

Effect of Ayurvedic medicine in the management of Mukhpaka: A Case Study

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Introduction: Stomatitis is common problem faced by all persons. The illness that spreads across the mouth is called Mukhapaka, or stomatitis. It is an irritation of the mucous membranes on the tongue, cheeks, lips, throat. It may seem like a small issue, but it interferes with day-to-day tasks. Foods that are hot, spicy, and oily; smoking; chewing tobacco; some medicines; infections; low vitamin B12 levels; and more can all cause stomatitis.

Main symptoms, Important clinical finding: The four varieties of Mukhapaka mentioned by Ayurveda those are Vataja, Pittaja, Kaphaja, and Raktaja. As Acharya Charak says in Chikitsa 15th, Combining Aam and Pitta results in Pittajvikar such as burning sensation, excessive thirst, fever, oral cavity disease, and hyperacidity.

The main diagnoses, therapeutic interventions and outcome: Here, we are receiving Sama Pittaj Lakshan. for this pathogenesis Deepan, Pachan, Ropan, Anuloman, and other remedies like Gandoosh, Kaval are given. Here, even Ayurvedic medicine didn't relieve the problems and made them worse because the Dosh Dushya Gunas weren't properly examined. One of the most crucial aspects of treatment is Amshansh Kalpana of Dosha; by approaching the situation in this manner, quick results can be achieved. Although Stomatitis can be treated with painkillers, mouthwashes, lotions, corticosteroids, and vitamin B12 in allopathy.

Conclusion: Today, the world looks to Ayurveda for its invaluable help in treating any illness. With little adverse effects, one can apply Ayurveda medicine to relieve both main and secondary disease symptoms.

Keywords: Mukhpak, stomatitis, Pachan, Ropan, Anuloman, Aam

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Introduction

Acharya Sushruta states that there are 65 *Mukhroga*, which can be found in seven different places, including lips, teeth, tongue, palate, throat, and oral cavity. Of these, eight occur in lips, fifteen in gums, eight in teeth, three in tongue, nine in palate, seventeen in *Kanth*, and three across entire mouth, as stated in *Nidansthan*.^[1] *Pitta Doshahar*, *Rakata Prasadak*, *Vranashodhak*, *Vranropak*, and *Shothahar Chikitsa* are necessary to shatter this *Samprapti*. Out of that 65 *Mukhrogas* theirs, *Sarvasara Mukharogas* (*Mukhapaka*) is of four types; *Vataja*, *Pittaja*, *Kaphaja* and *Raktaja*; whereas, Acharya Vagbhatta has mentioned eight types of *Mukhapaka* i.e., *Vataja*, *Pittaja*, *Kaphaja*, *Raktaja*, *Sannipataja*, *Urdhavaguda*, *Pootyasyata* & *Arbuda*.^[2] The following factors must be considered in order to comprehend *Samprapti* of *Mukhpak*.

संसृज्यमानं पित्तेन दाहं तृष्णां मुखामयान्।
जनयत्यम्लपित्तं च पित्तजांश्चापरान् गदान्।^[3]

When *Aam* and *Pitta* are combined, burning feeling, excessive thirst, fever, oral cavity disease, hyperacidity, and other *Pittajvikar* are generated. In *Mukhapaka*, *Pitta Dosha Prakopa* and *Rakta, Mamsa Dhatu Dushti* occurs in oral cavity. In modern science, recurrent aphthosis stomatitis (RAS) has an unclear pathophysiology. Most likely, T-cells and production of TNF- α (tumour necrosis factor-alpha) are involved in a mostly cell-mediated inflammation. Most likely, no testing is necessary for patients with acute stomatitis who do not exhibit any symptoms, indicators, or risk factors for a systemic disease. If stomatitis recurs, Serum iron, ferritin, vitamin B12, folate, zinc, endomysial antibody (for celiac disease), viral and bacterial cultures, complete blood counts, and other tests are performed. Biopsies can be performed on chronic lesions without a clear cause at boundaries of normal and pathological tissue.

Aim and Objectives

To find out the effect of *Ayurvedic* drugs in the management of *Mukhpaka* (stomatitis)

Materials and Methods

Case Report

Kayachikitsa A 78 years old male patient reported to OPD of Govt.

Ayurvedic Hospital, Research Centre, Gulab Bagh, Udaipur on 06/05/2024 with the chief complaint of

- Ulceration over tongue and throat in the last 6 months
- Unable to digest food in the last 6 months
- Burning sensation in mouth in the last 6 months

Associate symptoms

Patient complained of

- Difficulty in swallowing in the last 6 months
- Constipation

History of present illness

Patient was diagnosed with hypertension Before 10 years. He has addiction to take alcohol regularly from long period. Because of this habit he gradually developed indigestion and constipation. Due to this he has been also suffering from mouth and throat ulcer.

For these complaints he has been taken *Ayurvedic* medicines but recurrency was there. Before 6 month he again developed. So he came to Govt. *Ayurvedic* Hospital, Research Centre, Gulab Bagh, Udaipur for better management.

Past history

Surgical - No history of any major surgery

Medical - k/c/o/ hypertension (before 10 years) and *Sarpagandha Vati* 2 HS

Socio-Economic History

He works as a truck driver and belongs to a lower middle-class family.

Personal History

Appetite - decrease

Sleep - Disturb

Bowel habits - constipation

Bladder habits - properly clear (5-6 times per day)

Dietary habits - Vegetarian

Addiction - Alcohol intake

Vitals

Blood Pressure - 140/70 mm of Hg

Pulse Rate - 86/min.

Respiratory Rate - 24/min.

Temperature - Afebrile

Weight - 71 Kg.

Height - 173 cm.

Table 1: Astavidha Pareeksha

Mala	Sama
Mutra	Pale yellow
Jihwa	Coated, ulceration
Shabda	Samanya
Sparsha	Ruksha
Drika	Swetabh
Akriti	Samanya

Table 2: Dashavidha Pareeksha

Prakriti	Vata-Pittaj
Vikriti	Mukh Rog
Sara	Mamsa Sara
Samhanana	Madhyam
Praman	Madhyam
Satmya	Sarva Rasa
Satva	Pravara
Aharshakti	Avar
Vyayamshakti	Avar
Vaya	Vrudhha

Local examination

Mukhvran

Colour - reddish patch with white border

Number - multiple

Site - left sided margin of tongue, dorsal surface

Size - 1-2 cm

Table 3: Treatment

SN	Name	Dose	Kala	Frequency & Anupana
1.	Yasthimadhu Churna	2gm	Before food	BD with water
	Amalaki Churna	2gm		
2.	Khadiradi Gutika	2tab.	After food	BD with water
3.	Oro.T for gargling	2 drops		3-4 times
4.	Tarunikusumakara Churna	5gm	At night	OD


Before Treatment

After Treatment (20 days)

Discussion

Mouth ulcers are one of the commonest occurring diseases of oral cavity. *Apathyakar Ahar & Vihar* (improper food habits & life style) are the most important causative factors. According to *Madavnidan*, the *Kapha Dosha* is the cause of all *Mukhrog* production.[4]

In this case, the patient received early treatment with medications such as *Avipattikar Churna*, *Sutshekhar Ras*, *Kamdudha Ras*, and *Sanjivani Vati*. One of the most crucial aspects of treatment is *Amshansh Kalpana* of *Dosha*; by approaching the situation in this manner, quick results can be achieved. However, in this case, the patient did not receive relief from this medication since the *Tikshan Guna* of *Pitta* increased. *Yasthimadhu Churna*, accompanied by *Snigdha* and *Saumya*, and *Madhura Ras* has acted well here.[5]

Additionally, the patient came in *Grishma Ritu*; hence, for *Sheeta Chikitsa Amlaki* and *Yasthimadhu* were given. *Khadiradi Vati* is mainly given in *Kushth*[6], which is *Raktavah Strotas Vyadhi*, and *Jihwa Uttapati* are forms of *Rakta*,[7] that is why it was provided here. Oro-T gargle contains *Triphala* and *Madhu a*, which means that it also has *Sandhan* and *Ropan* properties. Because *Kashay Ras* has the quality of *Ropan*, *Shaman*, *Sandhankar*, *Shleshm Rakta Pitta Prashaman*[8], all prescribed drugs contain *Kashay Ras*. And *Tarunikusumakar Ras* was used to treat constipation in order to achieve intestinal clearance.

Modern research indicates that a vitamin B12 shortage causes stomatitis, which is absorbed by the colon and aids in intestinal clearance. The sufferer has experienced alleviation.

Conclusion

It is possible to cure oral conditions like stomatitis using these natural products, which are excellent treatments. One of the most crucial aspects of treatment is *Amshansh Kalpana* of *Dosha, Kala (Ritu)*, and body of patient; by approaching the situation in this manner, quick results can be achieved. These solutions are readily available, affordable, and have been used since ancient times. As antimicrobial agents, the naturally occurring disinfectants listed above are likewise quite effective when administered in the recommended dosages, yielding amazing results.

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