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A controlled clinical study on the efficacy of *Khadira Churna Pratisarana* with *Madhu* in management of *Mukhapaka* (Stomatitis) in Children

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ABSTRACT

Mukhapaka in children is prevalent all over the world. It refers to an oral disease which occurs in two ways former one occurs independently (*Swantantrarogam*) and latter occurs in association with (*Anubandhirogam*) other diseases like *Grahani*. It occurs due to Vit B₁₂ deficiency, folate deficiency, leukemia, inflammatory bowel disease, stress, illness, dietary triggers. Nutritional deficiency etc. *Mukhapaka* is found in those with poor oral hygiene. In *Mukhapaka Vata* is moving through out the interior of mouth gives rise to ulcers which shift in different place of oral cavity. Dry makes lips coppery red. Tongue become intolerant to cold, feels heavy, cracked and feels as though full of thrones there is difficulty to open the mouth i.e. *Mukhapaka*. In present era, world is looking at Ayurveda with the hope that it is going to provide good asset to the treatment of ailing humanity. *Sarvasaramukharogas* are named as *Mukhapaka*, as it occurs by spreading completely in the *Mukha*. *Mukharogas* 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.

Key words: *Mukhapaka*, Stomatitis, *Khadir Churna*, *Pratisarana*.

INTRODUCTION

The symptoms of *Mukhapaka* are ulcerations, difficulty to open mouth, coppery red and looseness of the skin, the tongue become intolerant to cold, burning sensation, bitter taste in mouth, itching etc.^[1] The *Lakshanas* of *Mukhapaka* can be co-related to the symptoms of recurrent ulcerative stomatitis. In case of adult's inability to take enough food for a couple of day may not be considered as a big issue, but in children it decrease in nourishment due to lesser

intake of food during *Mukhapaka*, does result in loss of growth, therefore it is very important that *Mukhapaka* in children be cured at the earliest possible. *Sarvasara Mukharogas* are named as *Mukhapaka*, as it occurs by spreading completely in the *Mukha*.^[2] *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]

The Ayurvedic *Samprapti* of *Mukhapaka*, It reveals involvement of *Vata*, *Pitta*, *Kapha* and *Rakta Doshas*. *Ayurvedic* Medicine is economical, cost effective and very much helpful to break pathogenesis with relief of sign and symptoms, gradually preventing complications. In the classical reference *Khadira* is one of the drug mentioned for its effectiveness in *Mukhapaka* and which is easily available.^{[4],[5]}

OBJECTIVE OF THE STUDY

To compare the efficacy of *Khadira Churna Pratisarana* with *Madhu* in management of *Mukhapaka* (stomatitis).

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MATERIALS AND METHODS

Trial Drug: Khadira Churna + Madhu.

Dravya	Rasa	Guna	Doshagnata
Khadira	Tikta, Kashaya	Laghu, Ruksha	Kapha-Pitta Shamaka
Madhu	Madhura, Kashaya	Ruksha, Laghu, Yogavahi	Tridoshagna

Control Drug: Tannic acid and Choline salicylate

Patients

Patients visiting to Parul Institute of Ayurveda Hospital, OPD of *Kaumarbhritya* are selected in the study with written informed consent from the parents.

Methodology

Simple Random Sampling Method was conducted in Group A and Group B. Each group consist of 20 patients.

Inclusion Criteria

- Patients with signs and symptoms of *Mukhapaka*.
- Salivation
- Irritability
- Difficulty in deglutition
- Both Male and Female sex
- Age of 5-12 year

Exclusion Criteria

- Patients suffering from Traumatic stomatitis, Infective Stomatitis were excluded from study.
- *Mukhapaka* with associated systemic diseases were excluded.
- Age less than 5 year and greater than 12 year were excluded.

Group and Posology

	Group - A (Study Group)	Group - B (Control Group)
Drug	Khadira Churna with Madhu	Tannic acid and Choline Salicylate

Reference	Su. Ch.22/69-71	-
Dose	2g. Khadira Churna + 5ml Madhu oral application.	0.5 ml each side of mouth.
No. of Patient	20	20
Duration	14 day	14 day
Time of administration	Three time in a day	Three time in a day
Observation	1 st ,3 rd ,5 th ,7 th ,10 th ,12 th ,14 th day	1 st ,3 rd ,5 th ,7 th ,10 th ,12 th ,14 th day

Route of administration

Locally applied in oral cavity, after excessive salivation takes place, spitt out saliva.

Followup

After completion of treatment patient will be followed up weekly for 2 week to observe re-currence of *Mukhapaka*.

Criteria for Assessment

The signs and symptoms were assessed by adopting suitable scoring method. The assessment was totally based on subjective criteria after clinical observation and information given by patient’s mother. The subjective gradation of symptoms was done as follows.

1. Ulceration

Grade	Number of ulcer
0	Absent
1	1 to 3 ulcers
2	4 to 7 ulcers
3	More than 7 ulcers

2. Excessive salivation

Grade	Assessment
0	No complaint
1	Complains of salivation
2	Collection of saliva in mouth
3	Dribbling of saliva

3. Pain

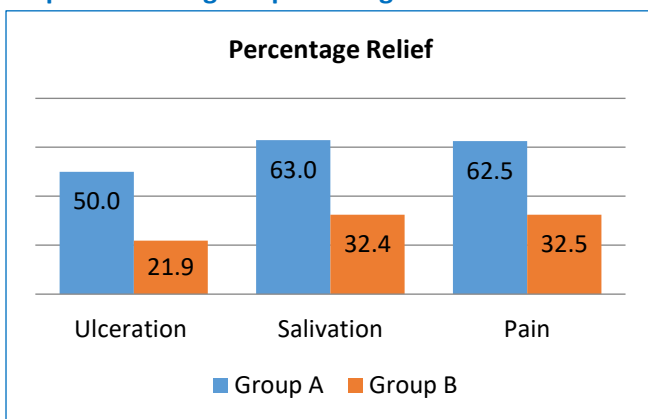
Criteria	Assessment
0	No pain
1	Occasional pain
2	Pain while intake of cold food material
3	Continuous pain with and without food and water contact.

Overall effect of therapy

For comparison between Group A and Group B, Mann Whitney U test was used. From above table we can observe that P - Values for all parameters are greater than 0.05, hence we conclude that there is no significant difference between Group A and Group B.

Parameter	Group A	Group B
Ulceration	50.0%	21.9%
Salivation	63.0%	32.4%
Pain	62.5%	32.5%

Graph 1: Showing the percentage relief.



DISCUSSION

Khadira is *Tikta Rasa Pradhana*, *Pitta-Kapha Shamaka*, *Vrana-Ropaka*, *Rakta Prasadaka* (*Bha. Pra.*). *Madhu* is having qualities like *Kashaya Rasa Pradhana*, *Vranya*, *Dahashamaka*, *Sandhankara*, *Kapha-Pitta Shamaka*.^[6] Cumulatively *Khadira* shows the action of *Pitta Kapha Shamana*, *Rakta Prasadana*, which is achieved

to cure *Mukhapaka* (stomatitis). So this drug is wisely balanced from the point of view of all *Doshas* to *Mukhapaka*. Because of its *Rakta Prasadana Guna* it reduces *Raktaja Dushti*, so it plays important role in *Mukhapaka*. This type of treatment is called as *Dosha Pratyanyika Chikitsa*. Thus we can claim that both drug A and drug B are significantly efficacious in treatment of *Mukhapaka* (stomatitis) in children. Both group i.e. trial group and control group are significant. There was no re-occurrence of *Mukhapaka* in both group on the 21st and 28th day.

CONCLUSION

Mukhapaka in modern parlance has similarity with the stomatitis which is common mouth disorder. *Khadira Churna* is significantly effective in *Mukhapaka* (stomatitis) and is resolved faster without any complication. Signs and symptoms of *Mukhapaka* i.e. ulceration, excessive salivation, pain in mouth were also cured well in trial group. Improper personal hygiene, poor residential hygiene, poor living standards, unawareness about health are important etiological factors for infestation of *Mukhapaka*. Involvement of *Kaphaja Lakshanas* were more prevalent in the disease *Mukhapaka*. The results found with *Khadira Churna* and *Madhu* were encouraging and it was not associated with any side effect, so it can be used routinely in everyday practice for faster and safe recovery.

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