



Review Article

COMPREHENSIVE STUDY OF MUKHAPAKA AND ITS MODERN COUNTERPART

Smriti Kaul^{1*}, Anil Verma², Jyoti Gupta³, Narender Chanchal⁴

¹PG Scholar, ²Professor & HOD, ³Associate Professor, Department of Shalakyia Tantra, Patanjali Bhartiya Ayurvedic Evam Anusandhan Sansthan, Haridwar, Uttarakhand

⁴Assistant Professor, Department of Shalakyia Tantra, Kunwar Shekhar Vijendra Ayurveda Medical College & Research Centre, Shobhit University, Gangoh, Saharanpur, Uttar Pradesh, India.

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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*. 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).

INTRODUCTION

Poor oral health may have a significant impact on general health, and several oral diseases are related to chronic diseases (E.g, diabetes). WHO has published a global review of oral health, highlighting that despite significant improvements in the oral health of populations in several countries, global problems persist. This is especially true for underprivileged groups in both developing and developed countries. Major public health issues worldwide are the oral disorders such as dental caries, periodontal diseases, tooth loss, oral mucosal lesions and oropharyngeal cancers, HIV/ AIDS related oral ailments and orodental trauma.^[1]

Ayurveda is the ancient science of India. Health is uttermost thing described in Ayurveda. Ayurveda addresses the Preventive and Curative aspects. According to *Acharya Charaka*, *Mukhapaka* is mentioned under 40 *Pittaja Nanatmaja Vikara*.^[2]

Dalhana in his commentary on *Sushruta Samhita*, mentions *Mukhapaka* as a *Pittaja Vikara* but *Acharya Sushruta* has classified *Sarvasara Mukharogas (Mukhapaka)* into 4 types, i.e., *Vataja*, *Pittaja*, *Kaphaja* and *Raktaja*.^[3] The deteriorated *Vatadi Doshas* reaches the *Mukha* to produce *Paka* and *Vrana*.

Ayurvedic medicines are reliable, cost-effective, and very much helpful to break pathogenesis with relief of signs and symptoms and further preventing the complications related to the disease. There are several procedures mentioned in Ayurvedic classics to eradicate *Mukharogas* i.e., *Kavala*, *Gandusha*, *Pratisarana*, *Dhoompana* etc.

AIM AND OBJECTIVES

The aim of the present study is to review a conceptual study on the disease *Mukhapaka* w.s.r. to stomatitis.

OBJECTIVES

- To study *Mukhapaka Vyadhi* according to Ayurveda.
- To study stomatitis according to modern medical science.

Review of Ayurvedic Literature

Acharya Sushruta has mentioned that *Mukharogas* occur in *Saptaayatana* i.e., seven places which are *Aushtha* (lips), *Dantamoola* (gums), *Danta*

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(teeth), *Talu* (palate), *Jihwa* (tongue), *Kantha* (throat) and *Sarva Mukha* (oral cavity).^[4] *Kapha* is the main *Dosha* in *Mukharogas*.

According to *Acharya Sushruta*, *Sarvasara Mukharogas (Mukhapaka)* is of four types; *Vataja*, *Pittaja*, *Kaphaja* and *Raktaja*; whereas, *Acharya Vagbhatta* has mentioned eight types of *Mukhapaka* i.e., *Vataja*, *Pittaja*, *Kaphaja*, *Raktaja*, *Sannipataja*, *Urdhvaaguda*, *Pootyasyata* and *Arbuda*.^[5]

In general, *Ayoga*, *Atiyoga* and *Mithyayoga* of *Kala*, *Buddhi* and *Indriyarth* are the causative factors for any disease. In other words, the causes of the diseases relating to both mind and body are threefold non-utilization, excessive utilization of time and wrong utilization, brain work, and objects of sense organs. In Ayurvedic classics, special *Nidana* has been mentioned for *Mukharogas*. In general, the causative factors are mentioned for all types of *Mukharogas*.

Samanya Samprapti of Mukharogas

Because of specified etiological factors, dominant *Kapha Dosha* along with other *Doshas* are aggravated and produces *Mukharogas*. *Mukha* is the *Sthana* of *Bodhaka Kapha*. Hence, the etiological factors of *Mukharogas* do the *Vikriti* of *Bodhaka Kapha*. *Madhura* and *Amla Rasa* are the main etiological factors that do the *Vikriti* of *Bodhaka Kapha*. Due to the above etiological factors, chiefly *Kapha Pradhana Prakupita Doshas* results in *Mukharogas*.

Samanya Chikitsa Sutra of Mukharogas

In *Mukharogas*, mainly *Kapha* and *Rakta Dushti* occurs, so *Raktamokshana* is the main *Chikitsa*, *Koshthashuddhi* by *Virechana*, *Kavalagraha*, *Gandusha*, *Nasya*, *Shirovirechana*, *Pratisarana*, *Dhooma*, *Agni karma*, *Ksharakarma* are also helpful in *Mukharogas*. *Acharya Charaka* has told *Pradhamana Nasya*, *Vamana*, *Virechana*, *Lekhana* and *Vata-Pitta- Kapha Shamaka Ahara* and *Dravyas*.^[6]

Samanya Pathya of Mukharogas

Generally, in *Mukharogas*, *Trinadhanya*, *Yava*, *Mudga*, *Kulattha*, *Jangala Mamsa Rasa*, *Karvellaka*, *Parvala*, *Komal Muli*, Hot water, *Tambula*, *Tikta* and *Katu Rasa* are all *Pathya* of *Mukharogas*. Specially, *Kapha* and *Rakta Shodhaka Ahara* is useful in *Mukharogas*. Therapeutic procedures like *Swedana*, *Virechana*, *Vamana*, *Gandusha*, *Pratisarana*, *Kavala*, *Raktamokshana*, *Nasya*, *Dhumapana*, *Shastra* and *Agnikarma*.^[7]

Samanya Apathya of Mukharogas

Amla Rasa Dravyas, *Abhishyandi Ahara*, *Matsya*, *Dadhi*, *Kshira*, *Guda*, *Masha*, *Ruksha*, *Kathina Padartha Sevana*, *Guru Ahara*, *Diwaswapna*, use of cold water, *Adhomukha Shayana* and *Snana*.^[7]

Disease Review

Acharya Sushruta has described *Mukharogas* in *Nidanasthana*. There are 65 types of *Mukharogas* that occur in *Saptaayatana* i.e., seven regions which are: *Aushtha*, *Dantamoola*, *Danta*, *Jihwa*, *Talu*, *Kantha* and *Sarva Mukha*. Out of them, 8 occur in *Aushtha*, 15 in *Dantamoola*, 8 in *Danta*, 5 in *Jihwa*, 9 in *Talu*, 17 in *Kantha* and 3 in *Sarva Mukha*.

Mukhapaka

The disease which is diffusely spread in the oral cavity, i.e., the buccal mucosa is called as *Mukhapaka*. *Acharya Sushruta* has mentioned four types of *Mukhapaka* i.e., *Vataja*, *Pittaja*, *Kaphaja* and *Raktaja Mukhapaka*.

- 1. Vataja Mukhapaka:** The vitiated *Vata Dosha* causes *Ruksha Vrana* (rough ulcer), *Aruna Varna* (redness), *Tamra Aushtha* (redness in lips), *Sheetasha*, *Guru*, *Sphutita*, *Kantakachita Jihwa* (heavy, broken, thorny tongue), *Vivranoti Krichha Mukha* (difficulty in opening of mouth).^[8]
- 2. Pittaja Mukhapaka:** *Daha* (burning sensation), *Ausha* (pain), *Rakta-Peeta Vrana* (red-yellow ulcer), *Tikta Vaktrata* (pungent mouth), *Ksharokshitakshatasma Vrana* (*Vrana* felt like *Kshara*).^[9]
- 3. Kaphaja Mukhapaka:** *Madhurasya* (sweetness in mouth), *Kandu* (itching), *Pichchhila Vrana* (sticky ulcer).^[10]
- 4. Raktaja Mukhapaka:** Symptoms resemble *Pittaja Mukhapaka*.^[11]

Samanya Chikitsa of Mukhapaka ^[12]

- *Siravedhana*
- *Shirovirechana*
- *Kayavirechana*
- *Kavalagraha* (Gargling): Done with *Mutra*, ghee, oil, honey and milk.

Formulations from Various Classics for Mukharogas

- *Khadiradi Vati*- Ch. Chi. 26/214
- *Jatipatra Gandusha*- Ch. Dutt 56/93
- *Patoladi Kwatha*- Ch. Dutt 56/100
- *Triphaladi Kwatha*- Ch. Dutt 56/101
- *Tiladi Gandusha*- Ch. Dutt 56/102
- *Irimejadi Taila*- Ch. Dutt 56/111

Kavala and Gandusha ^[13]: *Kavala* and *Gandusha* are the procedures of gargling with the medicinal liquids either *Kwatha*, *Taila*, *Ghrita*, *Madhu* etc. These are kept in the mouth for a period of a *Dharana Kala* which is 5-10 min. Basic difference between *Kavala* and *Gandusha* is former is that quantity of drug which can be easily moved in the mouth and if it is taken in such a quantity

that it cannot be moved in the mouth rather, it is hold in the mouth is called as *Gandusha*.

Pratisarana [14]: Application of different form of drugs i.e., *Churna*, *Bhasma* etc. inside the mouth with the help of a fingertip is called as *Pratisarana*.

Drugs Used for *Kavala* and *Gandusha* in *Mukharogas* [15,16]

- *Aguru*, *Pippali*, *Daruharidra*, *Tvak*, *Yavakshara*, *Rasanjana*, *Patha*, *Tejovati*, *Haritaki Churna* with *Madhu* should be used for *Kavala*.
- Cold decoction of *Triphala*, *Patha*, *Mridvika* (*Munakka*), *Jatipatra* (*Chameli* leaves) mixed with honey or of any other *Kashaya* and *Tikta Dravya* are used for *Kavala* and *Gandusha*.

Specific Drugs Used for *Kavala* and *Gandusha* in *Mukhapaka* [17-19]

- Decoction of *Triphala*, *Patha*, *Munakka*, *Jatipatra* mixed with honey should be used for *Kavala* in *Mukhapaka*.
- In *Vataja Mukhapaka*, *Vatahara Dravyas Sadhit Taila* should be used for *Kavala*.
- In *Pittaja Mukhapaka*, *Dugdha* and *Ikshuvikaras* should be used for *Kavala*.
- In a study, *Panchpallav Kwatha* with *Madhu* used as *Gandusha* has been proved effective against *Mukhapaka*. [13]

Drugs Used For *Pratisarana* in *Mukharogas* [20,21]

- *Pratisarana* with *Gutika* prepared from *Triphala*, *Trikatu*, *Yavakshara*, *Daruharidra*, *Chitraka*, *Rasanjana*, *Patha*, *Tejbala*, *Nimba* mixed with *Shukta* and *Gomutra*.
- In a study, *Khadiradi Churna Pratisarana* with honey has been proved effective against *Mukharogas*.

Specific Drugs Used for *Pratisarana* in *Mukhapaka* [22-24]

- In *Vataja Mukhapaka*, *Pratisarana* with *Panchlavana Churna* should be done. According to *Acharya Vagbhatta*, *Pratisarana* with *Krishna* (*Pippali*), *Ela* and *Panchlavana* should be done in *Vataja Mukhapaka*.
- In *Kaphaja Mukhapaka*, *Pratisarana* with *Katu*, *Kshara* and *Lavana Dravyas* should be done.

Stomatitis

Stomatitis is a general term, applied to inflammatory, erosive, and ulcerative conditions of oral mucosa. [25] Recurrent aphthous stomatitis is a common condition characterized by recurring episodes of ulcers, dating typically from childhood or adolescence. [26]

Recurrent aphthous stomatitis (RAS) affects males and females equally although it is most frequent

in childhood and early adulthood. RAS has been categorised into three subtypes; namely minor, major, and herpetiform, based on the clinical characteristics.

1. **Minor: Most common form (85%).** Small multiple ulcers with a central necrotic area and a red halo, which are 2-10mm in size, occur in the anterior mouth. They heal in about 2 weeks without leaving a scar.
2. **Major: Less common (10%).** Major ulcers are deeply created, very big (2-4cm) and sharply margined and heals with a scar but is soon followed by another ulcer.
3. **Herpetiform: Least common (5%).** The disproportionate pain, adult onset and absence of vesicles differentiate herpetiform ulcers from herpes ulcerations. [27]

Management of Stomatitis

There is no effective treatment or prevention. In the early stage, local application of corticosteroids, such as triamcinolone acetonide ointment 0.1%, three times a day, may in some patients prevent aphthous ulcers to break through or may speed up healing. Systemic corticosteroids should only be considered in severe cases (1mg per kg body weight orally for 10 days). [28]

DISCUSSION

Mukhapaka is a disease of oral cavity; it is the *Paka* of the oral mucosa, and produces ulcers in the oral cavity. *Mukhapaka* can be correlated to Stomatitis because of its symptoms. Several treatment modalities from various medical faculties are in this disease like local application, local anti-inflammatory, agents like Kenalog, orabase. The paste application locally upto heal the ulcer. Tetracycline mouthelline mouthwash, then application of thick layer of Triamcinolone Acetonide ointment is recommended. Oral or systemic antibiotics are administered, if necessary. Supplementation of vitamins and iron is also recommended. These treatments have very limited or unsatisfactory results. In *Mukhapaka*, *Pitta Dosha Prakopa* and *Rakta, Mamsa Dhatu Dushti* occurs in the oral cavity.

CONCLUSION

Hence, the line of treatment should be *Pittashamaka*, *Shothahara*, *Vedanasthapana*, *Vranashodhana*, *Vranaropana*, *Rakta Prasadana* and *Mamsa Dhatu Pushti Kara*. Therefore, ayurvedic management plays a crucial role in the management of stomatitis (*Mukhapaka*). Ayurvedic medicines or therapies are safe, cost-effective, and reliable, whereas allopathic medicines like steroids and antibiotics are costly and can have adverse effects on the health of a patient.

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***Address for correspondence**

Dr. Smriti Kaul

PG Scholar

Department of Shalaky Tantra,
Patanjali Bhartiya Ayurvedigyan
Evam Anusandhan Sansthan,
Haridwar, Uttarakhand,
Email: smritikaul2675@gmail.com
Ph: 9816584369

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