



E-ISSN: 2278-4136

P-ISSN: 2349-8234

www.phytojournal.com

JPP 2024; 13(5): 251-253

Received: 24-07-2024

Accepted: 25-08-2024

Dr. Priyanka Ramrao Rathod
CSMSS Ayurved Mahavidya,
Kanchanwadi, Aurangabad,
Maharashtra, India

Dr. Lalita N Patole
CSMSS Ayurved Mahavidya,
Kanchanwadi, Aurangabad,
Maharashtra, India

Ayurvedic management for Mukhapaka in child: A single case study

Dr. Priyanka Ramrao Rathod and Dr. Lalita N Patole

DOI: <https://doi.org/10.22271/phyto.2024.v13.i5c.15080>

Abstract

Oral hygiene is very important for everybody's health. 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. Though, it may seem like a minor problem but it inhibits the daily activities. Stomatitis occurs due to hot, spicy and greasy foods, smoking, tobacco chewing, several drugs, infections, Vitamin B12 deficiency etc.

Ayurveda has described four types of Mukhapaka: Vataja, Pittaja, Kaphaja and Raktaja. 1 Different types of Mukhapaka have different types of symptoms. Pain relievers, mouth washes, lotions, corticosteroids, Vit. B12 are used to treat stomatitis. In present era, world is looking at Ayurveda for its valuable contribution in the treatment of any ailment. Sarvasara Mukharogas are named as Mukhapaka, as they diffusely spread in the Mukha (oral cavity).

Keywords: Symptoms, though, deficiency

Introduction

Mukha (mouth) is one of the important parts of body. Mukhapaka is a painful condition of mukha which can be correlated with mouth ulcer as per modern science. Around 20% of population is suffering with this problem [2-3]. Mukhapaka (Mouth ulcer) occurs due to nutritional deficiency, stress, illness, poor oral hygiene, eating hot food items, leukemia, inflammatory bowel disease [4]. In Ayurvedic text mouth ulcer denote as sarvasara rog or Mukhapaka. Mukhapaka refers to an oral disease which occurs in two ways, one is independently (Swatantrarogam) and other is association with (Anubandhrogam) [5].

Stomatitis is the inflammation of the mucosa of oral cavity consists of solitary or multiple painful ulceration. Symptoms of mouth ulcer are ulceration, difficulty to open mouth, redness, burning sensation, itching, looseness of skin of tongue and become intolerant to cold etc. [6]. Aphthous stomatitis is a painful, circumscribed lesion, often recurrent inflammatory process of oral mucosa. The size of aphthous ulceration is 1 to 10 mm in diameter [7].

The symptoms of Mukhapaka (Stomatitis) are Ruja (Pain), kandu (Itching), lalastav (Salivataion), vrana (ulceration), ratkavarnata (redness). Mouth is invaded by a large number of commensal microorganisms which are normally controlled by maintenance of oral hygiene. Nowadays, mukhaswasthya (oral hygiene) has gained importance, because mukha is an anga, which is exposed to many risk factors in day-to-day life [8].

Case study

- **Aims and objective:** To evaluate the role of Ashwattha twak churna in the management of Mukhapaka.
- **Study design:** Present study is a single case study conducted in the department of Kaumarbhritya of CSMSS Ayurved College, Kanchanwadi, Chh Sambhaji Nagar. A 10 year old male child with complaints of Mukhavrana (mouth ulcers), Ruja (Pain), Daha (Burning sensation), Difficulty in chewing had approached our hospital. As per the information by his parents, child had complaint of intolerance of hot and spicy food, was not able to eat. It caused a lot of pain. Here found the root cause of disease is pittaprakopa, means aggravation of pitta due to etiological factors such as ushna, teekshna ahara etc. History revealed that he developed multiple ulcers from 3 months, treated for that but had temporarily relief with ulcers healed but recurrence process continued.
- **Birth history**
- FFT/ ND/ CIAB/ 2.8KG
- No any history of NICU stay

Corresponding Author:

Dr. Priyanka Ramrao Rathod
CSMSS Ayurved Mahavidya,
Kanchanwadi, Aurangabad,
Maharashtra, India

Developmental history

Gross motor & fine motor development were normal as per the chronological age but there was delayed with Language and Social development.

Family history-WNL**Table 1:** General examination

General appearance	Fair
Temp.	98.5 f
Pulse	92/min
RR	24/min
Height	138cm
Weight	35kg

Table 2: Physical examination

Nadi	Pittaj
Mala	2 times/day
Mutra	4-5 times/day
Jivha	Niram, Ulcers+
Shabda	Spashda
Sparsha	Anushna
Druk	Prakrut
Aakruti	Madhyam

Local examination

Redness on the tip of tongue and inner surface of right cheek 2-3 patches of ulcers were seen which were reddish white in colour.

Systemic examination

RS- AEBE/CLEAR CVS- S1S2 N

CNS- Conscious, oriented P/A-Soft, non-tender

Materials and Methods**Table 3:** Ashwattha twak Churna mixed with Madhu 10

Drug	Ashwattha twak churna
Dose	8 gm (शा.सं.पु.ख.६/४९-५१.) According to age in 3 divided doses
Route of application	Local application
Duration	7 days
Time of drug application	Muhurmuhu
Follow up	4th and 7th day

Drug	Ashwattha
Latin name	Ficus religiosa
Family	Moraceae
Rasa	Kashay, Madhur
Virya	Sheet
Vipaka	Katu
Guna	Guru, ruksha
Prayojyang	Twak
Doshghnata	Pittashamak
Drug	Kshaudra
Latin name	Apis mellifica
Family	Hymenoptera
Rasa	Madhur,kashay
Virya	Sheet
Vipaka	Katu
Guna	Laghu,picchila
Doshkarma	Tridosha prashaman, kaphapittaghna

Treatment plan

- Nidan parivarjan
- Pathyaapathya
- Local treatment for ulcer healing

“अश्वत्थत्वग्दल क्षौद्रैरुखु पाके प्रलेपनर् /

..... क्षौद्रैस्तथापरर् /” भै. र. ७१/८७

Table 4: Kshaudra 11

Anupan	Kshaudra
Latin name	Apis mellifica
Family	Hymenoptera
Rasa	Madhur,kashay
Virya	Sheet
Vipaka	Katu
Guna	Laghu, picchila
Doshkarma	Tridosha prashaman, kaphapittaghna

Pathya

- Ahara- Freshly cooked, green leafy vegetables, ghrut, glass of milk, madhur sheet laghu aahar sevan
- All seasonal fruits.
- Vihara- Regular mouth wash with normal water,
- Adequate sleep

Apathya

- Ahara-Ushna and tikshana ahara spicy and sour food.
- Bakery products, junk food.
- Vihara-Over brushing, not maintaining oral hygiene.

Discussion

Mukharoga (Mouth Diseases) are 65 different type. There site Lips, Gums, Teeth, Jivha, Talu., Kanth and Whole oral cavity according to Sushrut Acharya, A world first surgeon.Charak have described 64 type of Mukharoga, Vagbhat Described 75 Type of Mukha roga. Mukhapak also called as Sarvasara roga. Type of Mukhapak are Vataj, Pittaj, Kaphaj, sannipataj. Pittaj Mukhapak and raktaj Mukhpak are the same. Vatadi Dosh aggravated in mukha region causing Vrana(Ulcer) in mukha called as Mukhapak.Gandush, kavala,lepan, Virechan, shaman are different type Treatment done in Mukhapak.Mukhapak resemble with Stomatitis or Aphthous ulcer in modern.it is common in now days because of changing aahar, Vihar style. The focus of Treatment in Stomatitis according to modern view is local pain reliever, mouth lotion, Corticosteroids, Vit B complex it is not satisfactory and symptomatic treatment. Samprapti Ghatak Dosh-Pittaj.

Dushya-Rasa, Rakt Marga-Abhyantar Agni-Jathargnimandya Strotas-Rasavah, Raktvaha, Mamsavaha Sthan-Mukha. The disease Mukhpak is well treated by Ashwattha twak churna.

This pratisaran comprises mixture of kshaudra (as per requirement) and Ashwattha twak churna (sukshama) being used. Hence it is named Ashwattha twak churna (pratisaran) in the present study.

Conclusion

Mukharoga, or mouth diseases, encompasses various conditions affecting the lips, gums, teeth, tongue, palate, throat, and entire oral cavity, as outlined by ancient scholars like Sushrut Acharya, Charak, and Vagbhat. Notably, Mukhapak, also referred to as Sarvasara roga, can arise from imbalances in the three doshas—Vata, Pitta, and Kapha—often leading to ulcers (Vrana) in the mouth. Modern parallels, such as stomatitis and aphthous ulcers, highlight its relevance today due to dietary and lifestyle changes. Treatments like Gandush, Kavala, and topical applications are

utilized, with Ashwattha twak churna emerging as a promising remedy, particularly for Pitta-related conditions.

Conflict of interest

The authors declare that they have no known competing financial interests or personal relationships that could have appeared to influence the work reported in this paper.

References

1. Trikam ji Y. Sushrut Samhita with Nibandh. Varanasi: Chaukhamba Sanskrit; [date unknown]. Sutrasthan 1/13.
2. Tamboli MP, Changle S, Hope PA. Controlled clinical study on the efficacy of Khadira Churna Pratisarana with Madhu in the management of Mukhapaka (Stomatitis) in children. *J Ayurveda Integr Med Sci.* 2017 Mar-Apr;2(2):73-6. Available from: www.jaims.in
3. Nelson Textbook of Pediatrics. 19th ed. Volume 2. New Delhi: Elsevier; c2011. p. 663.
4. Nelson Textbook of Pediatrics. 19th ed. Volume 2. New Delhi: Elsevier; c2011. p. 2735-6.
5. Tamboli MP, Changle S, Hope PA. Controlled clinical study on the efficacy of Khadira Churna Pratisarana with Madhu in the management of Mukhapaka (Stomatitis) in children. *J Ayurveda Integr Med Sci.* 2017 Mar-Apr;2(2):73-76. Available from: www.jaims.in
6. Kumar K, Jain AK, Paul S. Clinical efficacy of Ashwattha Choorna Lepa in the management of Mukhapaka. *Int J Bio-Pharma Res.* 2019;8(2):248-85. DOI: 10.21746/ijbpr.2019.8.2.1.
7. Tripathi B. Astang Hrudaya: Reprint edition. Varanasi: Chaukhamba Sanskrit Pratishtan; c2013. p. 58-62.
8. Nelson Textbook of Pediatrics. 19th ed. Volume 2. New Delhi: Elsevier; c2011. p. 663.
9. Trikam ji Y. Sushruta Samhita with Nibandh Sangraha. 8th ed. Varanasi: Chaukhamba Sanskrit Sansthan; [date unknown]. Nidansthan 16/67-68. p. 302.
10. Deshpande AP. Dravyaguna Vidnyan. Pune: Anmol Prakashan; Reprint 2015; c2016. p. 831.
11. Trikam ji Y. Sushruta Samhita with Nibandh Sangraha. 8th ed. Varanasi: Chaukhamba Sanskrit; [date unknown]. Sutrasthan 45/132.