

Clinical Trials Of Kamdudha Vati In Mukhapak

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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 is very important to have effective, economic & without any side effect, medicine on it. Here an attempt to try Ayurvedic drug *Kamdudha* systemically as well as locally as an application. It was observed that healing rate of ulceration was fast in those patients who received *kamdudha* by both the ways than who received

kamdudha only systemically. It may prove better combination than only systemic administration of *kamdudha*.

Key words: *Mukhapak*, *sarvsar*, stomatitis, *pratisaran*, *pitta prakop*, *ropan*, *daha*.

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]. As they are more in price also contains side effects with them. Considering all the facts it is necessary to have effective, cost free drug which does not have any side effects. This project is devoted for the same purpose & hence the following pages are the result of this attempt.

Aim & Objectives:

- To study *Mukhpak vyadhi* according to Ayurveda
- To study *stomatitis* according to modern medical science
- To study the role of *pratisaran chikitsa* & efficacy of *kamdudha* in *Mukhapak vyadhi*
- To study the importance of systemic effects of *kamdudha* in *Mukhpak*

Methodology:

The study of this project is totally based on clinical observations & the patient's narration. The patient selected for this project will be treated systemically with *kamdudha* & locally with *kamdudha churna pratisaran* [8]. This might prove that local application of *kamdudha churna* along with systemic treatment enhances anti-inflammatory action & faster rate of healing with better results [9]. The *yogvahi* & *vishaghna* property of *goghrit* will act as catalyst along with *vranaropak* and *pittaghna* property of *gairik*. Also *tridoshaghna* & *vranaropak* property of *amalaki* will help to enhance the properties of *gairik* & thus anti-inflammatory action with *ropan* will be triggered [10].

Group A- Trial group (total 30 patients)

These patients were received systemic treatment of *kamdudha* with local application of *kamdudha churna (pratisaran)*

Group B- control group (total 30 patients)

These patients were received only systemic administration with *kamdudha*

Design of study:

An open comparative study was done depending on the patients narration & clinical observations as every patients

sensitivity & pain index is different the study was more based on clinical observations.

Duration of trial: The patients in the trial group were treated systemically for duration of 7 days treatment with *kamdudha vati* in the dose of 500 mg three times a day. Whereas in control group, according to the severity of the disease, local application of 250 mg *kamdudha churna* 3 times a day.

Inclusion criteria: Inclusion criteria were done on the basis of randomization. This includes

1. Age is no bar
2. Patients having ulcers in oral cavity
3. Patients ready for drug trial- patients were given an idea of the project before giving the drug trial.

Exclusion criteria: The patients who could not come for follow up regularly to outdoor patients OPD were excluded.

The patients who were selected for this project had a similar study method. As mentioned earlier the study was totally based on the patient's narrations & clinical observations. The patients were given drug of seven days which was in form of tablet for oral ingestion & powder for local application thrice a day. Follow-up was done every day.

Elder person with the patient were advised to give the drug regularly for seven days.

The subjective gradations of these symptoms were done as follow & intensity of each system was calculated & was compared with that of other group i.e. control group. The subjective gradations of the symptoms was done as follows

- Grade 0 - No pain
- Grade + - Mild pain
- Grade ++ - Moderate pain
- Grade +++ - Severe pain
- Grade ++++ - Extreme pain

Similar graduation chosen for this trial study was found commonly & which was given a total idea of treating process.

Observations and Results:

From the study, it was observed that *mukhpak* is a common disease in all the age groups of present era. It is more common in young as *pittapradhanyata* found in young age.

Due to many reasons it occurs in mouth. In this disease *mukha* is affected by *paka* procedure which is always associated with *pitta dosha*. So *mukhapak* is more found

in *pitta pradhan desh*, *pitta pradhan prakruti* & in *pittaj kala*^[11].

The occurrences of symptoms in both the groups were same. The symptoms relieved in the patients of both the groups were compared & also shown graphically. It showed that *kamdudha* given systemically with locally worked more effective in relieving all the symptoms than only systemic administration of the drug.

In group A, result were found as 88% of patients had total relief of all the symptoms on the 7th day. Total 3.3% patients had no relief at all. In group B, 75% of patients got relief on 7th day. 6.6% of patients had no relief.

Discussion:

In this study, efforts were made to use Ayurvedic drug *kamdudha* which is cost effective & alternative treatment for modern line of treatment of *mukhapaka*. The ratio of male to female was 24:36.

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. So here an attempt is made to treat *stomatitis* with *kamdudha*. As *kamdudha* is *pitta*

shamak in nature, it is useful to suppress *pitta dosha*. It also contains *vranropan* property which helps in healing of ulceration faster. *Kamdudha* contains sheet (cooling) property which helps to reduce burning sensation present over the affected area.

Unlike modern medicine *kamdudha* does not have any side effect. In fact as *gairik* contains iron and proved as a good haematinic. Also with the faster healing rate of ulcers, burning sensation, pain, inflammation, dysphagia etc. reduced faster in those patients who received *kamdudha* systemically as well as locally.

Conclusion : From the given observations we can come to the following conclusions:

- *Mukhpak* 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.
- Use of *kamdudha* in *mukhpak* is found to be effective.
- Use of *kamdudha* locally with systemically is found more effective than only systemic administration.

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