

A Case Report: Ayurvedic Management of Mukhapaka W. S. R. To Stomatitis

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ABSTRACT

Mukha (mouth or oral cavity) is one of the important part of our body. Digestive system starts from Mukha so it is important to maintain proper oral hygiene for our overall health status. Mukhapaka is a commonest disease of oral mucosa found in India as well as all over the world. Mukhapaka can be correlated with Stomatitis or mouth ulcers as per modern science. Oral ulceration is encountered frequently in our daily practice. Stomatitis is curable & not considered threat to life but these ulcers have significant negative impact on the oral health, affecting the quality of life. It also affects normal activities like eating & swallowing. Sometimes brushing & talking also becomes painful. In Ayurveda various treatment modalities are described for Mukhapaka. I have selected one of them to establish efficacy of Gandusha and Pratisarana with Abhyantara chikitsa on Mukhapaka in my present case study.

Keywords: Gandusha, Mukhapaka, Pratisarana, Abhyantara chikitsa, Stomatitis

I. INTRODUCTION

Shalaky Tantra is one of the divisions of Ashtang Ayurveda in which study of “ Urdhwajatrugat Vyadhi” i.e. diseases regarding ear,nose,throat, and eye diseases

Mukhapaka is a very common disease of oral cavity in India as well as Asia due to excessive consumption of Pitta Prakopakaahara like spicy oily food, tobacco chewing, smoking, alcohol consumption, fast food etc. Tobacco chewer has more prone for mouth ulcers. Mukhapaka consists of two words, one is Mukha (mouth) & other is Paka (inflammation & ulcer). Mukhapaka can be correlated with Stomatitis. It affects the mucus membrane of mouth & lips, with or without ulceration .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 and itching.

Sarvasara Mukharogas are named as Mukhapaka, as it occurs by spreading completely in the Mukha. According to Susrutha Mukha Roga occurs due to intake of unwholesome food, curd, milk, fermented gruel, not cleaning the teeth daily, improper administration of inhalation, emesis, gargles and venesection.

Acharya Charaka has described it as Pittaja Nanatmaja Vikara which means disease produced by only Pitta Dosha. In today's lifestyle intake of packed food, acidic food, food added with preservatives, and taste enhancers has increased along with heavy workload related to a disturbed sleep schedule, random food eating times, and constant need to outperform induced stress. Which act as a causative factor for disturbed physiology of the body and cause disease. Oral hygiene is mostly neglected in our country. Poor oral health results in chronic conditions and systemic disorders. Ayurveda is work on Preventive and Curative aspects,The focus of Treatment in Stomatitis according to modern view is local pain reliever, mouth lotion, Corticosteroids and Vit B complex. Combination of antibacterial & anti inflammatory are generally used in the form of paste, gel or solutions for application & gargles, which gives symptomatic relief by cooling soothing effect. it is not satisfactory only symptomatic treatment. But in Ayurveda the treatment modalities for Mukhapaka include Shamanoushadhi and Shodana treatment along with food and lifestyle changes.

Aims & Objectives: 1) To study the efficacy of Gandush and Pratisarana with Abhyantar chikitsa in the management of Mukhapaka.

2) To assess the reduction in severity of Mukhapaka after treatment.

II. MATERIALS & METHODS:

History of present illness:

A female patient of age 27 years who was suffering from recurrent mouth ulcers approached to OPD of Shalakyatantra. She had complaint of intolerance to hot & spicy food, was not able to eat.

Talking was also painful. It caused severe pain and severe burning sensation since last 6 months. She was examined systemically. History revealed that she developed multiple ulcers from 6 months, treated for that but had temporarily relief with ulcers healed, but recurrence process continued affecting her daily routine work

Patient's History & Systemic Examination:

Aggravating factors: Ushna, Teekshna Katu Ahara, Ratrijagaran

History of past illness-Nothing Specific

Family History-Nothing Specific

O/E (On Examination) GC -Fair Pulse-72/min Bp-120/80 mm/Hg Spo2-97 RR-19/min

- Nadi - Pittapradhan Vata
- Mala - Malavashambha
- Mutra- Prakrut
- Jihva – Aarakta
- Sparsh- Ushna
- Druk – Prakrut
- Akrti - Madhyama
- Agni - Madhyama
- Koshtha - Madhyama
- Satva – Uttam
- Prakruti- Kaphanubandhi Pitta

Local Examination:

- Redness on the tip of the tongue & inner surface of right cheek
- 3 patches of ulcers were seen which were reddish white in colour

Method of Scoring:

No. of vesicles (Pidakas)	score
No Pidaka	0
1 - 2 Pidakas	1
3 - 4 Pidakas	2
More than 4 Pidakas	3
No. of ulcers (Vranas)	score
No Vrana	0
1 - 2 Vrana	1
3 - 4 Vrana	2
More than 4 Vrana	3
Shoola (pain)	score
No pain	0
Mild pain	1
Moderate pain	2
Severe pain	3
Daha (burning sensation)	score
No burning	0

Mild burning	1
Moderate	2
Severe	3

Score Before & After Treatment:

Score Before treatment 8

After 14 days 4

After 21 days 2

After 1month 1

After 2month no recurrence

After 3month no recurrence

Samprapti Ghataka :

Dosh-Pittaja

Dushya-Rasa,Raktha

Marga-Abhyantara

Agni-Jathargnimandya

Strotas-Rasavaha, Rakthavaha, Mamsavaha

Plan of Treatment:

A) Nidan parivarjana

B) For Anulomana & Pittashamana for 10 days

1) Avipattikar churna 3gms at bed time

2) Kamdudha vati 2 tablets twice daily

C) Local treatment for ulcer healing - Gandush of Darvi ghana - 50 to 80 ml mixed with 10gms. honey two times daily.

III. RESULTS:

Step by step significant improvement was observed in this patient. After treatment of 15 days, pain & intolerance of hot & spicy food was reduced. Gradual improvement was there in symptoms. After one month treatment patient got complete relief so Kamdudha vati & Avipattikar churna were stopped but Gandush was continued for next 15 days & then after Gandush also stopped. Follow up was taken after 2 & 3 months, at this time there was no recurrence seen.

IV. DISCUSSION:

Maintaining the normal health status of body and curing the diseased -“Swasthasya swastha rakshanam athurasya vikara prashamanam”- Ayurveda mainly focuses on Nidan Parivarjana to arrest further progression & recurrence of the disease.

Mouth ulcers are one of the commonest occurring diseases of oral cavity. Apathyakara Ahara & Vihara i.e. improper food habits & life style are the most important causative factors.

Gandush of Darvi Ghana with honey acts as a topical medication that directly affects on oral mucosa by increasing mechanical pressure inside

the oral cavity. The active ingredients of the Gandush Dravyas stimulates parasympathetic fibers of salivary gland, causing secretion of saliva in large quantity. Immunoglobulin Ig in saliva has antimicrobial & antiviral action.

Sthanik Dosh Chikitsa is very necessary along with internal medicines as the Doshas at particular site are in Leen stage. So for Shodhana of these Leen Doshas local treatment is important. Here transdermal microabsorption of Gandush Dravyas helps to flush out harmful Doshas & heal the ulcer. In Ayurveda, a traditional medicinal system Darvi (Daruharidra) is being used in wound healing. It's root bark contains the bitter alkaloid 'berberine' which is mainly used as antibacterial, antipyretic, antiinflammatory, analgesic agent. Daruharidra mixed with Madhu (honey) is useful in the treatment of apthous sores, abrasions & ulcerations. Kashya rasa of Daruharidra heals wounds & mitigates Kapha, Rakta & Pitta. Madhu being cold in potency, mitigates bleeding disease & aggravation of Kapha, heals wounds. Madhu also provides clarity in the oral cavity, heals the ulcers & pacifies burning sensation. The healing property of Madhu is due to its antibacterial activity & it's high viscosity helps to provide a protective barrier to prevent infection. It's immunomodulatory property is useful in wound repairing also.

Kamdudha vati As Kamdudha is Pitta Shamak in nature, it is useful to suppress Pitta Dosh. It also contains Vranropan property which helps in healing of ulceration faster. Kamdudha contains Sheet (cooling) property which helps to reduce burning sensation present over the affected area. Unlike modern medicine Kamdudha does not have any side effect. In fact as Gairik contains iron and proved as a good haematinic. Also with the faster healing rate of ulcers, burning sensation, pain, inflammation, dysphagia etc. reduced faster in those patients who received Kamdudha systemically as well as locally

Avipatthikara Choorna: a poly-herbal formulation, is one of the popular Ayurvedic formulations which is used for GIT related ulcer. this drugs having properties like Anti-Ulcerogenic Activities

V. CONCLUSION

Improper dietary habits & life style causes Mukhapaka. Ayurveda mainly focuses on Nidan Parivarjana to arrest further progression & recurrence of the disease. This study shows that

Sthanik Chikitsa for Leena Dosh is very necessary along with internal treatment. Here in this case Gandush worked successfully. But as it is only single case study, multiple clinical studies should be conducted to establish this treatment as a reliable treatment in non-responsive cases of stomatitis.

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