

## ROLE OF YASHTIMADHU CHOORNA WITH MADHU LEPANA IN THE MANAGEMENT OF MUKHAPAKA

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## ABSTRACT

*Mukha* (mouth) is one of the important parts of body and it is exposed to various risk factors due to the bad habits like tobacco chewing and smoking etc. *Mukhapaka* is pathological condition related to *Mukha* which occurs due to the simple cut, eating hot food items, unhygienic cleaning, vitamins deficiencies and adverse reaction of antibiotics. Ulceration, Excessive salivation and Pain etc. are general symptoms of *Mukhapaka*. As per *Ayurveda* *Mukha Rogas* is *Pittaja Nanatmaja* and *Rakta Pradoshaja Vikara* and around 20% of population is suffering with this problem. *Ayurveda* described various treatment modalities for the management of *Mukhapaka*; *Yashtimadhu* with *Madhu* is one of them, present article established efficacy of *Yashtimadhu* with *Madhu Lepana* in *Mukhapaka*. The study concluded that *Lepan-Karma* with *Ayurveda* formulation *Yashtimadhu Ghrita Madhu* offers beneficial effects in mouth ulcer.

**Keywords:** *Yashtimadhu, Madhu, Mukhapaka*

## INTRODUCTION

*Mukhapaka* is neither a severe nor one that can be terminated as cursory. It is not life threatening, but at the same time it can be crippling by grossly distributing the individual's lifestyle. Habit like tobacco chewing, smoking etc. have increased incidence of diseases pertaining to oral cavity.

*Mukha rogas* have been mentioned in *Ayurved*, with the various treatment modalities especially *Lepana*<sup>1</sup>. *Lepana* is a procedure in which medicinal paste is applied in mouth for a certain period of time. *Yashtimadhu* with *Madhu Lepana* is prepared by mixing *Yashtimadhu choorna* and *Madhu*. *Yashtimadhu* are having the quality of *Madhur rasa*, *Sheeta virya*, *Madhur vipaka*. It is *Vata Pitta shamak*.<sup>2-5</sup> Moreover, conducted parameters have proved the healing, anti-ulcer, anti-inflammatory and skin regeneration activity of *Yashtimadhu*. Sodium, Glycyrrhiza Glabra possessed anti-ulcer activity and stimulation of regenera-

tion of skin. *Yashtimadhu* is easily available, cost effective and safe to use.

*Madhu* is having quality of, *Madhur Kashaya rasa*, *Ruksha Laghu Yogavahi guna* and it is *Tridoshaghna* in nature<sup>6</sup>. Hence present study "To Study the role of *Yashtimadhu Choorna* with *Madhu Lepana* in the management of *Mukhapaka*" was undertaken to have a solution, for betterment of *Mukha Swasthya*.

**Aim:** To assess the efficacy of *Yashtimadhu Choorna* with *Madhu Lepa* in management of *Mukhapaka*

### Materials and Methods:

Patients possessing signs and symptoms of *Mukhapaka* were selected from B.V.D.U. *Ayurved* Hospital, OPD were selected in the study with written informed consent. Patients were randomly selected based on inclusion and exclusion criteria. Total 30 patients were participated in clinical study.

Drug	Rasa	Guna	Veerya	Vipaka	Doshakarma
<i>Yashtimadhu</i>	<i>Madhur</i>	<i>Snigdha, Guru</i>	<i>Sheeta</i>	<i>Madhura</i>	<i>Vata-Pitta Shamana</i>
<i>Madhu</i>	<i>Madhura, Kashaya</i>	<i>Ruksha Laghu</i>	<i>Ushna</i>	<i>Katu</i>	<i>Tridoshaghna</i>

### Inclusion Criteria:

1. Patients with age group between 16 and 60 years.
2. Patient suffering from *Mukhapaka*.
3. Patients of both sex.

### Exclusion Criteria:

1. Patients suffering from serious systemic illness which may interfere with course of treatment.

2. Patients having non-healing chronic ulcers, malignancy and syphilis etc.
3. Patient having chronic or carcinogenic ulcers in oral cavity.
4. *Mukhapaka* due to any other systemic disorder e.g. Syphilis, AIDS, etc.

### Intervention:

Drug	<i>Yashtimadhu choorna</i> with <i>Madhu</i>
Dose	2gm of <i>Yashtimadhu choorna</i> and 5ml of <i>Madhu</i> for oral application
Procedure	<i>Lepana karma</i> on affected area
Time	7 days
Follow up	2 <sup>nd</sup> and 5 <sup>th</sup> day
Time of administration	3 times a day
No of patient	30

**Drug Preparation:** *Yashtimadhu* was selected as trial drug for study since it was mentioned in *Yogaratanakara*. The *Choorna* was prepared with roots of *Yashtimadhu* which were dried before grinding.

*Madhu* was purchased from Authentic Store. 2gm of *Yashtimadhu choorna* and 5ml of *Madhu* were added together and was locally applied on affected part of Oral cavity.

**Route of Administration:** Locally applied in oral cavity, after excessive salivation takes place, spit out saliva.

**Procedural Conduction of Clinical Study:** Patients were advised to *Lepana karma* by themselves. The *Lepa* of *Yashtimadhu Choorna* with *Madhu* was told to be applied over ulcer present in internal oral cavity of selected patients with care that no part of ulcer left without *Lepana* and to be done at morning, afternoon and night before food. The *lepana* was removed with cotton and lukewarm water. Patients were advised to follow good conduction of *Ahara-Vihara* so to

achieve maximum beneficial effects of therapy. The patients were called on 2<sup>nd</sup> and 5<sup>th</sup> day to access the follow up. The total duration of treatment was for 7 days and effect of therapy was measured on the basis of assessment criteria

**Criteria for Assessment:** The signs and symptoms were assessed by adopting suitable scoring method. The assessment was totally based on subjective criteria after clinical observation and information given by patient's mother. The subjective gradation of symptoms was done as follows:

### 1. Ulceration (*Mukha paka*)

Grade	Number of Ulcer
0	Absent
1	1 to 3 ulcer
2	3 to 7 ulcer
3	More than 7 ulcer

### 2. Excessive Salivation (*Lalasthav*)

Grade	Assessment
0	No complaint
1	Complaint of salivation
2	Collection of saliva in mouth
3	Dribbling of saliva in mouth

### 3. Pain (*Ruja*)

Criteria	Assessment
0	No pain
1	Occasional pain
2	Pain while intake of cold food material
3	Continuous pain with or without food or water contact

## RESULTS AND DISCUSSION

### Probable mode of Action

*Yashtimadhu Lepana* offered beneficial effects in *Mukhapaka* due to its *Madhur Rasa* and *Sheeta Virya*. *Yashtimadhu Lepana* provides *Shamana* and *Ropana Karma*; it also helps to pacify vitiated *Pitta* and *Rakta Dosh* in *Mukha-Roga*. *Sheeta Virya*, *Varna Ropan* and *Hara Daha* properties of *Yashtimadhu Lepana* play vital role towards the therapeutic response in *Mukhapaka*. *Veerya* of *Lepa* enters effective site through *Sira* after being transformed through skin

which provides relief in pain and sensitization of ulcer.

The physico-chemical properties of drug in *Lepana* forms increases due to the trans-dermal delivery system which also enhances bioavailability of drug. The drug molecules of the formulation after penetrating through the stratum corneum into dermis produce characteristic pharmacological response through receptors faster than systemic circulation. Transdermal absorption sometimes provides delayed release of drug molecule due to moderate diffusion rate which

ultimately offers prolong and sustained effect of drug for longer duration.

*Madhu* is having qualities like *Kashaya Rasa Pradhana*, *Vranya*, *Dahashamaka*, *Sandhankara*, *Kapha-Pitta Shamaka*. Cumulatively *Yastimadhu* shows the action of *Pitta Kapha Shamana*, *Rakta Prasadana*, which is achieved to cure *Mukhapaka* (stomatitis). So, this drug is wisely balanced from the point of view of all *Doshas* to *Mukhapaka*. Because of its *Rakta Prasadana Guna* it reduces *Raktaja Dushti*, so it plays important role in *Mukhapaka*. This type of treatment is called as *Dosha Pratyanka Chikitsa*. Thus, we can claim this drug is significantly efficacious in treatment of *Mukhapaka*.

#### According to Ulceration:

*Mukhapaka* is a *Vrana* which happens due to bad habits or due to increase *Doshas* in body specially *Pitta* as *Yashtimadhu* is having the qualities of *Madhur rasa*, *Sheeta virya* and *Pitta shamak* which eventually re-

duced *Daha*, due to its *Ropan* action ulceration was reduced and improvement was seen 70% patients.

#### Effect of therapy on *Lalasarava*:

*Yashtimadhu Lepana* offers 75% improvement in *Lalasarava* which was found to be statistically significant ( $p < 0.001$ ). *Lalasarava* is because of increase *Pitta dosha*, due to *Sheeta Virya* of *Yashtimadhu* it reduces *Srava*. This result of formulation may be attributed to the *Varna Ropak* and *Sheeta Virya* property of formulation which eventually reduces *Pitta*.

#### Effect of therapy on *Ruja* (Pain):

*Yashtimadhu Lepana* provides 69% relief in *Ruja* (Pain) which was also found statistically significant ( $p < 0.001$ ). Pain is due to increase *Vata* at the site, due to *Vatahara* properties of *Yashtimadhu* it results in lowering *Ruja* at the ulceration site. This effect of therapy attributed to the *Vrana Ropaka* and *Sheeta Virya* properties of *Yashtimadhu* which resulting *Karmukata* effect.



Before Treatment



After Treatment

## CONCLUSION

*Mukhapaka* in modern parlance has similarity with stomatitis which is common mouth disorder. *Yashtimadhu Churna* is significantly effective in *Mukhapaka* (stomatitis) and got resolved faster without any complication. *Yashtimadhu Lepana* possesses the property of *Shamana* and *Ropana Karma*. *Lepana* of *Yashtimadhu* provides *Shamana* of *Pitta* and *Rakta Dosh*. *Yashtimadhu Lepana* improves oral hygiene

and reduces clinical symptoms of *Mukhapaka*. Signs and symptoms of *Mukhapaka* i.e. ulceration, excessive salivation, pain in mouth were also cured well. Improper personal hygiene, poor residential hygiene, poor living standards, unawareness about health are important etiological factors for infestation of *Mukhapaka*. Involvement of *Kaphaja Lakshanas* were more prevalent in the disease *Mukhapaka*. The results found with *Yashtimadhu Churna* and *Madhu* were encourag-

ing, and it was not associated with any side effect, so it can be used routinely in everyday practice for faster and safe recovery. Finally, this study concluded that *Yashtimadhu Lepana* may be employed for the management of *Mukhapaka*, however further study on large population also recommended.

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