



“Efficacy of *Nimbpatra Kalka* with *Yashtimadhu Ghrita* in the Management of *Mukhpak-Sarvasar- Vyadhi (Stomatitis)*”

Ravikant Patil*¹, Amol Patne², Balasaheb Kattewar³

1. Reader , Shalakyatantra Dept.,
2. Reader, Panchkarma Dept.,
3. Prof. & H.O.D. Rashashtra & BK Dept.,

Dhanvantary Ayurved Mahavidhyalay & Rugnalya, Udgir, Dist. Latur, Maharashtra.

*Corresponding author: rvpatil2012@gmail.com

Abstract:

Ayurveda the oldest system of Medicine still serves a major part of society which dealt with each & every aspect of health. But the available books are voluminous, specific topics/subjects are scattered in almost the whole compendium and the language of original books (*Sanskrit*) or its translations (*Hindi/English*) are not, intelligible to common health workers of the public. It is the need of present society to translate this age-old time-tested knowledge into systemic simple language with clinical trials. “The Subject Efficacy of *Nimbpatra Kalka* with *Yashtimadhu Ghrita* in the Management of *Mukhpak-Sarvasar*

(*Stomatitis*)”. *Mukhpak* i.e *mukhgate vrana* deals with *sharir* directly. Due to vitiated *doshas* i.e *Vata, Pitta, Kapha* and *Rakta*^[2]. It is found in all age groups and at all stages of life and disturbs the patients physically, mentally & socially. Through the *Ayurvedic* treatment, based on materials processed from herbals minerals and of origin yet this article addresses only to easily available

medicinal plants. In modern medicine, medicine available for the treatment of *stomatitis* is local antibacterial antiseptic ointments, orally antibiotics, and analgesics. But hazardous side effects caused suppression of immunity, gastritis, etc. comparatively *Ayurvedic* medicines are effective, safe, having less or no side effects that’s why I think to go through this disease. For this study, 30 patients of *Mukhpak* were selected who are not associated with any disease and without any complications. In this evaluation, *Nimbpatra kalka* with *Yashtimadhu ghrita* treatment may be useful for local application as compared to the application of antibiotic ointments in *stomatitis*.

Keywords: *Sarvasar, yashtimadhu Ghrita, Nimbpatra Kalka, Stomatitis.*

Introduction:

Now a days dietary habits of every age group is changed in which oily, spicy, salty, fermented & junk food includes. It

causes irregular bowel movements which leads to chronic constipation and *stomatitis*. These *mukhghat vrana* is originated with the vitiated *Vata, Pitta, Kapha & Rakta* its may be single *Dosha* or combination of two or three *Doshas and Rakta*^[3] (Su.Ch.1/3)

According to *Acharya Vagbhat, Vranshotha* is the prodromal sing of *Vrana*^[4].

(A.H.Su.29/1)

In *Bhaishaya Ratnavali* there is reference of *Nimbaptra, ghrit*, honey, *til daruharidra* and *yashtimadhu* are combinly very useful for healing wounds & ulcers of skin in this *shloka* says to prepare varti of above ingredients and keep inside the *vrana*^[5]. I took this reference and prepare *Nimbaptra kalka* with *Yashtimadhu Ghrit* for drug study.

Aims & objects:

- To study the efficacy of *Nimbapatra Kalka* with *Yashtimadhu ghrita on sarvasar*.
- To study *Nimbapatra kalka* with *Yashtimadhu ghrita* local application is more effective in *sarvasar* as compaired to modern medicine.
- To study the relief with associated symptoms like pain, burning, inflammation etc.

Materials & Methods

1. **Type of study** : Open non comparative single blind clinical study.
2. **Sample size** : 30 Patients

3. **Duration of treatment** : 09 days
4. **Follow up** : Every 3 days up to 9 day

5. Criteria of Selection :

Mostly the patients without complications were selected in the experimental study. Patients selected form both male and female and in all age groups.

Criteria of rejection :

Patients of *stomatitis* associated with disease like diabetes mellitus, septicemia with multi organ failure....etc. are rejected from experimental study.

Criteria for diagnosis :

Patients of *mukhpak* diagnosed according to their history, general and specific signs and symptoms like pain, inflammation, local burning, colour etc.

Place of Study :

- Dhanvantari Ayurved college & Hospital, udgir
- Shri Ayurved clinic, Udgir

Trial drugs :

- a) *Nimbapatra Kalka* : 3 Times / per day after meal with clean finger.
- b) *Yashtimadhu Ghrit* : 3 Times /per day after meal with clean finger.

Assessment criteria: Clinical symptoms of *stomatitis* like pain, inflammation, burning, hyper pigmentation were categorized.

- a) Complete relief : 100 % disappearance of symptoms
- b) Marked relief : 76 to 99 % disappearance of symptoms
- c) Moderate relief : 51 to 75 % disappearance of symptoms
- d) Mild relief : 26 to 50 % disappearance of symptoms
- e) No relief : 0 to 25 %

Withdrawal :

Patient who discontinue the treatment, development of other complication, side effect of the trial drug

Drugs

1) Neem :

Latin name :- *Azardirechta indica*

Gun : Kandughana, Mahakashay,
TiktaskandhaRasa : Tikta, Kashaya

Veery : sheetVipak : Katu

Karma : Kapha, Pittashamak

Leaves as very much rich in vit A and vit C, it also contain protein, calcium and iron, which are useful in healing mouth ulcers^[6].

2) Yashtimadhu :

- Latin name : *Glycerhiza glabra* *Guna : Jivniya, Sandhaniya, Varnya* *Gun : Guru, Shigdha*
- *Ras : madhur Vipak : MadhurVeerya : Sheet*
- *Karma : Vat pittashamak*

The extract is reported to exert a healing effect on gastric ulcers. It is applied with ghee & honey for cuts and wounds^[7].

- (Kirti & Basu 728 Medical maus of ayurvedic drugs (Sev. I 1951, 27)

It seems to remove the irritating effects of acids in a better way than alkalies root application is made for cooling effect^[8].

3) Til

Latin name : *Sesamum indicum*

Guna : Guru, Snigdha Rasa : Madhur
Veerya : Ushna Vipaka : Madhur

Karma : Vataghna, Yogvahi, Tridosh Shamak.

Black til yield best quality of oil.. & protein is comparatively more than carbohydrates its also have vit A, vit B & Vit C. Seeds are laxative, emollient and demulcent^[9]. Oil is *bruhan, preenan, sukshma* hence useful in *vaidha vrana*^[10].

4) Daruharidra

Latin name : *Berberis arstata* dc Family : *Berberidaceae*

Guna : Laghu RukshRasa : Tikat

Veerya : Katu Vipaka : Ushna

Karma : Vranashodhak, Vranaropak, Mukhapaknashak

especially for mouth ulcers.

Alkaloids- Berberine, oxyacathin, berbamine

5) Ghrit :

Latin name : *Butyrum Depuratum* *Guna : saumya, mrudu*

Rasa : madhur Veerya : Sheet Vipaka : madhur

Karma : vat pitta shamak

Goghris is considered cooling emollient and stomachic. *Ghee* by itself or mixed with honey is much effective as a application over wounds, inflammatory swelling and blisters surfaces^[11]. It is locally applied in irritability of skin.

- (Indian materia Medica- N.K.Nadkarvi)

(A.H.4/40)

6) Honey :

Honey separated from the comb of bees. It helps in healing and smoothing effect when applied on skin it also get absorbed through the skin

(*Puranik GVS 1964*)

Preparation of Nimbapatrcalka :

Required quality of freshly collected

Nimbapatra are washed, wiped pounded to fine paste form in clean *khalva Yantra*. The mass is collected and used.

Preparation of *Yashtimadhu Ghrita* :

- The uncooked is added double quantity of water and heating is continued mean wile above (*Yashtimadhu*, *Daruharidra* and *til*) are taken together in ½ quantity of ghrít & prepare *Kalka*^[12].
- This *kalka* is added to mixture of ghrít & water over fire. The mixture is boiled until all *snehasiddha lakshan* appear and only the *ghee* part remain.
- Lastly honey in little quantity added in this *yashtimadhu ghrít*.

(B.R.5/1226)

Observation & Result

- Males are more affected than females
- Mixed (veg+Nonveg) diet persons were more affected
- Middle age group i.e 21 to 40 are more suffered with *stomatitis* Poor class in society is more affected
- Patients with constipation are more sufferer.
- Tobaco chewers are having more probability to developed *stomatitis*
- Patients with *pittaj prakruti* are more affected.
- Local application of *nibapatra kalka* with *yashtimadhu ghrít* over mouth ulcers is more effective.

Table 1: Over all patients according to age, sex, socio economic status, diet, habits, *doshaj prakruti* and bowel habits.

Parameter	Patients		
Age	10-20	01	3.33%

21-30	05	16.66%
31-40	10	33.33%
41-50	7	23.33%
50 above	7	23.33%

Parameter	Patients		
Sex	Male	18	60.00%
	Female	12	40.00%

Parameter	Patients		
Socio economic status	Poor class	20	66.66%
	Middle Class	06	20.00%
	High class	04	13.33%

Parameter	Patients		
Diet	Veg	12	40.00%
	Non-veg	02	06.66%
	Mix	16	53.33%
Parameter	Patients		
Habits	Tobacco	13	43.33%
	Smoking	02	06.66%
	Alcohol	04	13.33%
	None of above	11	36.66%

Parameter	Patients		
<i>Doshaj Prakruti</i>	<i>Vataj</i>	04	13.33%
	<i>Pittaj</i>	14	46.66%
	<i>Kaphaj</i>	03	10.00%
	<i>Sannipataj</i>	09	30.00%

Parameter	Patients		
Bowel habits	Regular	09	30.00%
	Constipation	21	70.00%

$$\text{Percentage of relief} = \frac{B.T.\text{score} - A.T.\text{score}}{B.T.\text{score}}$$

Table 2: Overall treatment responses according to clinical symptomatology:

Parameter	Before treatment	During treatment		After treatment 09 days	% of relief
		03 days	06 days		
1) Pain	28	24	18	10	66.66
2) Inflammation	20	18	12	08	73.33
3) Burning	30	22	14	06	80.00
4) Hyperpigmentation	24	18	12	09	70.00
5) Bleeding	06	03	01	00	100.00
6) Ulceration	22	18	14	09	70.00
7) Iron & Vit B Deficiency	26	22	14	10	66.66

Discussion

The role of *Nimbapatra kalka* with *Yashtimadhu Ghrit* is a studied. 30 patients was selected for this study having *sarvasar vyadhi*. The whole treatment was carried out up to 09 days, with follow-up taken after every 03 days. The feedback data of clinical trials and the observation had been noted with the reduction of sing & symptoms and healing process of *stomatitis* for evaluation. Any type of infection or side effect did not occur in any patient during the clinical study.

Conclusion

Local application of *Neembpatra kalka* and *yashtimadhu ghrit* relieves burning

sensation immediately this combination is rich in vit A , vit B, Vit C, Iron hence effective in ulceration & local infection^[13]. *Ghrit* acts as lubricant to relieve constipation. Internal admiration of *yashtimadhu ghrit* contains til so patient got laxative emollient and demulcent effect. *Goghrit* is considered cooling and emollient and stomachic. Honey helps in healing and smoothing effect^[14].

Stomatitis is a kind of ulcer which is caused by *Pittapradhana Dosha* in *Ayurvedic* paralance^[15]. Healing of ulcer requires primarily ,wound should be fresh, which is achieved by *Tikta-Kashaya Rasa* and *Kshalan karma(Kshalane Vishadaha)* of *Nimbapatra Kalka & Madhu* in this formulation^[16]. Application of *Yashtimadhu Ghrita* mixed with little quantity of Honey which are of *Madhur-Madhur -Sheeta Guna*, pacifies vitiated *Pitta Dosha* & imparts *Raktaprasadana* and *Lepana karma* by enhancing good quantity of *Shleshaka Kapha* - locally, thus resulting in enhancement of wound healing process in *Stomatitis* i.e. *Sarvasara vyadhi*^[17].

Acknowledgement

I'm grateful to Trustess, Principal & MS of Dhanvantari Ayurved Medical college & Hospital, Udgir Dist Latur & staff of Shri Ayurved clinic, udgir fo allowing & supporting me to conduct this clinical research work in their hospital. I'm very much thankful to the patients without whom this study would have not been completed.

References:

1. VaidyaYadavjiTrikamjiAcharya,

- CharakaSamhita, ‘Ayurveda Dipika’ tika by Chkrapanidatta, Chaukhamba Surbharati Prakashana, Varanasi, Edition 5th, Reprint 2004.
2. AmbikadattaShastri – SushrutaSamhita ‘Ayurveda Tatwasandipika’ Hindi Vyakhya, ChaukhambaOrientalia, Varanasi. Edition – 2014
 3. VaidyaKavirajaAtridev Gupta, Hindi commentary on AshtangaSamgraha, Krishnadas Academy, Varanasi, 200, Vol-1 & 2.
 4. AshtangaHridaya with SarvangaSundara and Ayurveda Rasayana commentary, published by ChaukhambaKrishnadas Academy, Varanasi, (8th edition 1998), Sutra Sthana.
 5. BhelaSamhita, Chaukhamba Vidya Bhavan, Varanasi, 1959.
 6. Acharya Sri Radhakrishna Parashara, Sharngadhara, Sharngadhara Samhita, Sri. Bhaidyanath Ayurveda Bhavan Ltd., Nagapur, 3rd edition, 1984.
 7. Yogaratnakara, VaidyaShriLaxmipatiShastriVidyoti niTika Hindi, ChaukhambaOrientalia Varanasi Edition – 2004UttarkhandKlaibyaNidanam – 488pp
 8. KrishnachandraChunekara, BhavprakashNighantu, ChaukhambaVishwabharati, Edition – 2004, Madhyamkhand
 9. Prof. D.S. Lucas, DravyagunaVijnana, Study
 10. Hutchisons Clinical method – Sir Robert hutchison
 11. Medicinal plants of Ayurvedic drugs- Kiriti & Basu 728 ,Seri-I 195-127
 12. Indian Material Medica. - N.K.Nadkarni

Conflict of Interest: Non

Source of funding: Nil

Cite this article:

*“Efficacy of Nimbatra Kalka with Yashtimadhu Ghrita in the Management of Mukhpak-Sarvasar- Vyadhi (Stomatitis)”
Ravikant Patil, Amol Patne, Balasaheb Kattewar*

Ayurlog: National Journal of Research in Ayurved Science- 2022; (10) (03): 01- 06