

ROLE OF AYURVEDA IN MANAGEMENT OF MUKHPAK (STOMATITIS) – A REVIEW ARTICLE

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ABSTRACT

'Mukhpak' or 'Sarvasar Rog' is a recurrent mouth ulcer. According to its sign and symptoms we can compare it with Aphthous ulcer. Stomatitis is a general complaint of 60% of the population. Even though it is prevalent in all the age group, the incidences are more in females and those who take spicy and non vegetarian diet very often. Ayurveda explains this feature of mouth ulcer as a characteristic feature of Paitik individuals. Over consumption of extremely pungent and spicy food. It may also occur because of chewing of chemical agents like Tobacco-Gutakha, Insomnia, Vitamin deficiency, much life threatening disease like Malignancy, Submucosal fibrosis, Skin disease and disturbances in G.I. tract like Constipation. In modern medicine, several mouth paints and mouth gargles are used for the treatment of Aphthous ulcer adjuvant to steroids, B'Complex group of drugs and various other treatments like injection placentex (sub mucosal) which have their own limitations. Therefore, an attempt was made to collect all medicinal drugs which are mentioned in Ayurveda Classics for treatment of this disease .

Keywords: *Mukhapak, Stomatitis, Review*

INTRODUCTION

Stomatitis occurs anywhere in the mouth, including the inside of the cheeks, gums, tongue, lips and palate and is thought to affect about 20% of the general population to some degree. The symptoms range from presence of Mouth Ulcers, Redness and Erosion of Buccal Mucosa, Burning Sensation of Oral Mucosa, Difficulty in Chewing Pungent & Hot Things and or Enlargement of Sublingual & Submandibular Lymph nodes. In modern medicine, therapies are aimed at alleviating the pain, reducing the inflammation and promoting healing of the ulcers, but there is little

evidence of efficacy for any treatment that has been used. In *Ayurvedic* text, Aphthous ulcer is denoted as 'Sarvasar rog' or 'Mukhapaka' due to its spread in the complete oral cavity (*mukha*) [2, 3, 4].

Causes:¹

1. weight loss
2. malaise
3. fever

The root cause of this is the digestive system basically involving pitta. According to Ayurveda, stomatitis is divided into five different types, based on the dosha imbalance

causing the symptoms.

Symptoms of Vataja type of stomatitis:

1. Severe pain
2. Fissuring of the tongue
3. Intolerance of cold food stuff

Symptoms of pittaja type:

1. Severe burning
2. Redness
3. Bitter taste in the mouth

Symptoms of Kaphaja type:

1. Moderate pain
2. More salivation
3. Slight itching
4. Mouth ulcers are not too red, but they are sticky

Symptoms of Sannipataja type:

Combination of the symptoms of vataja, pittaja and kaphaja types.

Modern Treatments:

The first line therapy for Aphthous Stomatitis is topical agents rather than systemic medication. Topical corticosteroids are the mainstay treatment for aphthous stomatitis. Systemic treatment is usually reserved for severe disease due to the risk of adverse side effects associated with many of these agents. A systematic review found that no single systemic intervention was found to be effective. Good oral hygiene is also important to prevent secondary infection of the ulcers. Amlexanox applied topically is highly-studied and effective in healing; less conclusive research suggests that vitamin B12 supplementation and the avoidance of sodium lauryl sulfate in toothpaste. Sodium lauryl sulfate (SLS) a component of most toothpastes, is a potential cause of canker sores. SLS seems to attack the upper layers of the mucous membrane. Good oral hygiene: Flossing teeth daily and brushing teeth and gums for at least two minutes two to three times daily may help prevent canker sores. Dietary changes Food sensitivities or allergies may aggravate canker sores. Various diet changes to see if something you are eating is aggravating the problem. In a 1990 study,

oranges, tomatoes, nuts, eggplant, tea and cola were the dietary allergens found to trigger ulcer formation. Other foods anecdotally associated with aphthous ulcers are pineapple and cinnamon oil or flavouring

Ayurvedic treatment for stomatitis:

1. Correcting and strengthening digestion
2. Balancing the doshas
3. Improving nutrition status.

In Ayurveda, the treatment modalities include Panchakarma, external therapies, internal medications, Activities, Advice of food and life style changes.

Panchakarma: Virechana

Activities: Specific Asana , Pranayamas, meditation

Food: Improving on the intake of water preferably warm water and food which helps digestion .Avoid spicy, dry, deep fried and heavy foods that are difficult to digest.

External Therapies: lepas, Kavala (gargling), Gandoosha (Mouth fills)- with medicated decoctions / oils Shiro Dhara with medicated buttermilk (Takra) / Milk (Ksheera)

Herbs Aloe (Aloe vera): 1–3 tablespoons of aloe vera juice used as a mouthwash, then swallowed, three times daily. Licorice (DGL) (*Glycyrrhiza glabra*): Combine 200 mg of powdered DGL and 200 ml of warm water swished in the mouth and then spit out; continue each morning and evening for one week. Chamomile (*Matricaria recutita*): A diluted tincture or strong tea made from chamomile flowers can be swished in the mouth three to four times per day. Echinacea (*Echinacea purpurea*, *E. angustifolia*, *E. pallida*): 4 ml of liquid echinacea can be mixed with warm water and swished in the mouth for two to three minutes, then swallowed; this can be repeated three times per day. Myrrh (*Commiphora molmol*) is taken in 200–300 mg of herbal extract or 4 ml of myrrh tincture with warm water and swish it in the mouth two to three times per day. Mild changes in lifestyle changes Dental work Irritation from poor-

fitting dentures, rough fillings, or braces can aggravate canker sores and should be treated by a dentist.[5,6]

Internal drugs- Single herbs useful in mouth ulcers-

1. **Khadira-** (*Acacia catechu*) – Purifies the blood and heals due to astringent nature.
2. **Badara-** (*Terminalia bellerica*)
3. **Ber fruit** – Helps to restructure the discontinued tissues of the ulcerated area.
4. **Amalaki** – (*Emblia officinalis*)
5. **Indian Gooseberry-** Rejuvenative, coolant and supplements micro nutrients.
6. **Draksha-Raisins-**(*Vitis vinifera*)- Coolant.laxative and rejuvenative.
7. **Hareetaki** – (*Chebulic myrobalan*)– Restorative, laxative and heals the wound due to astringent principles.
8. **Chandana -Sandal wood**– Soothes the tissues.
9. **Usheera** (*Vitivera zizinoidea*) – Coolant and soothes the area.
10. **Parpataka** – (*Pumaria parviflora*) – Purifies the blood and calms down the vitiated pitta.
Raktika – (*Ixora grandiflora*) – Coolant, soother and rejuvenative.
11. **Musta** – (*Cyperus rotundus*) – Digestive and carminative and corrects the pathophysiology from its base level itself.
12. **Peruka** – Guava – *Psidium guava* etc astringent and coolant nature helps to reduce the ulcerated lesions.

Ayurvedic medicines for mouth ulcers: Oral rinse / chewing:

1. **Khadiradi vati** – Patient is asked to chew this tablet and swallow the saliva slowly. An adult patient can chew up to 6 – 8 tablets per day.
2. **Yastimadhu** (chewing) – coarse powder of Licorice is chewed slowly.
3. **Arimedadi taila** – for gargling is best in stomatitis.
4. **Triphala kashaya** is also used for gargling.

5. **Panchavalka kashaya** ; for gargling
6. **Eladi vati** is good when chew after meals 3-4 times in a day.

Oral Ayurvedic medicines for Mouth ulcers:

1. **Usheerasava**
2. **Aravindasava**
3. **Drakshasava**
4. **Kumaryasava**
5. **Chandanasava**
6. **Lavangadi vati**
7. **Kamadugha (mouktika yukta)**
8. **Pravala bhasma**
9. **Pravala panchamruta** [7,8,9,10,11]

CONCLUSION

These natural products are effective medications can be used for the treatment of Oral diseases like stomatitis. These remedies are being practiced in ancient times and are cost effective and easily available. Natural disinfectants which are mentioned above are also effective and act as antimicrobial agents, if these medications are given in proper dose than they have tremendous result.

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