

A REVIEW ARTICLE ON AYURVEDIC MEDICINE'S ROLE IN MUKHAPAKA MANAGEMENT (STOMATITIS)

Dr. Sakshi^{*1}, Dr. Anita Yadav², Dr. Amit Kumar³ and Dr. Mohit⁴

^{1,2}Assistant Professor, Department of Kayachikitsa, SBMN Ayurvedic College and Hospital,
Asthal Bohar, Rohtak, HR -124021.

^{3,4}Assistant Professor, Department of Kaumarbhritya, SBMN Ayurvedic College and
Hospital, Asthal Bohar, Rohtak, HR -124021.

Article Received on
21 October 2021,

Revised on 11 Nov. 2021,
Accepted on 01 Dec. 2021

DOI: 10.20959/wjpr202114-22646

*Corresponding Author

Dr. Sakshi

Assistant Professor,
Department of Kayachikitsa,
SBMN Ayurvedic College
and Hospital, Asthal Bohar,
Rohtak, HR -124021.

ABSTRACT

A recurrent mouth ulcer is known as '*Mukhpak*' or '*SarvasarRog*.' We can relate it to Aphthous ulcer based on its signs and symptoms. Stomatitis is a common ailment that affects 60% of the population. Even while it affects people of all ages, it is more common in women and individuals who eat spicy or non-vegetarian foods frequently. This mouth ulcer is a typical feature of *Paitik* people, according to *Ayurveda*. Food that is exceedingly pungent and spicy is consumed in excess. Chewing of chemical agents such as Tobacco-Gutakha, Insomnia, Vitamin deficiencies, and many life-threatening diseases such as Malignancy, Submucosal fibrosis, Skin disease, and disruptions in the G.I. tract such as Constipation can all cause it.

Several mouth paints and mouth gargles are used in modern medicine to treat Aphthous ulcers as an adjunct to steroids, the B'Complex group of medications, and other treatments such as injectable placentex (submucosal), all of which have their own set of side effects. As a result, an attempt was made to gather all medications specified in *Ayurveda* for the treatment of this ailment.

KEYWORDS: *mukhapaka*, stomatitis.

INTRODUCTION

Stomatitis can affect any part of the mouth, including the insides of the cheeks, gums, tongue, lips, and palate, and is considered to afflict roughly 20% of the general population. Mouth Ulcers, Buccal Mucosa Redness and Erosion, Oral Mucosa Burning, Difficulty Chewing

Pungent & Hot Things, and even Enlargement of Sublingual & Submandibular Lymph Nodes are some of the symptoms. Therapies in modern medicine try to relieve pain, reduce inflammation, and promote ulcer healing, but there is no evidence of efficacy for any of the treatments that have been tried. Due to its proliferation over the entire mouth cavity *Mukha*, apathous ulcer is referred to as '*Sarvasarroga*' or '*Mukhapaka*' in *Ayurvedic* texts.^[1,2,3]

CAUSES^[4]

1. Emaciation
2. Bodyache
3. Raised Temperature

The digestive system, which mostly involves *Pitta*, is the fundamental cause of this. Stomatitis is classified into five categories based on the *Dosha* imbalance that causes the symptoms, according to *Ayurveda*.

Symptoms of *Vataja* stomatitis include^[5,6]

1. Excruciating discomfort
2. Fissuring of the tongue is a common ailment.
3. Food intolerance to cold foods
4. Ulcers in oral cavity.

Pittaja type symptoms include^[5,6]

1. Severe burning
2. Inflammation
3. The mouth has a bitter taste to it.
4. Red and Yellow colored ulcer.

Symptoms of the *Kaphaja* kind include^[5,6]

1. Pain that is moderate
2. Increased salivation
- 3 itching (excessive)
4. Mouth ulcers are painful but no discolouration.

Sannipataja type symptoms include^[5,6]

Symptoms of the *Vataja*, *Pittaja*, and *Kaphaja* kinds combined.

MODERN TREATMENT

Topical medicines, rather than systemic medications, are the initial line of treatment for Aphthous Stomatitis. The most common treatment for aphthous stomatitis is topical corticosteroid, mouth washes (sodium chloride, compound thymol glycerin), Antiseptics(chlorhexidine 0.2%, povidone iodine 1%, kamilloosan-N mouth spray 3 times a day before meals) and tooth brushing with hydrogen peroxide sodium bicarbonate paste. Some immunomodulators like Tetracycline 250mg capsules in 110 ml water, triamcinolone acetonide 0.1% paste 4 times a day. Some drugs like betamethasone 500mg should be taken orally twice a day. According to a comprehensive review, no single systemic intervention has been determined to be beneficial. In order to prevent secondary infection of the ulcers, good dental hygiene is also necessary. Changing your diet to see if something you're eating is exacerbating the problem. Oranges, tomatoes, nuts, eggplant, tea, and cola were determined to be the dietary allergens that caused ulcer formation in a 1990 study. Pineapple and cinnamon oil are two more foods that have been linked to aphthous ulcers.

Ayurvedic treatment for Stomatitis

1. Correcting and strengthening digestion
2. Balancing the *Doshas*
3. Improving nutrition status.

Panchakarma, external therapies, internal medications, activities, dietary advice, and lifestyle changes are all treatment modalities in *Ayurveda*.

Panchakarma: Virechana

Activities: Specific *Asana*, *Pranayamas*, Meditation.

Food: Improving water intake, preferably warm water, and food that aid digestion. Avoid spicy, dry, deep-fried, and heavy, difficult-to-digest foods.

External Therapies: *Lepas*, *Kavala* (gargling), and *Gandoosha* (mouth fillings) - with medicated decoctions/oils *ShiroDhara* in combination with medicated buttermilk (*Takra*) / Milk (*Ksheera*)

Herbs Aloe (Aloe vera): Use 1–3 tablespoons of Aloe vera juice as a mouthwash, and then swallow three times per day. Licorice (Glycyrrhizaglabra): Combine 200 mg powdered DGL and 200 ml warm water swished in the mouth and then spit out; repeat daily for one week. Chamomile (*Matricaria recutita*): Three to four times per day, a diluted tincture or strong tea

made from chamomile flowers can be swished in the mouth. Echinacea (*Echinacea purpurea*, *Echinacea angustifolia*, *Echinacea pallida*): 4 ml liquid echinacea can be mixed with warm water and swished in the mouth for two to three minutes before swallowing; this can be done three times per day. Myrrh (*Commiphora molmol*) is taken in the form of 200–300 mg of herbal extract or 4 ml of myrrh tincture, which is swished in the mouth two to three times per day. Mild alterations to one's way of life Irritation from ill-fitting dentures, rough fillings, or braces can exacerbate canker sores and should be treated by a dentist.^[7]

Internal drugs- Single herbs useful in mouth ulcers

1. **Khadira** (*Acacia catechu*) – Due to its astringent nature, *Khadira* purifies the blood and heals.
2. **Badara** – (*Terminalia bellerica*)
3. **Ber fruit** - Helps to repair the ulcerated area's damaged tissues.
4. **Amalaki** (*Emblica officinalis*)
5. **Indian Gooseberry**-Rejuvenative, cooling, and micronutrient supplement.
6. **Draksha**-Raisins (*Vitis vinifera*) – Coolant, laxative, and rejuvenating.
7. **Hareetaki**(*Chebulic myrobalan*)-Restorative, laxative and heals the wound due to astringent principles.
8. **Chandan**-Sandalwood –Soothes the tissues.
9. **Usheera** (*Vittivera zizanioides*) - Coolant and pain reliever.
10. **Parpataka** (*Pumaria parviflora*) - Purifies the blood and calms the vitiated *pitta*.
Raktika (*Ixoragrandiflora*) is a calming, soothing, and rejuvenating plant.

Ayurvedic medicines for mouth ulcers: Oral rinse / chewing

1. **Khadiradivati** –This tablet should be chewed and swallowed gently by the patient. A patient can eat up to 6–8 tablets per day as an adult.
2. **Yastimadhu (chewing)** – Licorice is chewed slowly as a coarse powder.
3. **Arimedaditaila** – for gargling is best in stomatitis.
4. **Triphalakashaya** is also used for gargling.
5. **Panchavalkalakashaya** - for gargling
6. **Eladivati** is good when chew after meals 3-4 times in a day.

Oral Ayurvedic medicines for Mouth ulcers

1. *Usheerasava*
2. *Aravindasava*

3. *Drakshasava*
4. *Kumaryasava*
5. *Chandanasava*
6. *Lavangadivati*
7. *Kamadugha (mouktikayukta)*
8. *Pravalabhasma*^[8,9,10,11,12]

CONCLUSION

These natural products are effective medications that can be used to treat oral diseases such as stomatitis. These remedies have been used since ancient times and are both inexpensive and widely available. Natural disinfectants, such as those mentioned above, are also effective and act as antimicrobial agents; if these medications are administered in the correct dosage, the results can be astounding.

REFERENCES

1. Vagbhatta's Ashtanga Hridayam, Vol. 3 (Uttar sthan), translated by Prof. K.R. Srikanth Murthy, Edition Reprint-2006, and published by Chaukhamba Krishnadas Academy, Varanasi, U.P. India, Chapter 22, 184-197.
2. Susruta Samhita of Sushruta, Vol. 1 & 2, translated by Prof. K.R. Srikanth Murthy, Edition Second-2004, published by Chaukhamba Orientalia Publication, Varanasi, U.P. India, Nidansthan Chapter 16- Page no. 563 & Chikitsasthan Chapter 22- Page no. 204-215.
3. K. S. Wakode, Study of Role of Daruharidra Rasakriya & Madhu Pratisaran in Management of Pittaj Sarvasar (Stomatitis), Int. J. Ayu. Alt. Med., 2015; 3(5): 275- 281.
4. A Short Textbook of ENT- edited by K.B. Bhargava, S.K. Bhargava & T.M. Shah, 7th Edition- 2005, Usha Publication, Mumbai, India, 228-229. 2. A Short Textbook of ENT- edited by K.B. Bhargava, S.K. Bhargava & T.M. Shah, 7th Edition- 2005, Usha Publication, Mumbai, India, 228-229. 2.
5. dr anant ram Sharma, madhav nidan 2nd edi 2007, chaukhambha subharti prakshan pg no 276 56/55.
6. dr ambikadutt shastri, sushrut samhita chaukhamba publications, edi 2016 sushrut nidan 16/65,66.
7. golwala aspi f, golwala sharukh a. edi: 25th golwala medicine for students, jaypee brothers publishers 2018, pg 7.

8. M.A. Lahankar et al "Management of 'Mukhapaka' by 'Haridradi Tail' w.s.r. to Recurrent Aphthous Ulcer" International Journal of Advanced Ayurveda, Yoga, Unani, Siddha and Homeopathy, 2013; 2(1): 119-124, Article ID Med-98 ISSN: 2320 – 0251.
9. Causes-of Scully C (2013). "Chapter 14: Aphthae (recurrent aphthous stomatitis)". Oral and maxillofacial medicine: the basis of diagnosis and treatment (3rd ed.). Edinburgh: Churchill Livingstone. pp. 226– 234. ISBN 9780702049484.
10. Samhita S. 1st ed. Ch 21, Stanza 9. New Delhi, India: Motilal Banarasidas Publishers; 1983. Sutrasthanam; pp. 335–6.
11. Sharma PV. In: CharakaSamhita: Sutrasthanam. 23rd ed. Ch. 20, Stanzas 11-13. Sharma P, editor. Varanasi, India: Chaukambha Orientalia, 1981; 112–4.
12. Chakravorty RC. Head and neck diseases in an ancient Indian surgical text (The Sushruta-samhita) Med Hist., 1971; 15: 393–6.