

**ROLE OF GANDUSHA IN MUKHAPAKA (MOUTH ULCER): A
SINGLE CASE STUDY****Vd. Sachin Sheth¹, Vd. G. R. Asore², Vd. Tejas Rankhamb^{*3}**

¹Assistant Professor, Department of Rasashastra and Bhaishajya Kalpana, APM's Ayurved Mahavidyalaya, Sion, Mumbai-22.

²HOD & Associate Professor, Department of Rasashastra and Bhaishajya Kalpana, APM's Ayurved Mahavidyalaya, Sion, Mumbai-22.

³PG Scholar, Department of Rasashastra and Bhaishajya Kalpana, APM's Ayurved Mahavidyalaya, Sion, Mumbai-22.

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***Corresponding Author**

Vd. Tejas Rankhamb

PG Scholar, Department of
Rasashastra and Bhaishajya
Kalpana, APM's Ayurved
Mahavidyalaya, Sion,
Mumbai-22.

ABSTRACT

This case study discusses the management of a 70-year-old female patient who has been experiencing complaints of *Asya Daha* (burning sensation in the mouth) and *Jiwha Daha* (burning sensation on the tongue) for the past four years. Over the last two years, she has been unable to consume spicy and salty foods due to the exacerbation of her symptoms. Additionally, she has experienced *Asayavairasy* (loss of taste) and *Jiwha Upalepa* (coating on the tongue) for the past year. The patient has been suffering from these chronic symptoms, which significantly impacted her quality of life. After undergoing various treatments, she found relief using *Triphala Kwath Gandusha* and *Saptachadadi Kwath Gandusha*. These Ayurvedic mouth rinses helped alleviate the symptoms, and improved her ability to consume previously irritating foods. The case emphasizes the therapeutic potential of *Gandusha* in managing *Mukhapaka*.

KEYWORDS: *Asya Daha*, *Jiwha Daha*, Burning sensation, *Triphala Kwath Gandusha*, *Saptachadadi Kwath Gandusha*, *Asayavairasy*, *Jiwha Upalepa*, Ayurvedic treatment, case study.

INTRODUCTION

Mukhapaka is an Ayurvedic term referring to a group of disorders that affect the oral cavity,

causing discomfort and various symptoms.^[1] The primary symptoms of Mukhapaka include burning sensations in the mouth (*Asya Daha*), burning sensations on the tongue (*Jiwha Daha*), dry mouth, coating on the tongue (*Jiwha Upalepa*), and loss of taste (*Asayavairasya*). These symptoms are commonly associated with an imbalance in the Pitta and Kapha doshas.^[2]

Mouth ulcers, a common manifestation of Mukhapaka, are painful sores that can develop in the oral cavity due to an excess of Pitta-Kapha imbalances. These ulcers can lead to significant discomfort, especially when consuming spicy, salty foods. Thereby impairing an individual's ability to eat, speak, or maintain proper oral hygiene. Chronic *Mukhapaka* can significantly affect the quality of life and may result from lifestyle factors, dietary habits, or systemic imbalances in the body.^{[3][4]}

This case study discusses a 70 years old female patient who presented with a four years history of *Asya Daha*, *Jiwha Daha*, and additional symptoms such as a loss of taste (*Asayavairasya*) and a white coating on her tongue (*Jiwha Upalepa*). The patient's condition, marked by an inability to eat spicy or salty foods, indicated an imbalance of both *Pitta* and *Kapha* doshas.

To address these symptoms, the patient was treated with Ayurvedic mouth rinses - *Triphala Kwath Gandusha* and *Saptachadadi Kwath Gandusha* which are specifically used to balance both *Pitta* and *Kapha doshas*.^[5] These mouth rinses are believed to alleviate burning sensations, reduce tongue coating, and restore taste perception by addressing the root causes of these imbalances.^{[6][7]}

CASE REPORT

Patient name: - A.B.C. Age – 70 years / Female Occupation – Housewife **Complaint of**

- a) *Asya Daha*, *Jiwha Daha* since 4 years
- b) Unable to eat salty and spicy food since 2 years
- c) *Asayavairasya* since 1 year
- d) *Jiwha Upalepa* since 1 year

History of present illness

Patient had the above complaints from approximately 4 years. The symptoms were unbearable from last one month so he came to our hospital OPD for further management.

Past history

Patient had taken all other treatment except ayurveda for the same reasons.

Examination

K/C/O - DM and HTN for 12 years on allopathic medicines. No H/O - Any drug allergy.

No H/O - Fever

O/E - G.C- fair, P- 80/ MIN, B.P. - 130/ 90 mm of hg, S/E- RS- AEBE Clear,

CVS- S1, S2- normal.

CNS - conscious and oriented.

P/A - Soft and non-tender. Bowel - irregular bowel habit. Stool – Normal.

Bladder - Normal habit, Sleep - Normal.

Appetite - Normal,

Addiction – No any specific addiction.

Asthvidh Pariksha Nadi - Vata-Pitta Mala - Malavstambh Mutra - Prakrut

Jiva - Sam, White Coated Shabda - Prakrut

Sparsh - Ushna Druka - Prakrut Aakruti – Krusha

Local Examination of Mukhavran

Colour -Yellow colour elevated patch over tongue Multiple white patches over tongue.

MATERIAL AND METHODS**Disease Review**

According to *Sushrut Acharya Mukharoga* (Mouth Diseases) are 65 different types.^[8] There site Lips, Gums, Teeth, *Jivha*, *Talu*, *Kanth* and Whole oral cavity. *Acharya Charak* have described 64 types of *Mukharoga*.^[9] *Acharya Vagbhat* Described 75 types of *Mukharoga*.^[10] *Mukhapak* also called as *Sarvasara roga*. Types of *Mukhapak* are *Vataj*, *Pittaj*, *Kaphaj*, *sannipataj* and *raktaj Mukhpak*.

Vatadi Dosh aggravated in *mukha* region causing *Vrana* (Ulcer) in *mukha* called as *Mukhapak*. *Gandush*, *kavala*, *lepan*, *Virechan*, *shaman* is different types treatment done in *Mukhapak*.^[11] *Mukhapak* resemble with Stomatitis or Aphthous ulcer in modern. It is common in now days because of changing *aahar*, *Vihar* style. The focus of treatment in Stomatitis according to modern view is local pain reliever, mouth lotion, Corticosteroids, Vit B complex it is not satisfactory and symptomatic treatment.

Hetu- Irregular meals, junk food, fast food, frequent tea, late night sleep, no physical activity, *malbaddhata* and straining during defecation.

Samprapti Ghatak

Dosha – Pitta Kaphaj Dushya – Rasa, Rakta Marga - Abhyantar

Agni – Jathar agnimandya

Strotas – Rasavah, Raktavaha, Mansavaha Sthan - Mukha

Treatment Plan

1. *Gandusha* of *Triphala kwath* Twice a day
2. *Gandusha* of *saptachadadi Kashayam* Twice a day
3. *Khadiradi Vati* – for chewing 2 tablets Twice a day
4. *Avipatikar churna* – 4 gms before bed

Drug Review

1. *Triphala Kwath*^[5]

Ref	<i>Bhaishajya Ratnavali</i>
Ingredients	<i>Haritaki, Bibhitak, Amlaki</i>
Rasa	<i>Kashaya ras pradhan</i>
Virya	<i>Samashitoshan</i>
Guna	<i>Kapha Pitta Shaman, Ruksha Guna</i>

2. *Saptachadadi Kwath*^[5]

Ref	<i>Astanga Hridyam – Mukha roga</i>
Ingredients	<i>Saptachada, Ushir, Patol, Musta, Haritaki, Katurohini, Yasthi, Aragvadh, Chandan</i>
Indication	<i>Mukharog</i>
Rasa	<i>Tikta, Kashayam</i>
Virya	<i>Shita</i>
Guna	<i>KaphaPitta Samanam, slightly ruksha, Vranaharam, Kleda Shosham</i>

3. *Khadiradi Vati*^[5]

Ref	<i>Astanga Hridyam – Mukha roga</i>
Ingredients	<i>Khadir around 60% along with other dravya</i>
Indication	<i>Mukharog</i>
Rasa	<i>Kashayam</i>
Virya	<i>Shita</i>
Guna	<i>KaphaPitta Samanam, Ropan.</i>

Method

The patient was advised *Gandusha* of *Triphala kwath* and *Saptachadadi Kwath* Twice a day.

Also, patient is advised to taken *Avipatikar churna* 4gm with warm water during bed time for

Vatanulomana.

Gandusha method

A freshly prepared *koshn kwath* was given with full of mouth to hold till *ashrustrav* and *nasastrav* observed. After that *sukhoshna jal* given to wash the mouth and observed the *samyak Gandush* symptoms, this same procedure followed subsequently for 15 day and assess the symptoms of *Mukhapak*.

Assessment Criteria

- Asya Daha, Jiwha Daha*
- Unable to eat salty and spicy food
- Asyavairasya*
- Jiwha Upalepa*

Treatment course

Treatment	Day	Observation			
		<i>Asya Daha, Jiwha Daha</i>	<i>Asyavairasya</i>	<i>Jiwha Upalepa</i>	Unable to eat salty and spicy food
<i>Gandusha</i> of <i>triphala kwath</i> and <i>Saptachadadi Kwath</i>	1 st	+++	+++	++++	++++
	10 th	++	++	++	+++
	20 th	+	+	+	++
	30 th	0	0	0	0



Fig. No 1 – Before Treatment



Fig. No 2 – At 15th Day of Treatment



Fig. No 3 – After Treatment

DISCUSSION

Discussion on the symptoms

In this case patient had started showing improvement with *gandusha* from 10th day of treatment, almost all symptoms are reduced by 30th day.

Discussion on the probable mode of action of *gandusha*

Gandusha is the oral administration of medications in which the active elements and chemical constituents of the drugs are absorbed through the buccal mucosa and enter the bloodstream. Gandusha raises the mechanical pressure inside the oral cavity, activates the salivary glands, enhances vascular permeability, and keeps the oral pH stable.^[6]

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.^[13]

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.^[13]

Discussion on the probable mode of action of drugs

Triphala is known for its anti-inflammatory, antioxidant, and antimicrobial properties. It balances *Pitta* and *Kapha* doshas, which are often involved in *Mukhapaka*. Triphala has the potential in oral care to reduce the number of oral bacteria, tooth plaque, and gingivitis in human subjects by combining vitamin C and bioflavonoid. Triphala reduces stress, aids wound healing due to the incorporation of collagen sponges, and has analgesic, antipyretic, and ulcerogenic properties. Triphala has immunomodulatory qualities as well as Shothahara (anti-inflammatory) and Ropana (healing) characteristics, as well as anti-oxidant properties.^[14]

Saptachadadi Kwath formulation is known for its cooling and anti-inflammatory properties, making it suitable for Pitta-dominant conditions like *Mukhapaka*. It helps soothe burning sensations, reduce mouth ulcers, and promote tissue healing.

CONCLUSION

Mukhapaka refers to a group of oral diseases caused by imbalances in the body's doshas. The symptoms can include burning sensations, ulcers, loss of taste, and a coated tongue. Modern medicine treats these conditions mainly with pain relief and symptomatic treatments, while *Ayurveda* offers a more holistic approach by balancing the *doshas* and addressing the root cause. Ayurvedic treatments such as *Gandusha*, *Kavala*, and *Lepan* help provide long-term relief and healing.

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