



## **Effect of *Krishnaadichurna Charvana* (Medicated Powder For Chewing) In The Management of *Mukha Paaka* With Special Reference To Stomatitis : A Case Study**

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### **ABSTRACT**

*Mukhapaaka (Stomatitis) is the commonest disease of mouth; it can occur in any part of the mouth like lips, gums, cheeks palate and tongue. This disease badly affects persons normal ability to chewing, talking, swallowing, sleeping etc. This is a clinical attend to manage Mukhapaaka (Stomatitis) with krishnaadi Churna Charvana (Mediated powder for chewing) mentioned in Bhaishajya Ratnavali and evaluate the efficacy of Krushnaadi Churna Charvana (Medicated Powder for Chewing) in Mukhapaaka (Stomatitis). The patient presented with complaints of redness (Raktata), ulceration (Vrana), pain and burning sensation (Daaha) ± in oral cavity with excessive salivation was selected for this study. The patient is treated with Krishnaadi Churna Charvana<sup>2</sup> (Mediated powder for chewing) with Honey 4 times a day, Kamadudha rasa tablet 3 times a day before food and Avipattikara churna 2 gm at night time. The study shows that Ayurvedic drug given for Charvana (Chewing) along with Kamadudha rasa tablet and Avipattikara churna was very effective, fast acting, simple, economic in managing Mukhapaaka (Stomatitis). The chewable medicines break down quickly in mouth and absorbs quickly through the lining of mouth. The ingredient presents in krishnaadi churna charvana (Medicated Powder for Chewing) has the property of Anti-inflammatory, Anti-bacterial. And it improves digestive fire and helps in digestion. The adjuvant used was honey; A wound healer. All these three things made the medicine more effective.*

**Keywords:** Mukhapaaka, stomatitis, krishnaadi churna, charvana

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### **INTRODUCTION**

*Mukhapaaka (Stomatitis) is most prevalent disease worldwide, due to modern life styles like drinking of cold water more spicy food items, Acidic food items and habits like tobacco chewing, cigarette smoking. It can be co-related with stomatitis by its similarities in symptoms like Rakta Sphota (Redness and Ulceration) Daha (Burning sensation), Toda (Pain) In oral cavity. Stomatitis is the inflammation of oral cavity [1-3]; which is when untreated will leads to oral ulcers. Stomatitis can occur anywhere in the oral cavity like lips, tongue, gums cheeks and palate. The severity of stomatitis can be calculated from its symptoms like redness, burning sensation, difficulty in chewing, feeling of inability to eat hot and pungent food articles, erosion of submucosa, presence of mouth ulcers, enlargement of sublingual and sub mandibular lymph nodes. Mukhapaaka (Stomatitis) comes under Sarvasara Rogas (Diseases affecting whole mouth). Sarvasara roga (Diseases affecting whole mouth) means disease which affects whole part of mouth [4]. According to acharya Susruta there are four Sarvasara Roga (Diseases Affecting Whole Mouth) out of which the fourth one ie. Raktaja Sarvasara (Diseases Affecting Whole Mouth Due to Vitiated Rakta Dosha) called as MukhaPaaka (Stomatitis), and it has symptoms similar to Pittaja Sarvasar (Diseases Affecting Whole Mouth Due to Vitiated Pitta Dosha) [5]. Mukhapaaka (Stomatitis) is Pitta Rakta in origin. Pitta is the main involved dosha and Rakta is the vitiated Dushya. The Ayurvedic treatments advised for this by different acharyas are very effective, economic, and fast acting. In krishnaadi Churna (Mediated powder for chewing) ingredients are very less, easily available, cost effective and are of Deepana Pachana (Improves Digestive Power and*

Helps in Digestion) property. And the medicines are in the form of chewable powder. It helps in faster absorption. Kamadudha rasa helps in *Deepana Pachana* (Improves Digestive Power and Helps in Digestion), *Avipattikara Churna* acts as *Pitta Hara* (reduces pitta dosha) and *Anulomana* (Carminative). All these made the intervention effective.

#### Pharmacological properties of drugs in *Krishnadi Churna* [6]

Drug name	Rasa	Guna	Veerya	Vipaka	Karma	Phyto chemical property
<i>Pippali</i> ( <i>Krishna</i> ) ( <i>Piper longum</i> )	<i>Katu</i> ( <i>Pungent</i> )	<i>Laghu</i> ( <i>Light</i> ) <i>Snigdha</i> ( <i>Unctuousness</i> )	<i>Ushna</i> ( <i>Hot</i> )	<i>Madhura</i> ( <i>Sweet</i> )	<i>Shleshma hara</i> ( <i>Decreases Kapha</i> ) <i>Deepana</i> ( <i>Increases Digestive Power</i> ) <i>Vrushya</i> ( <i>Aphrodisiac</i> ) <i>Rasayana</i> ( <i>Rejuvenate</i> )	Acts as Antacid, Anti-inflammatory.
<i>Jeeraka</i> ( <i>Cuminum cyminum</i> )	<i>Katu</i> ( <i>Pungent</i> )	<i>Laghu</i> ( <i>Light</i> ) <i>Ruksha</i> ( <i>Dry</i> )	<i>Ushna</i> ( <i>Hot</i> )	<i>Katu</i> ( <i>Pungent</i> )	<i>Kapha vata hara</i> ( <i>Decreases Kapha and Vata</i> ) <i>Deepana</i> ( <i>Increases Digestive Power</i> ) <i>Pachana</i> ( <i>Improves Digestion</i> ) <i>Grahi</i> ( <i>Seizing</i> ) <i>Vrushya</i> ( <i>Aphrodisiac</i> ) <i>Rasayana</i> ( <i>Rejuvenate</i> )	Stimulate gastric gland secretion (Thymol), Boost immunity, Anti-inflammatory
<i>Kushta</i> ( <i>Saussurea lappa</i> )	<i>Tikta</i> ( <i>Bitter</i> ) <i>Katu</i> ( <i>Pungent</i> ) <i>Madhura</i> ( <i>Sweet</i> )	<i>Laghu</i> ( <i>Light</i> ) <i>Ruksha</i> ( <i>Dry</i> ) <i>Tikshna</i> ( <i>Sharp</i> )	<i>Ushna</i> ( <i>Hot</i> )	<i>Katu</i> ( <i>Pungent</i> )	<i>Kapha Vata hara</i> ( <i>Decreases Kapha and Vata</i> ) <i>Leghaneeya</i> ( <i>Scraping</i> ) <i>Vrushya</i> ( <i>Aphrodisiac</i> )	Anti-inflammatory, Anti-bacterial, Anti-helminthic.
<i>Indrayava</i> ( <i>Holorrhena anti dysentericawall</i> )	<i>Katu</i> ( <i>Pungent</i> ) <i>Kashaya</i> ( <i>Astringent</i> )	<i>Ruksha</i> ( <i>Dry</i> )	<i>Sheeta</i> ( <i>Cold</i> )	<i>Katu</i> ( <i>Pungent</i> )	<i>Agni deepaka</i> ( <i>Increases the Digestive Power</i> ) <i>Pachaka</i> ( <i>Improves Digestion</i> ) <i>Grahi</i> ( <i>Seizing</i> )	Analgesic, Anti-bacterial, Anti-inflammatory
<i>Madhu</i> ( <i>Apis mellifera</i> )	<i>Madhura</i> ( <i>Sweet</i> ) <i>Kashaya</i> ( <i>Astringent</i> )	<i>Laghu</i> ( <i>Light</i> ) <i>Vishada</i> ( <i>Clear</i> ) <i>Ruksha</i> ( <i>Dry</i> )	<i>Ushna</i> ( <i>Hot</i> )	<i>Sheeta</i> ( <i>Cold</i> )	<i>Tridoshaghna</i> ( <i>Decreases Tridosha</i> ) <i>Vrana Ropana</i> . ( <i>Wound Healing</i> )	Anti-inflammatory, helps in wound healing

## MATERIAL AND METHODS

### Drug preparation [7]

Take all drugs in equal part ie. *Krishna* (*Piper longum*) 1 part, *jeeraka* (*Cuminum cyminum*) 1 part, *kushta* (*Saussurea lappa*) 1 part and *indra yava* (*Holorrhena anti dysenterica*) 1 part. Made it in to a coarse powder form; mixed it with 5 ml honey for more palatability and for wound healing. Advised the patient to chew the medicine 4 times a day along with

*Kaamadudha Rasa* tablet 1 tablet twice daily before food and *Avipattikara Churna* 2gm at night time.

### Place of study

Parul Ayurveda hospital, Vadodara, Gujarat.

### Case study:

A Female patient of age 26 years consulted in parul Ayurveda hospital *Shalaky Tantra* Eye and E.N.T O. P. D with symptoms like redness, burning sensation pain in oral cavity. She experienced difficulty in chewing spicy food articles. Ulcer was present. The case was diagnosed as *Mukhapaaka* (Stomatitis) and chosen for the study.

**History of present illness:** Patient was apparently normal before 10 days after that she developed with redness, burning sensation, and pain in lips with difficulty in chewing spicy food items.

**History of past illness:** No history of diabetes mellitus and hyper tension.

**On examination:**

Buccal mucosa: Redness and discontinuation in epithelium of mucosa was present inside the lower lip. Measurement was about 3mm diameter approximately.

Tongue: coated

Teeth: No abnormality detected

Gums: No abnormality detected

Palate: No abnormality detected

Tonsils: Normal in Size. No signs of infection were detected

Post pharyngeal wall: no abnormality detected.

**Assessment criteria:**

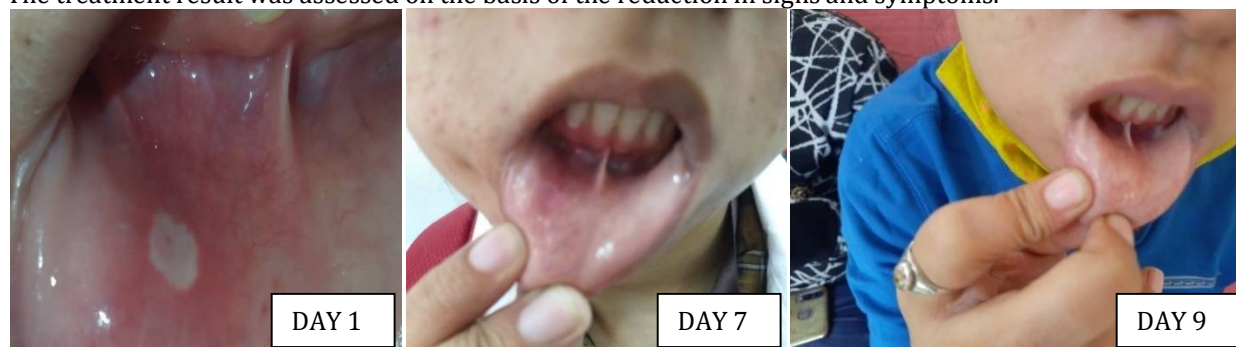
The assessment was done before treatment, after treatment, and a follow up is taken 2days after the treatment.

Sign and symptoms were assessed by a scoring system; Which describes below

Symptoms	1 <sup>st</sup> day	7 <sup>th</sup> day	9 <sup>th</sup> day
Redness	++	+	Nil
Ulcer in mouth	++ (3mm)	+ (0.5mm)	Nil
Salivation	+		Nil
Pain	+++	+	Nil
Burning sensation during food intake	+++	+	Nil

**CRITERIA FOR ASSESMENT**

The treatment result was assessed on the basis of the reduction in signs and symptoms.



**Clinical Assessment**

Clinical assessment was done on 1<sup>st</sup> day, 7<sup>th</sup> day, and 9<sup>th</sup> day.

**RESULT**

The treatment given for *Mukhapaaka* (Stomatitis) was effective and economic.

**DISCUSSION**

*Mukhapaaka* (Stomatitis) is one of the most prevalent diseases worldwide, because of *Pittaprakopa aaharavihara* (food and regimen which vitiate the pitta dosha) like spicy food, Cold and carbonated drinks, fast foods etc; which are very commonly consumed by the population now a days. *Mukhapaaka* (Stomatitis) is said to be *Pitta Prakopajanya Vikara* (Diseases caused by vitiated pitta). There are a large variety of medicines available for *Mukhapaaka* (Stomatitis). But all that has its own limitations. So here by intended to introduce a cost effective, fast acting medicine.

The Ayurvedic treatments advised for this by different acharyas are very effective, economic, and fast acting. In *krishnaadi Churna* number of ingredients are very less, easily available, cost effective. Most of the drugs in *Krushnaadi Churna* has *Deepana Pachana* (which helps to improve digestive fire and helps in digestion) property. It helps in *amapachana* (Digestion) and *Agni Deepana* (improves digestive power). The active ingredients in *Piper Longum* are Piperine, Piperlatine, etc Piperine is reported to be having significant anti-inflammatory property. And *Pippali* acts as carminative which improves digestion and enhances the digestive fire. Active ingredient in *Jeeraka* is Thymoquinone; which having the property of Anti-inflammatory and Thymol has the property of stimulating the enzymes and thus enabling better secretion of digestive juice. Active ingredients in *Indrayava* are steroidal alkaloids, flavonoids, phenolic acids etc. In vitro studies of *Indrayava* shows Anti-inflammatory, Anti-helminthic, Analgesic, Anti-bacterial properties. Active ingredients in *Kushta* are beta hydroxycolartin, alpha hydroxy beta Costic acid. Studies shows that it has anti-inflammatory and anti-bacterial properties. Honey has active ingredients like glucose, fructose in

it. The sugar naturally present in honey has the effect of drawing water out of the damaged tissues (Osmotic Effect). This reduces the swelling and encourages the flow of lymph to heal the wound. Sugar also draws water out of the bacterial cells, which can help them from multiplying.

According to Different acharyas etiosis of all the diseases of *Urdhajathru* (above neck) are originated from *Aamasaya* or stomach and due to decreased digestive power, so the drugs with *Deepana Paachana* properties helps in *Aamapachana* and there by increases the digestive power. Due to the *Katu (Pungent) Rasa* of the drugs; mixed it with honey while chewing. Honey has the property of wound healing. *Charvana* (Chewing) is a procedure of chewing medicines slowly inside the mouth. Fast breakdown of the medicine occurs inside the mouth to become solution that absorbs faster in mouth. The contact time of diseased part and medicine is more; and the medicines are absorbing through the mucosal lining [8]. After swallowing it enters in the stomach; both the systemic and local absorption of the drug is there. The Anti-inflammatory, Anti- bacterial, Analgesic, Wound healing properties; speedy, Systemic and local and absorption of chewable medicine help in speedy recovery.

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