in the text.

Roopa of *Mukhapak* ^[8] –

The causative factors of *Mukhapak* are *Vata, Pitta, Kapha Dosha* along with *Rakta Dhatu*. *Acharya Kashyap* mentioned *Samanya Lakshana* of *Mukhapak* as follows-

Stanyadvesha (Resuses Breastfeeding)

Lalastrava (Excessive Salivation)

Chhardi (Regurgitation after Feeding)

Sphota (Ulceration)

Daha (Burning Sensation)

Kandu (Itching)

Satoda Vedana (Pricking Sensation around ulceration)

Vishesha Roopa of Mukhapak with its types ^{[9][10][11][12][13]} -

Acharya Sushruta, Bhavaprakash and *Yogratnakar* has described 3 types of *Mukhpaka* as follows-

- | |
|----------------------------|
| 1. <i>Vataj sarvasara</i> |
| 2. <i>Pittaj sarvasara</i> |
| 3. <i>Kaphaj sarvasara</i> |

Acharya Sharangdhara and *Vagbhatta* described 8 types of *Mukhpaka* as follows –

1. <i>Vataj sarvasara</i> - <i>Ruksha Aushtha, Jivha Sheetsaha, Satoda Sphota, Shosha, Jivha Guruta, Karshya, Toda, Bheda, Vedana, Kankachita Jivha.</i>	5. <i>Sannipataja sarvasar-</i> <i>Vataja+Pittaja+Kaphaja Sarvasar Rupa</i>
2. <i>Pittaj sarvasara</i> – <i>Tikta Vakra, Mukha Daha, Ksharokshita sama varna, Trishna, Avadirnata, Jwara, Murchha, Various colours of Sphota except white.</i>	6. <i>Urdhvagudh-</i> <i>Due to Arsha, Gulma it causes Kapha Vikruti which leads to Mukha Daurgandhya</i>

3.	<i>Kaphaj sarvasara – Savarna Vranotpatti, Guruta, Kandua, Jadya, Madhurasya, Alpa ruja, Aruchi, Mandagni, Utklesha, Tandra, Picchila Vranotpatti</i>	7.	<i>Arbuda- Blackish or white coloured Arbuda developes inside the mouth cavity, and increases in size</i>
4.	<i>Raktaj sarvasara – Rupa like Pittaj Sarvasar</i>	8.	<i>Putiaasya – Dantadhavan Dvesha causes Daurgandhyata in Mukha</i>

Samanya Pathya of Mukharogas (Mukhapak) ^[14].

- *Trinadhanya, Yava, Mudga, Kulattha,*
- *Ushna jal*
- *Tambula*
- *Jangala Mamsa Rasa*
- *Karvellaka, Parvala, Komal Muli*
- *Tikta and Katu Rasa*
- Therapeutic procedures like *Swedana, Virechana, Vamana, Gandusha, Pratisarana, Kavala, Raktamokshana, Nasya, Dhumapana, Shastra and Agnikarma.*

Samanya Apathya of Mukharogas

- *Matsya, Dadhi, Kshira, Guda, Masha*
- *Amla Rasa Dravya*
- *Abhishyandi Ahara*
- *Ruksha, Kathina Padartha Sevana, Guru Ahara*
- *Sheeta jal*
- *Diwaswapna,*
- *Adhomukha Shayana and Snana*

Chikitsa of Mukhapaka ^[15] –

Samanaya Chikitsa of Mukhapaka –

- *Nidanaparivarjan*
- *Mukhdhavan (with Triphala, Patha, Draksha, Jatipatra Kashaya added with madhu)*
- *Charwana (Jatipatra and Krishnajiraka etc.)*
- *Kashayapana (Triphaladi Kwath, Darvyadi kwath etc)*
- *Pratisarana (applying fresh Ghan Kwath of Jatiptra or Triphala with Honey and Gairik)*
- *Kavalagraha (Dugdha, Madhu, Taila, Ghrita, Mutra, Ekshurasa can be used)*

Vishesh chikitsa

- **Vataj Mukhpaka chikitsa** ^[17] - Panch-lavana churana Pratisarana, Vatahara dravayas saadhit oil Kwalagrah
- **Pittaj mukhpaka chikitsa** ^[18] - dugdh and ekshuvikaras Gandusha
- **Kaphaja mukhpaka chikitsa** ^[19] - katu, kshar and lavana Pratisarana Gandusha with shalmali, kshar, gomutra

Mukhapak yoga-

- Patoladi Kwath - Ch. Datt 56/100
- Triphla Kwath - (Chakradatta 56/101)
- Khadiradi Gutika - (Charak chikitsa 26/214)
- Irimedadi Taila - Ch. Datt 56/111
- Tiladi Gandusha

DISCUSSION-

Mukhapak is the *Paka* of the oral mucosa, and produces ulcers in the oral cavity. *Apathyakara ahara and vihara* i.e. improper food habits and life style are the most important causative factors. Nutritional deficiencies, infection, dental condition-related trauma, an allergic reaction, or poor oral hygiene could be the cause. In day-to-day paediatric practice the most common observed problem in children.

CONCLUSION-

Mukhapaka is one of the *Mukharoga*. *Acharya Charaka* and *Kashyapa* named it as '*Mukhapaka*'; while *Sushruta* and *Vagbhata* referenced it as '*Sarvasara*' *Roga*, as it occurs everywhere in the mouth. *Mukhapak* can be treated by breaking the *Samprapti*. *Shaman* of vitiated *Doshas* and treatment of *Dushta Dhatu* is necessary. *Kavala*, *Gandusha*, *Pratisaran* plays important role in local treatment while *raktamokshan*, *nasya* are the Procedures which can be performed as per indication. *Ayurvedic* medicines or therapies are safe, cost-effective, and reliable.

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