“Role of Ayurved in management of Mukhpak

with special reference to Stomatitis”

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ABSTRACT

Mukhapak is a commonest disease of mukha found in India as well as all over the World. In this condition mukha is affected by paka process which is always associated with pitta dosha. Due to ulceration irritation, pain, burning sensation is experienced when patient take food. Sometimes liquid intake also becomes troublesome as cold or hot sensation gives lot of pain burning sensation etc. It may also occur because of chewing of chemical agents like Tobacco-Gutakha, Insomnia, Vitamin deficiency, much life threatening disease like Malignancy, Submucosal fibrosis, Skin disease and disturbances in G.I. tract like Constipation. In modern medicine, several mouth paints and mouth gargles are used for the treatment of Aphthous ulcer adjuvant to steroids, B'Complex group of drugs and various other treatments like injection placentrex (sub mucosal) which have their own limitations. Therefore, an attempt was made to collect all medicinal drugs which are mentioned in Ayurveda Classics for treatment of this disease.

KEY WARDS: Mukhapak, dhatu oja & bala, stomatitis

INTRODUCTION

The symptoms of Mukhapak can be correlated with stomatitis. It is an inflammation of the mouth and lips. It affects the mucous membranes of the mouth and lips, with or without ulceration. In widest meaning, stomatitis can have a multitude of different causes. The commonest causes which includes...
infections, nutritional deficiencies, allergic reactions, radiotherapy etc.[1]

Food is the factor which sustains & supports the dhatu oja & bala i.e. strength or capacity to perform physical work. Food is a basic requirement of the body. Food in any form either liquid or solid is very essential for growth of body and maintenance of health. Restriction of food by any reason can create a serious condition. The disease mukhapak can occur if it is neglected or not treated properly. Mukhapak is a common disease of the oral cavity [2]. It affects patient’s daily routine. It is found more in pitta pradhan dosh, pitta pradhan prakruti & pittaj kala. It is more found in India because people are more prone to have pitta prakopak ahar like spicy oily food, tobacco chewing, smoking, alcohol consumption etc. and also pitta prakopak vihar like late night sleeping, improper timing of meals etc. Due to the paka process, ulcers & inflammation over affected area is seen in mukha [3]. There are various causes which create mukhapak like rapidly increasing problems [4]. Hence directly increasing poverty proportionally this has brought illiteracy, ill health with it. Because of malnutrition anemia stomatitis can occur. Bad hygiene is one of the major reasons which are very common in poor & uneducated class [5]. Also alcohol consumption, tobacco; gutka chewing is very common in them. All the above mentioned causes create stomatitis which is very common in our country [6].

In modern medicine there is no specific treatment for stomatitis. Combinations of antibacterial & anti-inflammatory are generally used in form of paste, gel or solution for gargles, which gives symptomatic relief by cooling soothing effect [7]. In Ayurveda, the treatment modalities include Panchakarma, external therapies, internal medications, Activities, Advice of food and life style changes. Panchakarma: Virechana Activities: Specific Asana, Pranayamas, meditation Food: Improving on the intake of water preferably warm water and food which helps digestion. Avoid spicy, dry, deep fried and heavy foods that are difficult to digest.

AIM AND OBJECTIVES-

Aim-
To evaluate the role of Ayurveda in management of Mukhpak.

Objective-
• To study the concept of stomatitis
• To study the concept Mukhpak
• To study the chikitsa of Mukhpak as per Ayurveda.

MATERIALS AND METHODS-
Ayurvedic textual materials were referred, mainly Charaka samhita, Sushruta samhita, Astanga hridaya and available commentaries of these samhitas, for the study.

Stomatitis
Stomatitis is an inflammation of the mucosa of the oral cavity. It is an inflammation of the lining of the mouth.

• Causes: Stomatitis can be caused by local and systemic cause. Such inflammation of the mouth may be caused by: Injury, Mechanically Chemically, Thermally, Radiotherapy, Idiopathic, Malnutrition etc.

• Types of Stomatitis
  (A) Traumatic Stomatitis:
  Traumatic stomatitis is commonly caused by Vigrous used of hard tooth brush, Ill-fitting dentures, Jagged teeth
  Simple cut or burn of the mouth, Thermal and radiation injury
  Clinical Features: The lesion is painful. The mucosa is ulcerated and hyperaemic. The tongue is quoted with fur. Simple cut or burn of the mouth usually heals by itself. Traumatic stomatitis is soon covered by the thin grey glistening coagulum. As the mouth is painful, movements are obviously restricted, salivation is increased.

(B) Infective Stomatitis:
(1) Viral Stomatitis: It is caused by herpes simplex or herpes zoster virus. It is characterized by small, multiple, painful vesicles on the lips, buccal mucosa and palate.
(2) Bacterial Stomatitis:
  Vincent’s Angina: Vincent’s Angina is also called as ulcerative stomatitis and also Acute ulcerative gingivitis.
  Causative Organism: Borrelia Vencenti and B. fusiformis are responsible to cause this lesion. Both these organisms may be found in normal mouths, but are particularly found in large numbers in association with this disease.
  Clinical Features:
  1). Early adult individuals are more often involved. It is rarely seen after the age of 12 years.
  2). Acute condition starts with prodromal symptoms e.g. malaise, pyrexia and increased salivation.
  3). After about a couple of days of such prodromal symptoms patients complain of dull toothache and gum bleedings.
3) Fungal Stomatitis: It is the prototype of oral infection caused by yeast like fungus. It is the superficial infection of upper layer of oral mucous membrane and results in formation of patchy white plaque or flecks on mucosal surface. Such type of stomatitis is seen in People suffering from debilitating disease., As a complication of prolonged antibiotic therapy, which changes the balance of bacterial flora in the alimentary canal. and In Diabetic patients. This condition mostly occurs due to fungus known as candida albicans.

(C) Aphthous Stomatitis:
Aphthous stomatitis is also called as Recurrent ulcerative stomatitis. It is common disease characterized by development of painful, recurrent, solitary or multiple ulcerations of the oral mucosa.

(E) Angular Stomatitis:
Cracks or superficial ulceration at the corners of the mouth is known as angular stomatitis. Angular stomatitis is also called as Cheilosis or Preleche.

(F) Stomatitis With Malnutrition:
Various types of stomatitis often remain associated with malnutrition. The mucosa of the tongue may undergo atrophy. Similarly thinning of the oral mucosa makes the mouth most susceptible to trauma, hot drinks and spices

Mukhapaka-

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 Vaghbhata have described it as Sarvasara. Sarvasara means the disease which have capacity to spread all over the buccal mucosa.

Causes of Mukhapaka [8]

Causes of Mukhapaka can be differentiated as:

1) Dosha dushtikar hetu

2) Sthan vaigunyakar hetu

1) Dosha dushtikar hetu:-

It includes aharaj hetu which causes aggrevation of Pitta Doshas in Amashaya and causes Mukhapaka. Hetus like Mansahar, dugdhahar, Ikshuvikruti causes vitiation of doshas in Amashaya and there by causing Mukhapaka. These food factors causing piita kaph dosha vitiation and rakta dhatu dushti are given below.
### Underlying factors from food

<table>
<thead>
<tr>
<th>Name</th>
<th>Aggrevated Doshas</th>
<th>Dhatu Dushti</th>
</tr>
</thead>
<tbody>
<tr>
<td>1) Flesh of Buffalo</td>
<td>Kapha</td>
<td>-</td>
</tr>
<tr>
<td>2) Fish</td>
<td>Kapha, Pitta</td>
<td>Rakta</td>
</tr>
<tr>
<td>3) Pork</td>
<td>Kapha</td>
<td>-</td>
</tr>
<tr>
<td>4) Amak</td>
<td>Kapha, Pitta</td>
<td>-</td>
</tr>
<tr>
<td>5) Moolak (Riped)</td>
<td>Tridoshakrit</td>
<td>-</td>
</tr>
<tr>
<td>6) Black Grams Raddish</td>
<td>Kapha</td>
<td>-</td>
</tr>
<tr>
<td>7) Milk (Buffalo)</td>
<td>-</td>
<td>-</td>
</tr>
<tr>
<td>8) Curd</td>
<td>Kapha, Pitta</td>
<td>Meda</td>
</tr>
<tr>
<td>9) Sookta</td>
<td>Kapha, Pitta</td>
<td>Tridoshakrit, Rakta</td>
</tr>
<tr>
<td>10) Juice of Sugarcane</td>
<td>Kapha</td>
<td>-</td>
</tr>
<tr>
<td>11) Fanita</td>
<td>Tridoshakrit</td>
<td>Shukra</td>
</tr>
</tbody>
</table>

2) **Sthan vaigunyakar Hetu:** [9]  

It mainly consists of viharaj hetu, these causes aggrevation 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 kawal and gandush atiyoga (Milk regurgitation and excessive frothing) irritates oral mucosa and further may lead to Mukhapak. If vaman and Raktamokshana are not done in proper ritu, Then it causes accumulation of doshas in mukha, which are to be thrown out of the body regularly by the cleaning process of vaman and Raktamokshana, otherwise that causes Mukhapaka.

**Chikitsa of mukhpaka**

**Nidan Parivarjan:**

*Nidan parivarjan chikitsa* is of prime importance to arrest further progress of disease

**General treatment of Mukharoga:** [10]

Chakradatta mentioned that in mukhapaka we can use Darvirasakriya with honey for local use for healing of ulcers. In every type of Mukhpak we can use kwath of Triphala, Patha, Mridvika and leaves of Jati with Honey for Mukhdhavan.

1) **Kawal Gandush**-In both these upkramas medicine are held in oral cavity, the only difference in these two types is the amount of drug held in the mouth. In Gandush the mouth is filled with medicine so that it can not be
moved (i.e. amount is more), where as in kawal the amount of medicine is less so that it can be moved in the oral cavity.

2) Raktamokshan: Raktamokshan means drainage of vitiated blood outside the body. Local Raktamokshan is one of the ashuphaldayee chikitsta in mukhrogas. It directly acts on dushita rakta dhatu. Removal of dushita rakta pacifies all the symptoms of mukharoga and give instant relief.

3) Nasya: Nasya is important treatment in urdhvajatru (above neck region) vikara and Mukhapaka is one of the them.

b) SYSTEMIC TREATMENT

1) virechan - Virechan is chief treatment for Pitta Dosha and it also causes Raktadhatu prasadan. It normalises the path of Vata dosha which further leads to correct constipation, hence breaking the pathogenesis of Mukharoga.

2) Shirovirechan: Shirovirechan is the procedure for elimination of vitiated doshas chiefly accumulated over neck region (urdhva jatru). As it is the nearest route to eliminate those doshas, therefore advisable in mukharoga.

PATHYAPATHYA

PATHYA:-

In all oral diseases following dravyas are recommended in ahar Old rice, Wheat, Bean, Horsegram, Bittergour, Serpentgourd, Radish, Camphour water, Tambul, Khadir-ghruta, Things etc. having Katu and Tikta rasa, As we go through the gunas of this dravyas all are tikta rasatmak and sheet veerya therefore usefull in Kaph Pittaj vyadhi.

APATHYA:-

In all oral diseases following things are contraindicated curd, milk and its derivatives, guda, sweets, black gram, As we go through the gunas of above dravyas, all are ushna veeryatmak causing vitiation of pitta dosha in the samprapti of mukhapaka. Non-oily things are heavy to digest and abhishyandi edible by infant’s mother should be avoided. So other hetus which causes Mukhapaka should be avoided.

DISCUSSION-

- In this study, efforts were made to use Ayurvedic drug which is cost effective & alternative treatment for modern line of treatment of mukhapaka.
- Stomatitis has become very common problem in the present era. It is very important to have effective, economic & without any side effect, medicine on it.
- Mukhapak is one of the commonest oral diseases in India.
• **Mukhpak** is found in all the age groups.

• **Mukhpak** is found more in *pitta-* *prakruti* persons.

**CONCLUSION:**
These natural products are effective medications can be used for the treatment of Oral diseases like stomatitis. These remedies are being practiced in ancient times and are cost effective and easily available. Natural disinfectants which are mentioned above are also effective and act as antimicrobial agents, if these medications are given in proper dose than they have tremendous result.

**REFERENCES:**


Cite this article:

“Role of Ayurved in management of Mukhpak with special reference to Stomatitis”
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