

A LITERARY STUDY OF MUKHAPAKA- FROM A VIEW OF SAMHITA AND ITS COMPARISON WITH MODERN PERSPECTIVE

Shivani Ingole^{1*}, Agrima Katiyar² and Vd. Kavita Daulatkar³

^{1,2}MD Scholar, Bhausaheb Mulak Ayurvedic Mahavidyalya.

³Prof. & HOD, Dept. of Sanskrit Samhita and Siddhant, Bhausaheb Mulak Ayurvedic Mahavidyalya.

Article Received on
02 October 2024,

Revised on 22 October 2024,
Accepted on 12 Nov. 2024

DOI: 10.20959/wjpr202422-34437



*Corresponding Author

Shivani Ingole

MD Scholar, Bhausaheb

Mulak Ayurvedic

Mahavidyalya.

ABSTRACT

In *Ayurveda*, *Mukhapak* is considered as a specific disease with its own specific *Nidana*, *Purvarupa*, *Rupa*, *Samporapati* and *Chikitsa*. Thus an attempt has been made to study the disease *Mukhpakroga* (Stomatitis) according to *Ayurvedic* text and modern. Recurrent aphthous ulceration or recurrent aphthous stomatitis is one of the most unbearable and painful oral mucosal disease. This condition has no specific cause to occur and no proper laboratory procedures are present to bring out the proper diagnosis or etio-pathophysiology. The treatment options are largely palliative and aimed at reducing symptoms like pain as it helps in improving patient's oral condition.

INTRODUCTION

The glory of *Ayurveda* lies in its evolution of theory for maintenance of health. Centuries have passed by; the nature of disease perhaps has changed, new diseases have appeared and some of the old one almost extinct.

Stomatitis presents with ulcerated oral lesions which are often painful and self-limiting. It is a very common nutritional disorder worldwide and is known to affect any age of populations. Stomatitis is an inflammation of the lining of any of the soft-tissue structures of the mouth. It is usually a painful condition, associated with redness, swelling, and occasional bleeding from the affected area.

Aim

To study *Mukhpak* from *Samhita*.

Objectives

Compare Mukhpaka with Stomatitis.

Materials

Laghutryai, Brihatrayai, Text of Modern science.

Methodology

Literature study.

Review

सर्वस्मिन् मुखे ये भवन्ति ते सर्वसराः | उल्हण सु. नि. १६-६४

त्रयः सर्वेष्वायतनेषु | सु.नि. १६-३

According *Acharya Dalhan*, *Mukhpak* appear almost always in areas of the mouth and found on the mucosal lining inside of the cheeks, inner lips, soft palate, ventral tongue, and floor of the mouth.

- i. **Charaka samhita**^[1]- In Charaka Samhita Vataj, Pittaj, Kaphaj and Sannipattaj Mukharoga are mentioned in Chikitsasthan 26 Chapter.
- ii. **Sushruta samhita**^[2]- Sushruta mentioned 4 types of Sarvasar, Vattaj, Pittaj, Kaphaj and Raktaj
- iii. **Vagbhatta**^[3]- Vagbhatta had mentioned eight types of Sarvasar, Vattaj, Pittaj, Kaphaj, Raktaj, Sannipattaj, Urdhavagat, apharbud, and Putivaktrata.
- iv. **Sharangdhar samhita**^[4]- Eight types of Mukha roga are mentioned in Sharangdhar Samhita, they are Vataj Mukhapaak, Pittaj Mukhpak, Kaphaj Mukhpak, Raktaj Mukhpak, Sannipattaj Mukhpak, Putiaasyata, Urdhwagad, and Arbood.
- v. **Madhava nidan**^[5]- Madhava described three types Vata, Pitta, Kapha Mukhpak.
- vi. **Kashyap samhita**^[6]- Lakshana- common symptoms of Mukharoga in pediatric patients are excessive salivation, Stana-dwesh, pain in oral cavity, vomit of milk, increased respiration. In adults, anorexia, pain in oral cavity, excessive salivation, cough, cold, indigestion etc. Treatment- Vaman, Virechana, Raktamokshan, Kawal/ Gandush, Nasya, Pratisaaran, Tarpan etc.

Symptoms of mukhpak

रक्तैः सदाहै स्तनुभिः सपीतैर्यस्याचितं चापि स पित्तकोपात ॥

कण्डूयुतैरल्परुजैः सवर्णैर्यस्याचितं चापि स वै कफेन ।

The reference about *Mukhpak* is found in both *Bruhtrayees* and *Laghutrayees* in details in concern with *Ayurvedic* Texts. *Lakshana's* of *Mukhpak* described are Red and Yellowish ulcer in mouth, *Daha* (burning sensation), *Osh* (bitter test in mouth), Pain in mouth or at lesion, inflammation etc.

Table 1: Symptoms of mukhapaak according to samhita.

Sr. No	Dosha	Lakshana	Su	Ch	Va	Sha	Ma Ni
1	Vata	Sphota	√		-	√	-
2		Pida	-		-	√	-
3		Toda	√	√	√	-	-
4		Pita varna Pidika	-	√	√	√	-
5		Vrana	-	√	√	-	-
6		Guru Jivha	-		√	-	-
7	Pitta	Daha	√		-	√	√
8		Rakta-Pita varna Pidika	√		-	√	√
9		Tikta-asyata	-		√	-	-
10		Trishna	-	√	-	-	-
11		Jwar	-	√	-	-	-
12		Talu paak	-	√	-	--	-
13		Murcha	-	√	-	-	-
14		Visphota	-	√	-	-	-
15		Kshaarvat Vrana	-	-	√	-	-
16	Kapha	Kandu	√	√	-	√	√
17		Manda Vedna	√	-	-	-	-
18		Shweta Vrana	√	√	-	-	√
19		Madhurasyata	-	-	√	-	-
20		Gaurav, Snigdghata	-	√	-	-	-
21		Pishchil Vrana	-	√	√	-	-
22	Raktaj	As Pitta Dosha	√	-	√	√	-

Medicine used in mukhpak

Gandush/ Kawal- Darvi Swarasa, Saptacchatadi Kwatha, Panchavallkaladi Yoga, Patoladi Kwatha, Jaatipatradi Kwath, Tiladi Gandush, Yeshtimadhu tail, Haridradi Tail, Jaatipatra Charwan, Krushnadi Charwan, Erimedadi Tail, etc.

Other formulations- Khadiradi Gutika, Rasaanjanadi Churna, Sahakaar Gutika, Pathyaadi Vati, Kaamdudha rasa, Vyaghri Haritaki etc.

Table 2: Treatment for mukhapaak.

Sr. No	Treatment	Sushruta	Vagbhatta	Sharangdhar
1	Kawal	√	√	√
2	Gandush	√	√	√
3	Pratisaaran	√	√	√
4	Nasya	√	√	√
5	Raktamokshan	√	√	-

According modern view

Stomatitis is characterized by pain or discomfort in the mouth and the presence of open sores or ulcers in the mouth. Herpes stomatitis may cause the following symptoms:

1. Fever, sometimes as high as 101–104°F (38.3–40°C),
2. Irritability and restlessness
3. Blisters in the mouth, often on the tongue or cheeks or roof of the mouth, which then pop and form ulcers (These ulcers are usually small [about one to five millimeters in diameter], greyish white in the middle, and red around the edges.)
4. Swollen gums, which may be irritated and bleed
5. Pain in the mouth
6. Drooling
7. Difficulty Swallowing
8. Foul-smelling breath

REFERENCES

1. Pt. Kashinath Pandeya, Dr. Gorakhnath Chaturvedi, Charaka Samhita, Vidodini tika, Choukhambha Bharti Academy, Varanasi, 2015.
2. Dr. Ambikadatta Shastri, Sushruta Samhita, Ayurvedtatavadiipika tika, Chaukhambha Sanskrit Sansthan, Varanasi, 2004.
3. Shri. Lalchandra Vaidya, Ashtanghridyam, Sarvangsundrai vyakhya, Motolala Banarasidas, Delhi, 2005.
4. Pt. Durgadatta Shastri, Sharangdhar Samhita, Tatwadipika Vyakhya, Chaukhambha Surabbharti Prakashan, Varanasi, 2004.
5. Pt. Hemraj Sharma, Madhava Nidana, Vridhajivakiya tantra, Choukhambha Prakashan Varanasi, Sutrasthan, 2010; 25: 8.
6. Pt. Hemraj Sharma, Kashyap Samhita, Vridhajivakiya tantra, Choukhambha Prakashan Varanasi, Sutrasthan, 2010; 25: 8.