Management of Garbhini Mukhpaka with Kavala Dharana

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ABSTRACT

It is well known that in pregnancy various physiological and pathological changes occurs. Most of which are reversible after delivery. Due to hormonal changes during pregnancy the changes in oral mucosa are also seen. The reasons for these changes are not well known established. Of all the changes the one most well-known is stomatitis. In Pregnancy hormone fluctuation causes changes in saliva making mouth more susceptible to ulcer. Physical and emotional stress of pregnancy aggravates the factor for mouth ulcer. In Ayurveda this condition is known as Mukhpaka, Acharya Sushruta has described under Mukhroga. Among 65 Mukhroga it comes in Sarvasara Roga and these are of three types. In modern science it is treated by maintaining oral hygiene and by using tropical anaesthetics, antibacterial and anti-inflammatory drugs. Many of these drugs are of unknown adverse effect that cannot be frequently used in pregnant women. In Ayurveda it is treated by various methods like Kwatha, Gandusha, etc. In Kashyapa Samhita this Garbhini Vikara is treated with the administration of Kavala of Haridra and Daruharidra. Then Kavala of Sneha/Sugar added water and of Lodhra Kwath Kawal and at the end dusting of Lodhra Choorna is done, and with intake of powder of Manjistha, Ghrashi, Sariva, Muchras, with honey.

Key words: Mukhpaka, Kavalam, Garbhini Mukhpaka.

INTRODUCTION

In Ayurveda the stomatitis can be co-related to Mukhapaka and explained by Acharya Sushruta as is follows. 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. Sarvasara means the disease which have capacity to spread all over the buccal mucosa.

According to Acharya Sushruta Vataja, Pittaja and Kaphaja Sarvasara (Mukhapaka) are the three disorders of Sarvani. Acharya Vagbhata has mentioned Vataja, Pittaja, Kaphaja, Raktaja and Sannipataka Mukhapaka along with Arbuda, Urdhva Guda and Pootiasyata. Acharya Sharangadhara has also followed the pattern of Acharya Vagbhatta. Acharya Bhavamishra, Acharya Madhava and Yogaratnakara’s classification is similar to Acharya Sushruta.

Causes of Mukhapaka

Causes of Mukhapaka can be differentiated as:

1) Dosha Dushtikar Hetu
2) Sthana Vaigunyakar Hetu
It includes Aharaja Hetu which causes aggravation of Pitta Doshas in Amashaya and causes Mukhapa. Hetus like Mansahar, Dugdahar, Ikshuvikruti causes vitiation of Doshas in Amashaya and thereby causing Mukhapa. These food factors causing Pitta Kapha Dosh vitiation and Rakta Dhatu Dushhti. Viharaj Hetu, these causes aggravation of Doshas in Mukha. In case of sleeping in prone position collection of Prakupit Doshas in oral cavity leads to Mukhroga. Same like that in Kavala and Gandush Atiyoga (Milk regurgitation and excessive frothing) irritates oral mucosa and further may lead to Mukhapa.

Samprapti of Mukhrog

In Ayurvedic texts no detail description found about Samprapti of Garbhini Mukhapa. Sushruta Samhita describes in detail; intake of Nidana Sevan causes Sthansanshrya and produce Mukhapa.

In contest of Gharbini, Nidana seven Acharya Charak described in Charak Sharir 4/18 as:

तथा- सर्विनतगुर्ष्टि क्षिं दर्शण्श्च चैत्या;

All type of Guru, Ushna, Tikshna and Ruksha food and grossly offensive to decency activities vitiated the Vata, Pitta, Kapha Dosha. These vitiated Doshas Sthansanshraya in all mouth cavities (Sarvsar) and cause the Mukhapa/mouth ulcers with symptoms of Pain, redness, with burning, sensation, sometimes with itching.

Mukha being the Kapha Sthana and due to Nidana Sevana Vata and Pitta get provoked into it, thus vitiating the Kapha too. The Sthanasamshraya (localization) of these vitiated Vata Pitta Pradhana Tridosha in already vitiated Sthanasamshraya and Khavaigunya give rise Dosha-Dushya Sammurchhana which leads to the production of the Poorvarupa of the Vyadhi. This is the Sthanasamshraya stage of Vyadhi. Here the Tikshna, Ushna and Vikasi Gunas of the Nidanas cause Rakta Vidaha and Twaka, Mansa Paka leading to Vranashotha and Vranotpatti which gives raise the symptoms Mukhadaha, Katurasa Asahishnuta. Along with this Ruksha, Khara, Vishada Gunas of the Nidanas decrease the Sthanika Snigdhata, Shlakshnatadi Gunas which give raise the symptoms Mukhashosha and Alparasagyatta / Virasyagya.

If Nidana Sevana continues two processes occurs simultaneously one is - As the Ruksha Guna further increases leads to Kathinya, Kharata, Shushkata and Stambha in Mukhagata Dhatus.

Another is as Ushna, Tikshna, Vikasi Gunas increase lead to recurrent inflammation and ulceration i.e., Vrane Vranah which hampers the proper healing and further due to Sthanastha Kapha Dushhti Sandhankarma will not be appropriate, these all together leads to Shukla Kathina, Khara Vranavastu in Mukha giving rise the symptom Mukhapa.

As per modern aspect, Stomatitis is an inflammation of mucous membrane of the mouth. Its types: 1) Traumatic Stomatitis 2) Aphthous Stomatitis 3) Infective Stomatitis

On the basis of pathogen stomatitis types are-

a. Viral Stomatitis
b. Bacterial Stomatitis
c. Fungal Stomatitis

Causes: following causes are mentioned as:

a. Poor oral hygiene
b. Cheek biting
c. Poorly fitted oral appliances can cause irritation to the oral mucosa
d. Taking very hot and cold items
e. Diseases like measles, pellagra, AIDS.
f. Nutritional deficiency like vitamin B, vitamin C, iron etc.

Stomatitis during Pregnancy

It is well known that during pregnancy there are hormonal changes in which most of changes are reversible and there is change in oral mucosa leads to stomatitis. Known as Pregnancy gingivitis and Pregnancy epulis. Other changes like chloasma, tooth surface loss, hyperemesis gravidarum are also associated with the pregnancy.

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Changes in the severity of oral mucosa may include, Mucosal changes seen with Anaemia e.g. pallor. Gingival bleeding, which may or may not be associated with Disseminated Intravascular Coagulation (DIC).

**AIM & OBJECTIVE**

To study the role of Ayurveda in the management Garbhini Mukhpaka.

**Management of Garbhini Mukhpaka**

Acharya Kashyapa have told about Garbhini Mukhpaka[3]

अथ चेद गभिण्या मुख्यको भवेदिः॥ १०८ ॥

हरिद्रादारुनिष्काथं ग्राहयेत् कर्लं तताः

tतताः स्िेहेिा कृत्र्ा तु

स्याच्छकवरोदकि् ।। १०९ ।।

लोध्रोदकेिा कृत्र्ा तु कुयावत्ततसारिि्

अिनतां च सिंगा

िोचरसं

्ा ।। ११० ।।

1. **Kavala Dharana**: Kavala Dharana of Haridra and Daruharidra
2. The Kavala Sneha and Sakraodaka and at last Lodhra Kwath after that Pratisaran of Lodhra Choorna should be there.
3. With the intake of Sariva, Manjistha, Ghrashi, Mochras Choorna with the honey.

**Table 1: Details of drug used in Mukhapaka**

<table>
<thead>
<tr>
<th>SN</th>
<th>Dravya</th>
<th>Latin name</th>
<th>Family name</th>
<th>Part used</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Haridra</td>
<td>Curcuma longa Linn.</td>
<td>Zingiberaceae</td>
<td>Kanda / Rhizome</td>
</tr>
<tr>
<td>2.</td>
<td>Daruharidra</td>
<td>Berberis aristata DC</td>
<td>Berberidaceae</td>
<td>Kanda / Rhizome</td>
</tr>
<tr>
<td>3.</td>
<td>Lodhra</td>
<td>Symlocos racemose roxb.</td>
<td>Symlocaceae</td>
<td>Twak /Bark</td>
</tr>
<tr>
<td>4.</td>
<td>Sariva</td>
<td>Hemidesmus indicus</td>
<td>Apocyanaceae</td>
<td>Moola / Roots</td>
</tr>
</tbody>
</table>

**Table 2: Details of Rasapanchaka of drugs used in Mukhapaka**

<table>
<thead>
<tr>
<th>SN</th>
<th>Dravya</th>
<th>Rasa</th>
<th>Guna</th>
<th>Veerya</th>
<th>Vipaka</th>
<th>Karma</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Haridra</td>
<td>Tikta, Katu</td>
<td>Ruksha, Laghu</td>
<td>Ushna</td>
<td>Katu</td>
<td>Kapha Vata Shamaka</td>
</tr>
<tr>
<td>2.</td>
<td>Daruhari dra</td>
<td>Tikta, Kashaya</td>
<td>Ruksha, Laghu</td>
<td>Ushna</td>
<td>Katu</td>
<td>Kapha Pitta Shamaka</td>
</tr>
<tr>
<td>3.</td>
<td>Lodhra</td>
<td>Kashaya</td>
<td>Laghu</td>
<td>Ruksha</td>
<td>Sheeta</td>
<td>Katu</td>
</tr>
<tr>
<td>4.</td>
<td>Sariva</td>
<td>Madhura Tikta</td>
<td>Guru Snigdha</td>
<td>Sheeta</td>
<td>Madhu ra</td>
<td>Tridosha Shamaka</td>
</tr>
<tr>
<td>5.</td>
<td>Manjisth a</td>
<td>Tikta, Kashaya, Madhura</td>
<td>Guru, Ruksha</td>
<td>Ushna</td>
<td>Katu</td>
<td>Vranarop aka</td>
</tr>
<tr>
<td>6.</td>
<td>Mochras</td>
<td>Madhura</td>
<td>Laghu, Snigdha</td>
<td>Pichhila</td>
<td>Sheeta</td>
<td>Madhu ra</td>
</tr>
</tbody>
</table>

**Table 3: Pharmacology of drugs used in Garbhini Mukhapaka**

<table>
<thead>
<tr>
<th>SN</th>
<th>Dravyas</th>
<th>Pharmacological Action</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Haridra</td>
<td>The main constituent curcumin: is potent anti-inflammatory agent by suppressing the and activation, more potent as anti-proliferative agent.</td>
</tr>
<tr>
<td>2.</td>
<td>Daruharidra</td>
<td>Anti Bacterial, Anti Microbial</td>
</tr>
<tr>
<td>3.</td>
<td>Sneha</td>
<td>Act as lubrication</td>
</tr>
</tbody>
</table>
DISCUSSION

So, with the Kavala Dharana of Haridra- Daruharidra. Haridra will act as Pitharechaka and Vranaropaka, While Daruharidra subside Pain and Itching and together they are Tridosha Shamaka. Sarkaraodak will provide the cooling effect and Ghee will subside burning sensation, Vatta-Pitta Shaman and Deepta the Agni. Internal intake of medicine like Manjistha is Vranaropaka. Sariva is Tridosha Shamaka and Lodhra is Kapha-Pitta Shamaka. Over all the drugs act as Vranaropaka, Tridosha Shamaka and mainly Pradeepa the Agni.

In modern prospect we all know that pregnancy maintaining hormone is progesterone carbohydrate origin recent researches had done and found that progesterone is a muscle relaxant hormone which supress the motility of gut there is slow down of digestion process can cause constipation and mouth ulcers also the pregnant women are under iron therapy which also be the reason of constipation the regimen of Mukhapaka told by Acharya Kashyap somehow it works on Agni, which stablished the hormonal balance in pregnant women and Mukhapaka is cured.

CONCLUSION

Generally, whenever there is discussion about the treatment of pregnant women. The doctors are little bit more concern as well as women’s are also much concerned about medicines and diet. Although the Garbhini Mukhpaka is not very common but one who have, they faces many problems. These natural products are effective medications can be used for the treatment of oral diseases like stomatitis in pregnant lady. These remedies are being practiced in ancient times and are cost effective and easily available. Natural disinfectants mentioned above are also effective and act as antimicrobial agents and healing the ulcers. The combination told by Acharya Kashyap fulfilled the criteria, as we all know the absorption of Kavala will be high and ulcers will be healed rapidly and the internal administration of these medicine will helps in increasing the Agni and improved the digestion which will further reduces the constipation and ultimately resolves stomatitis in pregnancy. So, if these medications are given in proper way they have tremendous result.

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