

Ayurvedic Management of Mukhapaka

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ABSTRACT

Mukhapaka is one among the mukharoga. Mukha is one of the important parts of our body. The digestive system starts from mukha so it is important to maintain proper oral hygiene which also suggests overall health of our body. Mukhapaka can be correlated with aphthous ulcer or stomatitis. It is common ailment suffered by most of the individual once in lifetime. Today's fast paced life, irregular eating, untimely sleeping habits and uncontrolled stress have immense effect not only on the overall well-being of the individual, but also on the oral health leading to innumerable oral disorders. Stomatitis occurs due to hot and spicy, oily food, Smoking, tobacco, Gutkha chewing, Medicine, infections, Vitamin B deficiency. Ayurveda has described 4 types of Mukhapaka. Vataj, Pittaj, Kaphaj, Sannipataj. Different types of Mukhapak have different type of symptoms. The treatment of Aphthous ulcer/Stomatitis is mainly pain reliever, mouth lotion, Corticosteroids, Vitamin B complex. This study is taken up to evaluate the efficacy of gandusha and shamana aushadhi in mukhapaka.

KEYWORDS: Mukhapaka, Aphthous Ulcer, Gandusha, Krishnajeerakadi Vati, Irmedadi Taila.

INTRODUCTION

Mukhapaka is one of the mukharoga & occurs in all over the oral cavity. Acharya kashyapa, charaka has described it as mukhapaka¹, while acharya sushruta & vagbhata have described it as sarvasara². Sarvasara means the disease which have capacity to spread all over the buccal mucosa. Mukhapaka (Stomatitis) is the disease that spreads throughout the mouth. It is the inflammation of mucous membrane of lips, tongue, and cheek. It is common problems faced by all persons. According to Acharya Charaka, Mukhapaka is mentioned under 40 Pittaja Nanatmaja Vikara.

The oral diseases are progressive, cumulative and can become more complex over time if neglected. They can affect our ability to eat, the basic food we choose, how we look, the way we communicate. The oral health might affect, be affected or contribute to various bodily diseases and condition including: endocarditis, diabetes, HTN, Osteoporosis, Alzheimer's. Stomatitis³, a general term for an inflamed and sore mouth can disrupt a person ability to eat, sleep stomatitis can occur any where in the mouth including the inside of the cheeks gum, tongue, lips and palette. Normally the oral mucosa is colonized by numerous microorganisms (commensals). They may become pathogenic when the host responses are altered. The normal oral health depends on the integrity of the mucosa, the salivary gingival fluids, hormones, cellular immune components etc. The oral cavity is closely exposed to the atmosphere and is an area of maximum movements. Hence this structure is prone to unusual wear and tear.

Even though many protective factors as enzymes, salivary pH, lactoferrin, lactoperoxidase etc normally exhibit a protective influence, disturbances of the above local factors precipitate oral cavity disorders along with other systemic factors. Mukhapaka/Asyapaka is a disease coming under mukharoga, the relevance of

the disease being the high incidence rate and lack of effective available treatment. Another important factor is the high incidence due to drug induced cases. (iatrogenic). Gandusha⁴ and kavala are most common treatment used in curing mukhapaka. Hence this study was taken up.

CASE REPORT

A patient of age 36 years had come to our OPD, complaining of recurrent mouth ulcers, burning sensation in the mouth, dry mouth since 6 months.

HISTORY OF PRESENT ILLNESS

Patient was apparently alright 10 Days before. Gradually he developed an Ulcer in the oral cavity. Next day he noticed single ulcer over buccal mucosa of oral cavity which was whitish in colour. Then he noticed burning sensation, pain and difficulty of swallowing of food. He also complained of repeated ulcer formation. For further treatment he came to our OPD.



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

Astavidha Pariksha

Nadi-Vata-Pitta

Mala-Prakrita

Mutra-Prakruta

Jiva-lipta

Shabd-Prakruta

Sparsh-prakruti

Druk-vikruta

Akruti-prakruta

Systemic Examination

RS-normal

CVS-S1S2 Normal

CNS-Conscious Oriented

GIT-Liver, Spleen Not Palpable

Samprapti Ghataka

Dosh-pitta kapha

Dushya-Rasa, Raktha

Marga-Abhyantara

Agni-Jathargnimandya

Strotas-Rasavaha, Rakthavaha, Mamsavaha

RESULT

After 10 days Patient follow up shows-ulcer was clear, no redness, no difficulty in opening the mouth.

DISCUSSION

Mukhapaka is a type of pitta pradhana vyadhi since it is explained as one of the nanatmaja vikara of pitta and raktha pradoshaja vikara. But the common desha involved in Mukharogas is Kapha dosha. It is commonly associated with Spotha (blister), toda, raktha varnatha, dadha, Kandu. It is mainly caused by pitta and Kapha dosha.

Krishna jeerakadi vati- contains krishna jeeraka ,kushta, indrayava where krishna jeeraka is having Deepana ,guna-laghu,ruksha,rasa-katu,vipaka-katu has aamapachana properties.

Kushta-guna:laghu,ruksha ,teekshna,rasa- tikta ,katu, Madhura, vipaka-ushna.

Indrayava-rasa- katu,tikta,guna:laghu ruksha,vipaka-katu,sheeta veerya.

Arimedadi taila-is used for gandusha, as taila is vata kapha hara, it is useful in mukharoga.

PATHYA

Sweda, Virechana, Vamana, gandusha, pratisarana, kavala, raktamokshana, humapana, shastra agnikarma, truna dhanya, yava, mudga, kulatta, jangala rasa karavellaka, patola, karpooora, tambula, tapthambu, khadiara, ghrita, and dravyas having katu and tikta

APATHYA

Dantakasta, Snana, Amlarasa, matsya, annupamamisha, mamsa, dadhi, ksheera, guda, masha, rookshanna, katinasanam, adhomukha shayana, guruabhishtyandhi ahara, diwaswapna

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