



ISSN 2456-3110

Vol 9 · Issue 2

February 2024

Journal of  
**Ayurveda and Integrated  
Medical Sciences**

*www.jaims.in*

**JAIMS**

An International Journal for Researches in Ayurveda and Allied Sciences



**Maharshi Charaka**  
Ayurveda

Indexed

# 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*, *Mochras*, 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 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.

सर्वसरास्तु वातपित्तकफशोणित निमित्ताः॥ सुश्रुत (सु.नि. 16/66)

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 *Sannipataja Mukhapaka* along with *Arbuda*, *Urdhva Guda* and *Pootiasyata*. *Acharya Sharangadhara* has also followed the pattern of *Acharya Vagbhata*. *Acharya Bhavamishra*, *Acharya Madhava* and *Yogaratanakara'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*

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Submission Date: 13/12/2023 Accepted Date: 22/01/2024

Access this article online

Quick Response Code



Website: [www.jaims.in](http://www.jaims.in)

DOI: 10.21760/jaims.9.2.16

It includes *Aharaja Hetu* which causes aggravation of *Pitta Doshas* in *Amashaya* and causes *Mukhpaka*. *Hetus* like *Mansahar*, *Dugdahar*, *Ikshuvikruti* causes vitiation of *Doshas* in *Amashaya* and thereby causing *Mukhpaka*. These food factors causing *Piita Kaph Dasha* vitiation and *Rakta Dhatu Dushti*. *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 *Mukhpaka*.

### Samprapti of Mukhrog

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

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

तद्यथा- सर्वमतिगुरुष्णतीक्ष्णं दारुणाश्च चेष्टाः;

All type of *Guru*, *Ushna*, *Tikshna* and *Ruksha* food and grossly offensive to decency activities vitiated the *Vata*, *Pitta*, *Kapha Dasha*. These vitiated *Doshas* *Sthansansanshraya* in all mouth cavities (*Sarvsar*) and cause the *Mukhpaka*/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 Snigdhatata*, *Shlakshnatadi Gunas* which give raise the

symptoms *Mukhashosha* and *Alparasagyata / Virasagyata*.

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 Dushti Sandhankarma* will not be appropriate, these all together leads to *Shukla Kathina*, *Khara Vranavastu* in *Mukha* giving rise the symptom *Mukhpaka*.

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-

- Viral Stomatitis
- Bacterial Stomatitis
- Fungal Stomatitis

**Causes:** following causes are mentioned as:

- Poor oral hygiene
- Cheek biting
- Poorly fitted oral appliances can cause irritation to the oral mucosa
- Taking very hot and cold items
- Diseases like measles, pellagra, AIDS.
- 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.

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<sup>[3]</sup>

अथ चेदत्र गर्भिण्या मुखपाको भवेदिह ॥ १०८ ॥

हरिद्रादारुनिष्काथं ग्राहयेत् कवलं ततः । ततः स्नेहेन कृत्वा तु ततः  
स्याच्छर्करोदकम् ॥ १०९ ॥

लोधोदकेन कृत्वा तु कुर्यात्तत्प्रतिसारणम् । अनन्तां च समंगा च घृषीं  
मोचरसं तथा ॥ ११० ॥

मधुना सह (म) मनीयात्ततः संपद्यते सुखी ।

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**

SN	Dravya	Latin name	Family name	Part used
1.	Haridra	Curcuma longa Linn.	Zingiberaceae	Kanda / Rhizome
2.	Daruharidra	Berberis aristata DC	Berberidacea	Kanda / Rhizome
3.	Lodhra	Symplocos racemose roxb.	Symplocaceae	Twak /Bark
4.	Sariva	Hemidesmus indicus	Apocyanaceae	Moola / Roots

5.	Manjistha	Rubia cordifolia Linn.	Rubiaceae	Moola / Roots
6.	Mocharas	Salmalia malabarica schott & endl.	Bombacaceae	Niryasa / abstrac
7.	Ghrashi	Sandigdha	-	-

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

SN	Dravya	Rasa	Guna	Veerya	Vipaka	Karma
1.	Haridra	Tikta, Katu	Ruksha, Laghu	Ushna	Katu	Kapha Vata Shamaka
2.	Daruharidra	Tikta, Kashaya	Ruksha, Laghu	Ushna	Katu	Kapha Pitta Shamaka
3.	Lodhra	Kashaya	Laghu Ruksha	Sheeta	Katu	Kapha-Pitta Shamaka
4.	Sariva	Madhura Tikta	Guru Snigdha	Sheeta	Madhura	Tridosha Shamaka
5.	Manjistha	Tikta, Kashaya, Madhura	Guru, Ruksha	Ushna	Katu	Vranaropaka
6.	Mochras	Madhura	Laghu, Snigdha Pichhila	Sheeta	Madhura	Kapha-Pitta Shamaka

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

SN	Dravyas	Pharmacological Action
1.	Haridra	The main constituent curcumin: is potent anti-inflammatory agent by supressing the and activation, more potent as anti-proliferative agent.
2.	Daruharidra	Anti Bacterial, Anti Microbial
3.	Sneha	Act as lubrication

4.	<i>Sarkraudaka</i>	Act as lubrication, due to <i>Madhur Ras Vata Saman</i> be there.
5.	<i>Lodhra</i>	Anti - inflammatory, wound healing activity.
6.	<i>Sariva</i>	Anti-ulcerogenic, anti-microbial
7.	<i>Manjistha</i>	Potent blood purifier, anti-inflammatory
8.	<i>Mochras Choorna</i>	Anti-inflammatory

## 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 *Pradeepta* 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 suppress 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 Kashayap* somehow it works on *Agni*, which established 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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**How to cite this article:** Arti Yadav, Sucheta Ray, Aswathy K, Ekta Singh Parihar, Priyanka Hajare. Management of Garbhini Mukhpaka with Kavala Dharana. J Ayurveda Integr Med Sci 2024;2:109-112. <http://dx.doi.org/10.21760/jaims.9.2.15>

**Source of Support:** Nil, **Conflict of Interest:** None declared.