

MUKHAPAKA WITH MODERN ASPECT – A REVIEW LITERATURE

^{1*}Vd. Madhavi Ravsaheb Patil and ²Vd. Mahesh Mahavir Chaugule

¹MD Scholar, Kaumarbhritya Department, Hon. Shri Annasaheb Dange Ayurveda Medical College, Post Graduate Training and Research Centre, Ashta. Tal-Walwa, Dist-Sangli, Maharashtra. 416301.

²MD, Kaumarbhritya Department, Hon. Shri Annasaheb Dange Ayurveda Medical College, Post Graduate Training and Research Centre, Ashta. Tal-Walwa, Dist-Sangli, Maharashtra. 416301.

Article Received on
21 February 2024,

Revised on 11 March 2024,
Accepted on 01 April 2024

DOI: 10.20959/wjpr20248-32132



***Corresponding Author**
Vd. Madhavi Ravsaheb
Patil

MD Scholar, Kaumarbhritya
Department, Hon. Shri
Annasaheb Dange Ayurveda
Medical College, Post
Graduate Training and
Research Centre, Ashta. Tal-
Walwa, Dist-Sangli,
Maharashtra. 416301.

ABSTRACT

Acharya Sharandhara describes the 22 Barlogas of Samhita. Mukhapaka is one of them. According to Acharya Sushruta Mukhapaka is Sarvasara Vyadhi is caused by Tridosha and Rakta. The modern term is called Stomatitis. Stomatitis common in children. Caused by vitamin B12 deficiency, viral, psychogenic, and autoimmune factors. Stomatitis is inflammation of the oral mucosa. Stomatitis causes painful white ulcers of various sizes with surrounding erythema on the oral mucosa and tongue. Symptomatic treatments for this disease include various vitamins, systemic antibiotics, tetracycline mouthwashes, and topical anti-inflammatory drugs such as Orabase, but these are not safe for children. However, there are Ayurvedic treatments for this disease such as Nidan parivarjana, Mukhadhavan, Charwana, Pratisarana, Kashayapana and Kavalagraha. Safe, effective, inexpensive, and non-toxic for children.

KEYWORDS: Balroga, Mukhapaka, Sarvasara Vyadhi, Stomatitis.

INTRODUCTION

Mukhapaka is seen in children all over the world. By this he refers to oral diseases that occur in two ways. One occurs independently (swantantrarogam) and the other occurs in association with other diseases such as grahani (anubandhirogam). This can occur due to vitamin B12 deficiency, folate deficiency, leukemia, inflammatory bowel disease, stress,

illness, and dietary triggers. Malnutrition, etc., occurs in people with poor oral hygiene. In mukhapaka, vata moves through the mouth and causes ulcers that move to different parts of the oral cavity. When your lips are dry, they turn coppery red. The tongue can no longer tolerate the cold, it feels heavy, cracks and feels as if it were filled with a throne. Difficulty in opening the mouth, i.e., mukhapaka. In today's world, the world is turning to Ayurveda in hopes of making a valuable contribution to the treatment of sick people. Sarvasara mukharoga is called Mukhapaka because it is caused by the complete expansion of Mukha River. Mukharogas occurs due to consumption of unhealthy foods, curd, milk, fermented porridge, daily brushing of teeth, improper inhalation, vomiting, gargling, phlebotomy, etc. Symptomatic treatment uses various vitamins, systemic antibiotics, Tetracycline Mouthwash, Topical In this disease, application of a thick layer of topical anti-inflammatory agents, such as triamcinolone acetonide, Orabase, is recommended. However, Ayurvedic treatment for this disease is safe, effective, cost-effective and non-toxic. Mukhapaka is an oral disease also called ``Sarvasara Roga'', and in Ayurveda it is called Paka Avastha of the oral mucosa, which causes ulcers in the oral cavity.^[1]

MUKHAPAKA

Mukhapaka belongs to the genus Mukharoga and is found throughout the oral cavity. Acharya Kashyapa, Charak described it as Mukhapaka and Acharya Sushruta and Vagbhata described it as Sarvasara. Sarvasara is a disease that spreads throughout the oral mucosa.

CAUSES

1. Dosh dushtikar hetu
2. Sthan vaigunyakar hetu

Dosh dushtikar hetu

It includes ahara hetu which causes aggravation of pitta dosha in amashaya & causes mukhapaka. Hetus like mansahar, dughdhahar, ikshuvikruti causes vitiation of doshas in amashaya & thereby causing mukhapaka. These food factors causing pitta-kapha dosha vitiation & rakta dhatu dushti.

Sthan vaigunyakar hetu

It mainly consists of viharaj hetu, these causes aggravation of doshas in mukha. In case of sleeping in prone position, collection of prakupit doshas in oral cavity. Same like that in kawal & gandusha atiyoga irritates oral mucosa & further may lead to mukhapaka.

TYPES OF MUKHAPAKA

Shushruta, Bhavaprakash & Yogratnakar has explained 3 types of mukhapaka

1. Vataj sarvasara
2. Pittaj sarvasara
3. Kaphaj sarvasara,^[2]

Whereas, Vagbhata explained 8 types of mukhapaka

1. Vataj sarvasara
2. Pittaj sarvasara
3. Kaphaj sarvasara
4. Raktaj sarvasara
5. Sannipataj sarvasara
6. Urdhvagada / Urdhvaguda
7. Arbuda
8. Puti-aasyata.^[3]

STOMATITIS

It is the inflammation of oral mucosa.

CAUSES

Local injury - mechanical, chemical, thermal.

Systemic – malnutrition, vitamin deficiencies, blood diseases such as pernicious anemia, leukemia, granulocytosis.

TYPES OF STOMATITIS**1. Infectious stomatitis****A. Viral stomatitis**

It is caused by herpes simplex or shingles virus. It is characterized by numerous small, painful blisters on the lips, buccal mucosa, and palate.

B. bacterial stomatitis

Vincent's angina – ulcerative stomatitis, also called acute ulcerative gingivitis.

Pathogens: *Borrelia venci* and *Borrelia fusiformis*

Clinical features: Early adults are more commonly affected. This rarely occurs after the age of 12.

Acute symptoms begin with prodromal symptoms such as fatigue, fever, and increased salivation.

After these prodromal symptoms last for about a few days, patients complain of a dull toothache and bleeding gums.

C. Fungal stomatitis

This is a prototype oral infection caused by a yeast-like fungus. It is a superficial infection of the upper layers of the oral mucosa that results in the formation of mottled white plaques or mottled mucosal surfaces.

2. Angular cheilitis

Cracks and surface ulcers at the corners of the mouth are called angular cheilitis. Also known as cheilitis.

3. Aphthous stomatitis

Aphthous stomatitis is also called recurrent ulcerative stomatitis. This is a common disease characterized by the development of painful, recurrent single or multiple ulcers of the oral mucosa.

4. Traumatic stomatitis

This is mainly caused by ill-fitting dentures, injury from toothbrushes, jagged teeth, and damage from heat and radiation. The lesions are painful, the mucous membranes become hyperemic and ulcerate with increased salivation.

5. Stomatitis with malnutrition

Different types of stomatitis are often associated with malnutrition. The mucous membrane of the tongue may atrophy.

6. Stomatitis due to drug allergy

Stomatitis may be caused by systemic administration of antibiotics, barbiturates, phenytoin, etc., while contact stomatitis may be caused by lozenges, toothpaste, dentures, mouthwashes, etc.^[4]

CHIKITSA

A. Nidan Parivarjana

Nidan Parivarjana Chikitsa is of paramount importance to arrest further progression of the

disease.

B. Samanya Chikitsa

Mukhapaka explained that Acharya Charaka Sarvadehik Shodhana Karma includes Shirovirechan and Kayavirechana. Thereafter, he declared Mukhadhavan, Charwana, Pratisarana, Kashayapana, Kavalgraha and some internal measures as local measures.^[5]

1. Mukhadhavan

In all types of mukhapaka, Vagbhata Mukhadhavan explained what can be done with triphala, patha, mrudvika, jatiphala kashaya and even madhu. Yogratnakar described the Panchapallav Kashaya, which included Patol, Nimba, Jambu, Amra, and Malati.^[6]

2. Charwana

For the purpose of Charwana, Yogratnakar regularly declared Krushnajirak, Kushta and Indrayava. Due to this, the mukhapaka, vrana, cleda, bad odor will be cured in 3 days.^[7]

3. Pratisarana

By using fresh Daruharidra juice mixed with honey and gairik, you can cure mukharoga, mukhapaka, rakta dosha and nadivrana.^[8]

4. Kashayapana

Yogratnakar described the Kashayapanas of Saptacchada, including Ushir, Patol, Musta, Haritaki, Rohini, Yashtimadhu, and Chandana.^[9]

5. Kavalgraha

Acharya Shushrut described the kawalgrahanas of Dugdha, Ekshurasa, Gomutra, Dadimastu, Kanji, Taila, and Ghruta.^[10]

Acharya Yogratnakar declared 'Haridradi Taila' against Kawalgraha, which includes Haridra, Nimba, Yashtimadhu and Nil Utpala against Mukhapaka.^[11]

C. Abhyantar Chikitsa – Khadiradi Gutika

Acharya Yogratnakara declared internal measures as khadiradi Gutika comprising Khadir, Jati, Karpur, Tamalpatra and Nagkeshar for curing diseases of the tongue, lips, teeth, throat and palate.^[12]

REFERENCES

1. Prof. Vasant C. Patil, Dr. Rajeshwari N.M. Shushruta Samhita. Vol-2, New Delhi: Chaukhambha Sanskrit Sansthan, 2018; 391.
2. Prof. Vasant C. Patil, Dr. Rajeshwari N.M. Shushruta Samhita. Vol-2, New Delhi: Chaukhambha Sanskrit Sansthan, 2018; 391.
3. Prof. Ravidatt Tripathi, Ashtang sangraha. Varanasi: Chaukhamba Sanskrit Sansthan, 2018; 64.
4. PL Dhingra, Shruti Dhingra Disease of Ear, Nose & Throat: Elsevier Publisher, 245.
5. Acharya Priyavrata Sharma, Charak Samhita. Vol-2, New Delhi: Chaukhamba Sanskrit Pratishthan, 2019; 204.
6. Vaidya Shreelaxmipatishastri, Yogaratnakara Samhita. Part-2, Vidyotini Hindi Tikasahita, Varanasi: Chaukhamba Prakashana, 2018; 514.
7. Vaidya Shreelaxmipatishastri, Yogaratnakara Samhita. Part-2, Vidyotini Hindi Tikasahita, Varanasi: Chaukhamba Prakashana, 2018; 513.
8. Prof. Ravidatt Tripathi, Ashtang sangraha. Varanasi: Chaukhamba Sanskrit Sansthan, 2018; 105.
9. Vaidya Shreelaxmipatishastri, Yogaratnakara Samhita. Part-2, Vidyotini Hindi Tikasahita, Varanasi: Chaukhamba Prakashana, 2018; 514.
10. Prof. Vasant C. Patil, Dr. Rajeshwari N.M. Shushruta Samhita. Vol-2, New Delhi: Chaukhambha Sanskrit Sansthan, 2018; 127.
11. Vaidya Shreelaxmipatishastri, Yogaratnakara Samhita. Part-2, Vidyotini Hindi Tikasahita, Varanasi: Chaukhamba Prakashana, 2018; 515.
12. Vaidya Shreelaxmipatishastri Yogaratnakara Samhita. Part-2, Vidyotini Hindi Tikasahita, Varanasi: Chaukhamba Prakashana, 2018; 515.