



## **Effect of Rajadanadi Lepa as a Local Application in The Management of Mukha Paaka with Special Reference to Stomatitis - A Case Study**

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### **ABSTRACT**

*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. they are not caused by any acute infections and therefore non-contagious also. Therefore, this attempt is made to manage Mukhapaaka (Stomatitis) with Rajadanadi lepa (Medicated paste) mentioned in Susruta samhita chikitsa Sthana 22 /68 and evaluate the efficacy of Rajadanadi lepa (Medicated paste) in Mukhapaaka (Stomatitis). The patient presented with complaints of redness (Raktata), ulceration (Vrana), pain and burning sensation (Daaha) in oral cavity with salivation was selected for this study. The patient is treated with rajadanadi lepa (Medicated paste) with Honey 4 times a day, The study shows that Ayurvedic drug given for (Local application) was very effective, fast acting, simple, economic in managing Mukhapaaka (Stomatitis). This local application of medicines breaks down quickly in mouth and absorbs quickly through the lining of mouth. The ingredient presents in Rajadanadi lepa (Medicated paste) 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, Rajadanadi lepa (Medicated paste), Stomatitis*

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### **INTRODUCTION**

Stomatitis [1] is the most common disease worldwide, owing to modern lifestyles such as drinking cold water, eating spicy foods, acidic foods, and habits such as tobacco chewing and cigarette smoking. It may be related to mukhapaaka due to symptoms such as Rakta Sphota (Redness and Ulceration), Daha (Burning sensation), and Toda (Pain) in the oral cavity. Stomatitis is an oral cavity infection that, if ignored, can lead to mouth ulcers. Anywhere in the mouth, including the lips, tongue, gums, cheeks, and palate, can develop stomatitis. The severity of stomatitis can be determined by its symptoms, such as swelling of the sublingual and submandibular lymph nodes and redness, burning sensation, difficulties chewing, feeling unable to consume hot and pungent foods. Mukhapaaka [2] (Stomatitis) is Pitta Rakta in origin. Pitta is the main involved dosha and Rakta is the vitiated Dushya. Ayurvedic treatments advised for this by different Acharyas are very effective, economic and fast acting. In Rajadanadi lepa (Local application) ingredients are very less, easily available, cost effective.

It helps in faster absorption. All these made the intervention effective.

## Pharmacological properties of drugs in Rajadanadi lepa.

Drug name	Rasa	Guna	Veerya	Vipaka	Karma	Phyto- chemical property
<i>Rajadana (Vigna unguiculata)</i>	Katu (Pungent)	Laghu (Light) Snigdha (Unctuous)	Ushna (Hot)	Madhura (Sweet)	Shleshma hara (Decreases Kapha) Deepana (Increases Digestive Power) Vrushya (Aphrodisiac) Rasayana(Rejuvenate)	Acts as Antacid, Antiinflammatory.
<i>Madhuka (Glycyrrhiza glabra)</i>	Madhura (sweet)	Guru (heavy) snigha unc)	Sheeta (cold)	Madhura	Pittahara (Decreases aggravated pitta,) varnya Sonitha sthapana,	Anti oxidant,
<i>Chandana (Santalum album)</i>	Tikta (bitter) madura (sweet)	Laghu (light) Rooksha (dryness)	Sheeta (Cold)	Katu (Pungent)	Kapha pitta hara, (Pacifies kapha and pitta)	Analgesic, Antibacterial, Antiinflammatory
<i>Madhu (Apis mellifera)</i>	Madhura (Sweet) Kashaya (Astringent)	Laghu (Light) Vishada (Clear) Ruksha (Dry)	Ushna (Hot)	Sheeta (Cold)	Tridoshaghna (Decreases Tridosha) Vrana Ropana.(Wound Healing)	Anti- inflammatory, helps in wound healing

**MATERIAL AND METHODS**

## Drug preparation

As per mentioned in Sushruta Samhita Chikitsa sthana [3];

After cleaning the hands with disinfectant properly

Take equal parts of ie. Rajadana (*Vigna unguiculatta*) 1 part, Madhuka(*Glycyrrhiza glabra*) 1 part, Chandana (*Santalum album*) 1 part, made it into a fine powder form and mixed it with 5ml honey (madhu) for more palatability and applied on the affected site with the help of middle finger, twice a day (morning & evening) for 7 days.



Figure 1



Figure:-2



Figure:-3

Place of study:- Parul Ayurveda Hospital, Vadodara, Gujarat.

**Case study:**

A male patient of age 25 years consulted in Parul Ayurveda Hospital Shalakyta Tantra O. P. D with symptoms like redness, burning sensation pain in oral cavity. He experienced difficulty in chewing spicy food articles. Ulcer was present in lips. 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 he developed with redness, burning sensation, and pain in labial mucosa of lips with difficulty in chewing spicy food items. History of past illness: No history of diabetes mellitus and hyper tension.

## On Examination:

Labial 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 2 days after the treatment

Sign and symptoms [4] were assessed by a scoring system; Which describes below :

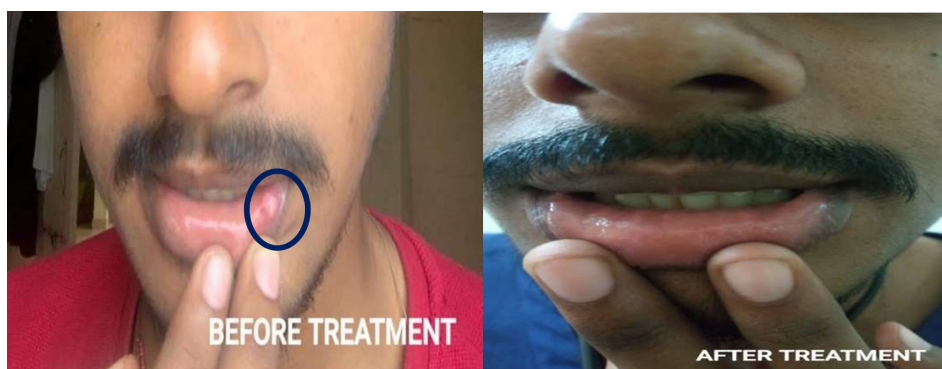
Symptoms	1 <sup>st</sup> day	7 <sup>th</sup> day	9 <sup>th</sup> day
Redness	++	+	Nil
Ulcer in labial mucosa of lower lip	++	+	Nil
Salivation	+		Nil
Pain	+++	+	Nil
Burning sensation during food intake	+++	+	Nil

#### CRITERIA FOR ASSESMENT

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

#### CLINICAL ASSESMENT

Fig 1 Clinical assessment was done on before and after treatment



#### RESULTS:

The treatment given for Mukhapaaka (Stomatitis) with rajadaanadi lepa was good and effective.

#### DISCUSSION

Mukhapaaka (Stomatitis) is one of the most prevalent disease worldwide, because of Pittaprapakopa [5] 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 Prakopa janya Vikara [6] (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 Rajadanadi lepa (Medicated paste) number of ingredients are very less, easily available, cost effective. Most of the drugs in Rajadanadi lepa (Medicated paste) 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 Rajadana are lysine, tyrosine+ phenylalanine, isoleucine and essential oil is reported to be having significant anti-inflammatory property. Active ingredient [7] in Chandana are santalic acid, teresantalol. B- santane it acts as antiseptic and disinfectant, coolant. Active ingredients in madhuka are glycyrrhizin which is yellow amorphous powder asparagine, aglycoside, isoliquirtin etc., contains healing properties for human body. In vitro studies of madhuka shows Anti-inflammatory, Anti-cancer, Analgesic, 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 Urdhwajathru [8] (above neck) are originated from Amashaya or stomach and due to decreased digestive power, so the drugs with Deepana paachana properties helps in Aamapachan[9] and there by increases the digestive power. Due to the Katu (Pungent) Rasa of the drugs; mixed with honey while local application. Honey has the property of wound healing. Lepana (local application) ayurvedic medicated paste when applied on the affected part acts 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. 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, local and absorption of medicine helps in speedy recovery.

## CONCLUSION

Ayurveda mainly focuses on Nidanaparivarjanam to arrest the further progression & recurrence of the disease. This study shows that Rajadanadi lepa (local application) showed a significant result though sthanik chikitsa for leena dosha is very much necessary along with internal treatment. These remedies are being practiced in ancient times and are cost effective and easily available.

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