



A STUDY ON *PITTAJA NANATMAJA VIKARAS* WITH SPECIAL REFERENCE TO *MUKHAPAKA* AND TO EVALUATE AND COMPARE THE EFFICACY OF *PANCHAVALKALA KASHAYA* AND *JAMBUPATRA KASHAYA GANDOOSHA* IN THE MANAGEMENT OF *MUKHAPAKA*

DR POOJA, DR PUSHPA BIRADAR, DR JYOTILAXMI PATAWARI

BAMS MD

**DR BNM RURAL AYURVEDA MEDICAL COLLEGE, HOSPITAL AND RESEARCH
CENTRE VIJAYAPURA 586101**

INTRODUCTION

Ayurveda, the ancient science of life, emphasizes the Preservation of health and management of diseases through a holistic approach. Among the various diseases described in Ayurvedic classics, *Mukhapaka* is a common disorder affecting the oral cavity. It is characterized by the development of *Vedanayukta Vruna*, *Daha*, *Shotha*, difficulty in eating, speaking and swallowing, thereby adversely affecting the quality of life of the patient. *Mukhapaka* has been described under *Pittaja nanatmaja vaydhi* of *Maharoga adhyaya* of *Charaka samhita Sutrasthana* 20th chapter and is predominantly associated with the vitiation of *Pitta Dosha*.

In present era modern day life style has invited lot of stress on human beings. lifetime prevalence rate of *Mukhapaka* in the Indian population can reach up to 50.3%. None have a luxury of time to adopt a systemic diet and healthy life style. In this fast moving life people are more attracted towards spicy foods, cold drinks, fast foods, acidic foods and other carbonated beverages on a daily basis.

Besides this, addiction towards habits like tea, coffee, gutkha chewing, alcohol consumption, smoking, chewing betel nut are common which are characterised as *apathyakara* in Ayurveda disturbs the normal physiology of the body and causes many oral disorders ; characterised by *Daha* (burning sensation), *Osha* (heating), *Tiktavaktrata* (bitter mouth), *ksharokshitakshat sama vrana* (appear as those produced by application

of alkalies). Now a days many of us indulge in taking NSAID'S and other higher antibiotics even in minor health issues, which may lead to many of oral disorders among them Mukhapaka is one.

Mukhapaka exhibits classical manifestations of vitiated *Pitta* such as *Daha* (burning sensation), *Raga* (redness), *Shoola* (pain), and *Paka* (suppuration/inflammation), making it an important clinical entity among *Pittaja Nanatmaja Vyadhis*. The increasing prevalence of oral ulcers due to dietary indiscretions, stress, improper oral hygiene and changing lifestyles necessitates the exploration of effective and economical treatment modalities.

KEYWORDS : Mukhapaka, Gandoosha, Kashaya, Shodhana, Ropana

Among the various therapeutic procedures mentioned in Ayurveda, *Gandoosha* is considered one of the most effective local treatments for *Mukhapaka*. It helps in cleansing the oral cavity, *Shothahara* (alleviating inflammation), *Vedanashya* (reducing pain), *Vrunaropana* (promoting wound healing), and restoring normal oral health.

This makes it important to come out with an effective remedy that can be practiced, so in this context *Panchavakala kashaya Gandoosha* and *Jambupatrakshaya Gandoosha* has been selected. To assess the Role of *Jambupatrakshaya*

Gandoosha and *Panchavakala kashaya Gandoosha* mentioned by *Chakradatta* has selected which is simple and convenient for patients to administer.

Jambu is having *Kashaya rasa*, *Madhuara rasa* and *Sheeta veerya* acts as *Kaphapitta shamaka*, *Pitta shamaka* due to *Kashaya rasa* and *Sheeta veerya*; *Kapha shamaka* due to *Kashaya rasa* and *Katu vipaka* and acts as *Vrunaghata* and *Vrunaropaka*. *Panchavakala dravyas* are having *Kashaya rasa*, *Sheeta veerya* acts as *Vrunashodhaka* and *Vrunaropaka*

AIMS AND OBJECTIVES

- To study *Mukhapaka* in detail.
- To evaluate and compare the efficacy of *Panchavakalakashaya Gandoosha* and *Jambupatrakshaya Gandoosha* in the management of *Mukhapaka*.

MUKHAPAKA

The Sanskrit word *Mukhapaka* is composed of *Mukha* (oral cavity) and *Paka* (suppuration or ulcer). The word *Paka* is derived from the root *Pach*-indicating digestion or transformation. The word *Mukhapaka* generally suggests mouth ulcers. It is also called *Sarvasara roga*.

MUKHA PARIBHASHA

खनति विदारयति अन्नादिकम् अनेन मुखम्। (शब्दकल्पद्रुम) ¹

Breaking down of food materials: It breaks down food into smaller pieces that can be pushed in for further digestion.

PAKA

Paka - Pako pakthi

-Paka, Vruna shotha

TYPES OF MUKHAPAKA

Table no.2 showing types of mukhapaka by different Acharyas.²⁻¹⁰

SI.NO	ACHARYA	NUMBER	TYPES
1	Sushruta	3	Vataja, Pittaja, Kaphaja
2	Vagbhata	8	Vataja, Pittaja, Kaphaja, Raktaja, Sannipataja, Arbuda, Urdhwaguda, Pootiasyata
3	Sharanagdhara	3	Same as Vagbhata
4	Yogaradnakara	8	Same as Sushruta
5	Bhavapmishra	3	Same as Sushruta
6	Madhavakara	3	Same as Sushruta
7	Kashyapa	4	Vataja, Pittaja, Kaphaja, Sannipataja
8	Bhela	5	Vataja, Pittaja, Shleshmaja, Sannipataja, Agantuja
9	Gadanigraha	4	Vataja, Pittaja, Kaphaja, Shonitaja

MUKHAPAKA LAKSHANAS

VATAJA MUKHAPAKA LAKSHANAS AS PER DIFFERENT ACHARYAS

Table no.11 showing lakshanas of Vataja mukhapaka by different Acharyas.¹¹⁻¹⁶

SI.NO	VATAJA MUKHAPAKA LAKSHANAS	S.S	A.S	M.N	Y.R	SAHASRAYOGA	GADANIGRAHA
1	Sphota	+	+	+	+	-	+

2	<i>Arunavat ruksha oshtha</i>	-	+	-	-	+	-
3	<i>Toda</i>	+	+	+	+	-	+
4	<i>Tamra twacha</i>	-	+	-	-	-	-
5	<i>Chala twacha</i>	-	+	-	-	+	-
6	<i>Sheeta asaha</i>	-	+	-	-	+	-
7	<i>Kantakavat vrana</i>	-	+	-	-	+	-
8	<i>Twak mruduta</i>	-	-	-	-	+	-

PITTAJA MUKHAPAKA LAKSHANAS AS PER DIFFERENT ACHARYAS

Table no.12 showing *lakshanas* of *Pittaja mukhapaka* by different Acharyas.

SI.NO	PITTAJA MUKHAPAKA LAKSHANAS	S.S	A.S	M.N	Y.R	SAHASRYOGA	GADANIGRAHA
1	<i>Daha</i>	+	+	+	+	-	+
2	<i>Tanu twak</i>	+	-	-	-	-	+
3	<i>Peeta asyata</i>	-	-	+	+	-	-
4	<i>Peedaka</i>	-	-	-	+	-	-
5	<i>Osha</i>	-	+	-	-	-	-
6	<i>Tikta vakrata</i>	-	+	-	-	-	-
7	<i>Ksharokshita kshata sama vrana</i>	-	+	-	-	-	-

KAPHAJA MUKHAPAKA LAKSHANAS AS PER DIFFERENT ACHARYAS

Table no.13 showing *lakshanas* of *Kaphaja mukhapaka* by different Acharyas.

SI.NO	KAPHAJA MUKHAPAKA LAKSHANAS	S.S	A.S	Y.R	SAHASRAYOGA	GADANIGRAHA
1	<i>Kandu</i>	+	+	+	-	+
2	<i>Alparuja</i>	+	-	-	-	+

3	<i>Savarna asyachita</i>	+	-	+	-	+
4	<i>Avedana</i>	-	-	+	-	-
5	<i>Madhura asyata</i>	-	+	-	-	-
6	<i>Picchila vrana</i>	-	+	-	-	-
7	<i>Kinchita daha</i>	-	-	-	+	-
8	<i>Sheetata</i>	-	-	-	+	-

RAKTAJA MUKHAPAKA ¹⁷

The *lakshanas* of *raktaja mukhapaka* are similar to *Pittaja mukhapaka lakshanas*.

SANNIPATAJA MUKHAPAKA ¹⁸

The *lakshanas* of *Sannipataja mukhapaka* will present with all the *Tridosha lakshanas*.

CHIKITSA OF MUKHAPAKA

Table no.14 showing *Samanya chikitsa of mukhapaka* as per different *Acharyas*.¹⁹

SI.NO	CHIKITSA	C.S	A.H	CHAKRADATTA	S.S	GADANIGRAHA
1	<i>Sirakarma</i>	+	-	+	-	+
2	<i>Kayavirechana</i>	+	-	+	-	+
3	<i>Shirovirechana</i>	+	-	+	-	+
4	<i>Kavala</i>	+	-	-	+	-
5	<i>Mukha dhavana</i>	+	+	-	-	-
6	<i>Nishthivana</i>	-	+	-	-	-
7	<i>Gandusha</i>	-	-	+	-	+
8	<i>Charvana</i>	-	-	+	-	+

AS PER CHAKRAPANI ²⁰

Panchapallava Kwatha: Tender leaves of *Amra*, *Patola*, *Nimba*, *Jambu* and *Jati* are known as *Panchapallava*. The *Kashaya* of *Panchapallava* is best for *Gandoosha*.

The *Kashaya* of *Panchavalkala* mixed with *Madhu* is used as *Mukhadhavana* benefecial in *Mukhapaka*. The *Kashaya* of *Triphala* mixed with *Madhu* is used as *Mukhadhavana* benefecial in *Mukhapaka*.

PATHYA APATHYA IN MUKHAPAKA**PATHYA****Table no.9 showing Aharaja & Viharaja pathya in Mukhapaka by Acharya Yogaratnakara.²¹**

Trinadhanya, Yava, Mudga, Kulatha, Karavellaka	Swedana, Virechana, Vamana
Jangala pashu pakshi mamsarasa, Nimba	Kavala, Gandusha dharana
Tambula, Karpura, Ushnajala, Ghruta	Pratisarana, Raktamokshana, Nasya
Katu, Tikta rasa pradhana dravyas	Dhumapana, Shastrakarma, Agnikarma

APATHYA**Table no.10 showing Aharaja & Viharaja apathya in Mukhapaka by Acharya Yogaratnakara.²¹**

AHARA	VIHARA
Amlarasa, Matsya, Anupa pashu pakshi mamsa	Danta dhavana
Dadhi, Dugdha, Guda, Masha, Ruksha anna	Adhomukhashayana
Kathina padartha sevana, Guru ahara sevana	Diwaswapna

DISCUSSION

Mukhapaka is an important disorder of the oral cavity described in Ayurvedic classics and is characterized predominantly by *pāka* (inflammation/ulceration), *daha* (burning sensation), *vedanā* (pain), and difficulty in taking food. It can significantly affect oral comfort and quality of life. In Ayurveda, Mukhapāka is considered mainly a Pitta-dominant disorder, although involvement of Kapha, Vāta and Rakta may contribute to different clinical presentations.

The present study was undertaken to understand Mukhapāka in the context of Pittaja Nānātmaja Vikāras and to evaluate and compare the efficacy of Pañcavalka Kashāya Gandūṣa and Jambūpatra Kashāya Gandūṣa in its management.

Panchavalka kashaya : Pancha valakla dravya is a classical Ayurvedic group of five medicinal tree barks known for their predominant Kashaya rasa, Sheeta veerya having effective role in Vruna shodhana and Vruna roapana. These drugs are mainly indicated in conditions involving Vrana, Twak rogas, Shotha and Atisrava owing to their Pitta-kapha shamaka, shothahara, and Ropana properties.

Jambupatra kashaya : *Jambupatra kwatha Churna*, *Jambu* is having *Kashaya rasa*, *Madhuara rasa* and *Sheeta veerya* acts as *Kaphapitta shamaka*. *Pitta shamaka* due to *kashaya rasa* and *Sheeta veerya*; *kapha shamaka* due to *Kashaya rasa* and *Katu vipaka* and acts as *Vrunaropaka*.

CONCLUSION

In present study effort is be made to study the efficacy of *Panchavalkala kashaya Gandoosha* and *Jambupatra kashaya Gandoosha* in the management of *Mukhapaka*.

Mukhapaka is one among *Pittaja nanatmaja vyadhi* explained under *Maharoga adhyaya* of *Charaka Samhita* characterised by *Daha*, *Osha*, *Tikta vaktrata*, *Ksharokshita kshata sama vrana*, Reddishness of ulcers.

Gandoosha is one of the important procedure of *Dinacharya* and also one of the *shamana* procedure for maintaining the *Mukhaswasthya*. This procedure is easy to perform, time required is also less. It adds benefits as *Vyadhiupachaya*, *Tushti*, *Vaishadya*, *Vaktralaghavata*.

Jambu is having *Kashaya rasa*, *Madhuara rasa* and *Sheeta veerya* acts as *Kaphapitta shamaka*. *Pitta shamaka* due to *kashaya rasa* and *Sheeta veerya*; *kapha shamaka* due to *kashaya rasa* and *katu vipaka* and acts as *Vrunaghata* and *Vrunaropaka*.

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