Effect of Ayurvedic medicine in the management of mukhpak (stomatitis): an observational study.
Jayvant Kharat*1, Priyanka Mane2

1. Assistant Professor,
2. PG Scholar,

Shalakyatantra Dept.,
Hon. Shree Annasaheb Dange Ayurved Medical college, Ashta, Maharashtra.

*Corresponding author:- Mob.- 9130057718, Email:- manepriyanka8190@gmail.com

Abstract:-

MUKHPAK (stomatitis) is most common disease of oral cavity and can occur anywhere in the mouth, including the inside of the checks, gums, lips, palate and tongue. It can disrupt a person’s ability to talk, eat and sleep. This is an observation study on Mukhpak (stomatitis) patients which complaints of redness, ulceration in oral cavity, salivation, pain and burning sensation in mouth treated with 3-4 times local application of gairik with goghrita up to 7 days and Triphala and Daruharidra kawal + gandusha up to 7 days. Study demonstrated that ayurvedic internal and local application of medicines is the so fast, simplest, economical and effective drug therapy in the management of Mukhpak due to anti-inflammatory, analgesics as well as healing property of gairik and goghrita.

Keywords:- mukhpak, stomatitis, gairik, goghrita, kawal, gandusha,

Introduction:-

In modern life style, excessive intake of fast foods, cold drinks, spicy foods mixed type of food, acidic foods, etc. and addictions to chewing betel nut, guthka, tobacco, smoking, drinking alcohol etc. Which are characterized as Apathyakar in Ayurveda disturbe the normal physiology of the body and causes many oral diseases. Stomatitis is considered as one of the prevalent oral disease worldwide characterized by redness, ulceration in oral cavity with burning sensation, salivation & pain. Stomatitis occurs anywhere in mouth, including inside the cheeks, gums, tongue, lips, palate. The symptoms degree from presence of mouth ulcers, redness and erosion of buccal mucosa, burning sensation of oral mucosa, difficulty in chewing , pungent and hot things and or enlargement of sublingual and submandibular lymph nodes. However, ayurvedic treatments for this disease are safe, effective, cheap & non-toxic.
Mukhpaka often called as sarvsara roga is a disease of oral cavity characterized in Ayurveda as the paka-avastha of oral mucosa & produces ulcers in oral cavity. Pitta dosha, rakta vaha & mamsa are the main dushya in Mukhpak.

According to Acharya Sushruta there are 65 mukhroga which occur at seven locations such as lips, teeth, tongue, palate, throat & oral cavity & and out of them 8 occurs in lips, 15 in gums, 8 in teeth, 3 in tongue, 9 in palate, 17 in throat and 3 in entire mouth as described in uttartantra. To break this samprapti, pitta doshahar, rakta prasadak, vranashodhak, vranopak, shothahar chikitsa is essential. As per Ayurveda the line of treatment for mukhpak should be pittashamaka, shothahara, vedanasthapana, vranashodhana, vranaropana, rakta prasadaka, mamsa dhatu pustikara. The clinical symptoms of Mukhpak is comparable with stomatitis. There are many drugs described in Ayurveda literature to cure Mukhpak (stomatitis) effectively. Sushruta praised the effect of Kshara (alkalis) so much that it can be replace Shastra karma since it dose the chedna, bhedna, lekhna, darana, shothahara, and roopna karmas simultaneously without the help of shashtra.

Gairik (Red ochre) a silicate of Alumina and oxide of iron. In Ayurveda know as Geru, it is used for medicinal purpose after purification. It is sweet, astringent, anti-phlegmatic, anti-bilious and cooling. It shows beneficial medicine that is used for the treatment of skin disease, ulcerating sores, gingivitis, eczema, cough etc.

Goghrita (ghee) is one of the most important medicines used in Ayurveda for both internal and external applications and mainly used for the treatment of eyes disease, cough, thirst, phlegm, hiccup, worm, infestation, vomiting, asthma, healing, wounds. In the present observational study, therapeutic potential of ayurvedic medicine i.e Gairik along with Goghrita in patients suffering from Mukhpak (stomatitis) is described.

MATERIAL AND METHODS :

This is an observational study based on daily OPD practice on patients of age 13-73 years with complaints of redness, ulceration in oral cavity, salivation, pain and burning sensation in mouth during chewing of food for the last 3 days to 3 months. Visited in OPD. Gender wise distribution of patients along with their socioeconomic conditions. Based on the symptoms and clinical features they are diagnosed with disease Mukhpak (stomatitis). Patient were treated with oral application- Pratisarana with gairik with goghrita and internal medicines- Aampachak vati, khadiradi vati bd for 3 days, Kawal and Gnduhsa with Triphala and Daruharidra till 7 days, Mhamanjishtadi kadha for 7 days, as advised.
**SYMPTOMS** | **GRADING**
---|---
Redness | 0. No redness  
1. Mild redness  
2. Mod. Redness  
3. Severe redness  
4. Extreme redness
Ulcer in mouth | 0. No ulceration in oral cavity  
1. 1-2 ulcers in oral cavity  
2. 2-3 ulcers in oral cavity  
3. 4-5 ulcers in oral cavity  
Salivation | 0. No salivation in oral cavity  
1. Wild salivation (1-2 times spitting) in a day  
2. Mod (3-4 times spitting) in a day  
3. 5 to 7 times spitting in a day  
4. More than 7 times spitting in a day.
Pain | 0. No pain in ulcers in mouth  
1. Mild pain in ulcers in mouth  
2. Mod. Pain in ulcer in mouth  
3. Severe pain in ulcer in mouth  
4. Extreme pain in ulcer in mouth
Burning sensation during food intake | 0. No burning sensation  
1. Mild burning sensation  
2. Mod. Burning sensation  
3. Severe burning sensation  
4. Extream burning sensation

**CRITERIA FOR ASSESMENT:**
The treatment result was assessed in the form different levels of grades assigned to the clinical sign and symptoms.

**CLINICAL ASSESSMENT:**
Clinical assessment was done on alternate 0 day and 14 day. Follow up of the patient was also performed on 7th days. Changes in symptoms before and after treatment were recorded at each follow up and recorded in the form of qualitative data and further converted to quantitative data for statistical analysis.

**STATISTICAL ANALYSIS:**
The data obtained was analyzed for significance between the groups by student t-test using statistical software programme” SPSS” evaluation version 22.

**RESULT:**
Result of the observational study that patients of stomatitis included in this study, male and female with respective age of 13 to 71 years age of patient included. It was observed that Mukhpak is a common disease in all the age group of era. Result of the local application of Gairik with Goghrita and internal ayurvedic medicines have resulted in clinically marked improvement in the symptoms of Mukhpak which are statistically significant (p<0.001). there was a rapid decline in redness (98.82%), ulceration in oral
cavity (98.445), salivation (99.21%), pain (99.60) and burning sensation in mouth during chewing of food (95.47%).

**DISCUSSION:**

*Mukhpak* (stomatitis) is a very common disease of oral cavity in India as well as Asia due to heavy consumption of *Pitta prakopaka ahar* like spicy, oily food, tobacco chewing, smoking, alcohol consumption, fast food etc. And also *pitta prakopaka vihar* like late night sleeping, improper timing of meals, lack of exercise etc. According to Ayurveda, in this condition *Mukha* is affected by *paka* process which is always associated with *pitta dosha* and patient feels irritation, pain and burning sensation during food intake. It may also occur due to addiction like tobacco, wine etc. insomnia, vitamin deficiency, and life threatening disease like malignancy , sub mucosal fibrosis disturbances in gastrointestinal tract. It is very important to have effective, economic and without any side effect, medicine on it. So here an attempt is made to treat stomatitis with gairik with goghrita and internal ayurvedic medicines. Result of the present study demonstrated highly effective, therapeutic & significant potential of Ayurvedic medicine in management of *Mukhpak* or Stomatitis. It may be due to anti-inflammatory , analgesics as well as healing property of gairik and goghrita, internal ayurvedic medicines. Study demonstrated and confirm the local application of gairik with goghrita is the so fast, simplest economical and effective drug therapy in the management of *Mukhpak*.

**CONCLUSION:**

Present observational study showed that stomatitis is of the commonest oral disease in India and found in all the age groups. Local application of Gairik with Goghrita is effective medications for the treatment of *Mukhpak* (stomatitis). Theses remedies are being practiced in Ayurveda and are cost effective and easily available.

**REFERENCES:**

1. Acharya YT, Editor, Sushruta Samhita of Sushruta, Uttar Tantra, Ch.34, ver. 5. 2nd ed. Varansi: chaukhamba Sanskrit Sansthan ; page-224,
2. Sushrut Samhita of Sushruta with Nidan Sangraha commentary of Shri. Dalhanacharya and Nyaya Chandrika panjika of Shri. Acharya on Nidansthana, 16, p-314

**Conflict of Interest:** Non

**Source of funding:** Nil

**Cite this article:**

"Effect of Ayurvedic medicine in the management of mukhpak (stomatitis): an observational study."

Jayvant Kharat, Priyanka Mane