



## Management of Recurrent Mukhapaka through Ayurveda - A Case Study

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### ABSTRACT

*Mukhpaka is one of the diseases caused by Pitta Predominant Dosha. It is one of the disease which hampers normal life as the person can not able to Eat and Talk Properly. It Can be occurred in any part inside mouth like lips, chheks, Gums, Toungue, Palate etc. Here it is one case presentation regarding Mukhapaka. In this case Paka was Happened at the Palate part or can be said as on Talu. Patient was suffering from same diseases since more than 1 year. He took many other medicines by which it gets subsided but again after some time it Reacts. With Ayurveda Treatment Protocol She Get Complete Cure of The Disease. No Aggravation Noted in next Follow-ups.*

*Keywords : Piita, Dosha, Palate, Talu, Paka*

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### INTRODUCTION

Health depends upon the proper absorption of the food. The oral cavity, or more commonly known as the mouth or buccal cavity, serves as the first portion of the digestive system. It consists of several different anatomically different aspects that work together effectively and efficiently to perform several functions. Mukhpaka mentioned in the context of Mukharoga in various texts of Ayurveda. In Sushruta Samhita, it describeds sixty five Diseases and 7 locations of that diseases in Mouth such as- lips, gums, tongue, palate, throat and entire mouth. Numbers per location of disease are as 8 of lips, 15 of gums, 8 of teeth, 5 of tongue, 9 of palate, 17 of throat and 3 of entire mouth [1].

Diseases are located in entire mouth are caused by vata, pitta, kapha, and rakta. Those caused by Pitta and Rakta are actually one and such generalized diseases of mouth are three only. Sarvasarah mukha roga means the mouth diseases which takes place in the entire mouth as generalized mouth disorders [2].

The generalized disease in which mouth is covered with painful blisters all around is caused by vata. That in which, mouth is covered with red- yellow and small blisters having burning sensation is caused by pitta. That in which Mouth is covered with blister of the same color having itching and little pain is caused by kapha. Another One is caused by Rakta and known as Mukhpaka which may be correlated with stomatitis is as same as which caused by pitta [3].

**Nidana [4]-** (A.H.U 21/1,2)

- Excessive intake of Meat of Anupa animal, buffalo etc.
- Excessive intake of soup of masha/ black gram.
- Excessive intake of Curds, Milk, Sukta/ fermented gruel.
- Excessive intake of Sugarcaine juice, Phanita.
- To Sleep in prone position or head low position on bed.
- Avoiding beneficial therapies brushing, fumigation, emesis, kawala, gandusha, blood letting etc.

### CASE STUDY

73-year-old female patient attended the ENT OPD of Parul Ayurved Hospital on 02/09/2022 with complaints of,

- Ulcer present on hard palate++
- Burning Sensation in mouth

- Pain in Throat during Swallowing
- Difficulty in Swallowing
- Pain in Ulcer site
- Whitish patch present on ulcer site Since 2 years
- Sometime Bleeding from the site happens.

**PAST HISTORY:**

Same Disease occurred before 2 month , 4 month, 6 month and 1 year, For that she took some medicines and disease subsided but recurrently it is happening.

**AGGRAVATING FACTORS**

- Excess intake of Spices such as black pepper, long pepper, ginger and chilli.
- Tissue injury caused by external injury.
- Poor oral hygiene.
- Low Immune system.

**PERSONAL HISTORY**

- Ahara- Veg.
- Vihara - Addiction- Tea
- Bowel Habit- Vibhandha Sometimes
- Nidra - Samyak with Swapndarshana
- Mutra- 3-4 times/ day & 1-2 times/night

**LOCAL EXAMINATION**

Table 1: Local Examination of patient

<b>EAR</b>	
External Acoustic Canal	Right Ear- NAD Left ear- NAD
Tympanic Membrane	Right Ear - Intact Left Ear - Intact
<b>NOSE</b>	
Nasal Mucosa	Normal
Septum	Normal
<b>THROAT</b>	
PPW	Congestion ++ Post nasal drip+
<b>ORAL CAVITY</b>	
Buccal Mucosa	Whitish Patch Present on Buccal Mucosa ++
Hard Palate	Redness ++
Tongue	Whitish Patch++

**DIAGNOSIS:-**

Based on the history and clinical examination, the case was clinically diagnosed as a Mukhapaka .

**CHIKITSA-**

Chikitsa Given in 4 Steps are as mentioned,

1. Nidana Parivarjana
2. Agni Chikitsa
3. Kriyakalpa and Aushadha Chikitsa
4. Pathya- Apathya

1. Nidana parivarjana (To Avoid Causative Factors)

Patient is asked to avoid all type of aggravating Factors like spice food and Hot Potency Food(Chilly,Onion,Garlic etc) , junk food, Cold Drinks, and late Night Food, Sleeping Just After the Food and other any factores (nidana) which aggreavtes the Pitta. Some Vihara should also be avoided as Krodh-shok etc.

Follow daily regiments like Brushing, Emesis, kawala, gandusha etc.

2. Agni Chikitsa (Digestive Power Treatment)

Agni chikitsa helps to remove Ama(Undigested Food Particles) of body,by that we can have Nirama Pitta which does not causes Vidagdhta and Other Sama Pitta Lakshana like Daha, sphota ,Raktata etc.

### 3.Kriyakalpa (Therapeutic Procedures)-

- 1) Urdhavajatrugata Snehana With Murchita Til Taila For 3 Days
- 2) Marsha Nasya with Anu Taila at morning time For 7 Days
- 3) Gandusha With Triphala Kwatha + Gairik churna For 7 Days
- 4) Pratisarna with Triphala churna (2gm) + Yashtimadhu churna (2gm)+ Lodhra churna (1gm) + Sphatika churna (500mg) Mixed With Madhu Twice in a day
- 5) Prachchhan karma with Parijata patra done on 3<sup>rd</sup> day

### Aushada Sevana (Internal Medicinal)

1. Swadishta Virechana churna 5gm at Bed time - With Warm Water
2. Guduchyadi Kwatha 20ml - Twice in a day (E/S)
3. Kaishore Guggulu 2tablet - Twice in a day
4. Mahamanjishtadi ghan vati 2 tablet - Twice in a day - with warm water

### Pathya- Apathya<sup>5</sup>-

#### Pathya (Things Need to be Followed)-

- ☑ Food processed with boiled Yava.
- ☑ Soups prepared by macerating cereals/ pulses like Mudga.
- ☑ Proper oral hygiene maintained with gandusha.
- ☑ Oral mouth wash after taking any food.

#### Apathya (Things Need Not to be Followed)-

- ☑ Eating sour food items.
- ☑ Eating curd, milk,jaggary, udad gram, dry and hard food items.
- ☑ Sleeping in prone position.
- ☑ Guru and Abhishyandi,and Pitta Vardhak food items
- ☑ Sleeping in daytime.

## RESULTS AND DISCUSSION

Tab1: Management of Recurrent Mukhapaka based on Symptoms

Symptoms	Before treatment (02/09/22)	8 <sup>th</sup> day (09/09/22)	15 <sup>th</sup> day (16/09/22)	21 <sup>st</sup> Day (22/09/22)	30 <sup>th</sup> day (30/09/22)	60 <sup>th</sup> day (30/10/22)
Ulcer present on hard palate	+++	++	+	-	-	-
Burning sensation in ulcer site	+++	++	+	-	-	-
Pain in throat during swallowing	++	++	-	-	-	-
Difficulty in swallowing	+++	++	+	-	-	-
Pain in ulcer site	+++	++	-	-	-	-
Whitish patch present in ulcer site	++	++	-	-	-	-

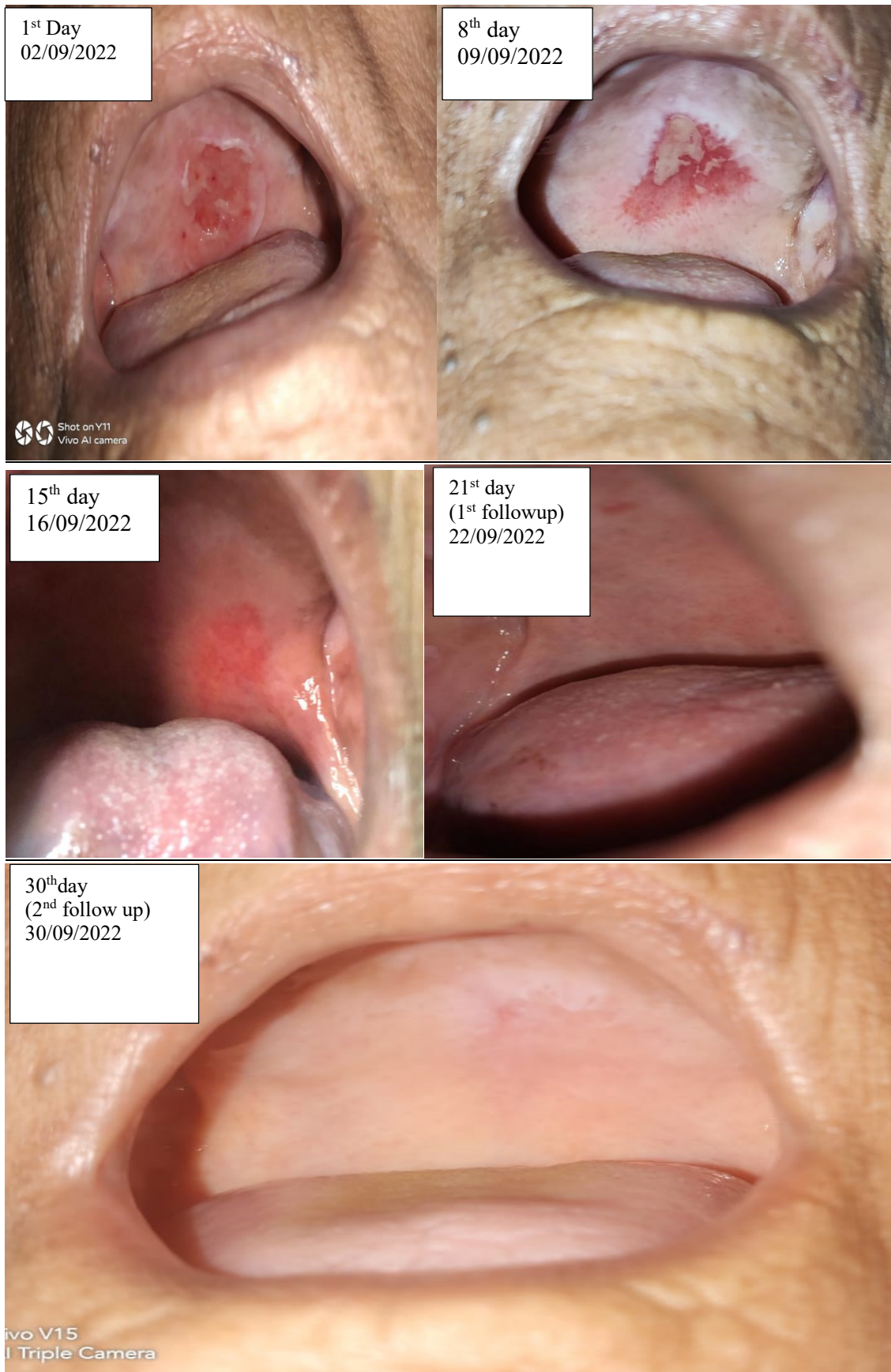


Fig 1: Photograph of Day by day treatment

**DISCUSSION**

- Anu Taila [6] - Anu Taila for nasya helped as sodhana nasya. Aushadha with the Properties of Khara-Rooksha-Laghu Guna, Ushana Veerya, Katu-Tikta-Kashaya Rasa removes Srotorodha which directly works in the Sanga of Kapha Dosha [7].
- Triphala Kwatha - Triphala acts by reducing Hyperacidity or can say By Virechana of pitta. The active ingredients in the medicine stimulate the parasympathetic fibres of the salivary gland, causing a significant amount of water to be released in the saliva. Parasympathetic fibres stimulate acetylcholine, acinar cells and widen salivary gland blood vessels. When sympathetic fibres are stimulated, saliva is secreted, which is viscous and rich in organic elements such as mucus. These fibres stimulate the nor-adrenaline system, acinar cells, and produce vasoconstriction Furthermore, saliva inhibits bacterial growth by eliminating components that serve as bacterial culture media, proline-rich proteins contained in saliva that have anti-microbial properties, and immunoglobulin Ig in saliva that has antibacterial and anti-viral action Reducing Inflammation [8].
- Gairik Powder - Gairik Churna Is Having the Property Of Blood Purifier,so can Pure Blood Near the area of Ulcer which lead to improve Pure Blood Supply,ultimately increases healing speed.
- Yashtimadhu powder [9] - It Improves and Fastens Healing Procedure of Ulcer.
- Lodhra And Saphatika Pratisarana - Pratisarana procedure is help in this case by doing Lekhana (scrapping) Of Debris.
- Parijata patra Prachhchhan - scrapping with Parijata patra will help to remove debris and unwanted tissues from the affected site.
- Swadishta virechana churna [10] - It helps for virechana of pitta, so further damage to paka site will not progress.The pharmacological action of swadisht virechan churn depends on the Senna leaves which content sennoside alkaloid, sennoside irritate bowel lining, stimulate the bowl muscles & induce laxation. All other ingredients in swadisht virechan churn are to reduce side effect of Senna leaves. Liquorice soothes the lining of the alimentary canal and reduces after effect of the Senna.Funnel reduce cramps induces by Senna leaves. Purified sulfur also has laxative action and assists to manage the constipation.Swadishta virechana churna has following medicinal property; Laxative, Blood purifier antibacterial & antimicrobial, Antipyretic.
- Guduchyadi kwatha [11] - Guduchyadi Kwatha contains drugs namely Guduchi, Dhanyak, Nimba, Raktachandan,Padmakashtha.Most of these drugs are having Katu, Tikta, Kashaya-Rasa, Laghu, RookshaGuna and Katu Vipaka, Ushna-Viry. These are said to be Kaphagna, Raktashodhak,Shothahar, Mutral, Anuloman. With The Help of Tikta and Kashaya Ras it Helps in Pitta shaman.
- Kaishore guggulu - The Ayurvedic action of medicine is piita pacifying, anti-inflammatory and detoxifying.Its continued use for a few months purifies blood and eliminates gastric disorders.Kaishor guggul has anti allergic, antibacterial and blood purifying properties due to which non healing wounds are cured [12].
- Mahamanjishtadi ghan vati<sup>13</sup> - It Works As Kusthaghna And Purifies Blood.

**CONCLUSION**

Pittaja Mukhapaka Can be Treated easily and very effectively with proper treatment protocol and Some Mentioned ayurveda medicine. It needs Proper Diagnosis as we have to be particular about it's type of Vataj, Piitaja or kaphaj. Here We have case of pittaja Mukhapaka so it needs Niramikarna and Shamana Chikitsa Of Pitta Dosha.

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