



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

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Abstract:-

MUKHPAK (stomatitis) is most common disease of oral cavity and can occur anywhere in the mouth, including the inside of the cheeks, 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 *Mukhpaka* due to anti-inflammetory, 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*, *raktavaha* & *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 & 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*, *vranropak*, *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, hiccups, 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 4. More than 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 stc. 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 occurs 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.

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