

AYURVEDIC MANAGEMENT OF MUKHAPAKA W.S.R TO SAIRYAKA KALKA: A CASE STUDY

[Praful Tathe](#)¹, [Arun Bhatkar](#)², [Manoj Nimbalkar](#)³

¹PG scholar, Sanskrit Samhita Siddhant Department, GAC, Nagpur, Maharashtra, India

²Guide, Asso. Professor, Sanskrit Samhita Siddhant Department, GAC, Nagpur, Maharashtra, India

³HOD Professor, Sanskrit Samhita Siddhant Department, GAC, Nagpur, Maharashtra, India

Corresponding Author: prafful.a.tathe@gmail.com

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**ABSTRACT**

The digestive system can be explained as one that starts with the right hand and ends with the left hand. The mouth or oral cavity is the first organ to come in contact with food. So, it is important to keep oral hygiene for a healthy and long life. *Mukhapaka* is a common disease seen in today's day-to-day life. It can occur in any part of the mouth. Though it is not a life-threatening disorder and is curable, it negatively affects oral health and thereby affects daily activities like eating, talking, and swallowing. Overconsumption of junk food, mixed types of food and chewing tobacco, smoking, alcohol consumption, irregular eating habits, insomnia, constipation, vitamin deficiency, infection, poor dental hygiene and disturbed sleep cycle are some of the causative factors responsible for *Mukhapaka*. In Ayurveda, various simple, cost-effective treatments for *Mukhapaka* are mentioned. I have selected one of them for this study. *Saireyaka* (*Barleria Prionitis*) belonging to the family *Acanthaceae* is a shrub with a sharp spine, its leaves are ovate to obovate. Hence, in association with *Nidan Parivarjana* and *Abhyantara Chikitsa*, *Sairyaka Kalka* is an effective treatment on *Mukhapaka*.

Keywords: stomatitis, oral ulcer, mouth wash, oral health

INTRODUCTION

In today's lifestyle intake of packed food, acidic food, food added with preservatives, and taste enhancers has increased along with heavy workload related to a disturbed sleep schedule, random food eating times, and constant need to outperform induced stress. Which act as a causative factor for disturbed physiology of the body and cause disease. Oral hygiene is mostly neglected in our country. Poor oral health results in chronic conditions and systemic disorders. The only thing done for maintaining oral hygiene is brushing teeth once or twice a day. Although in many metropolitan cities people are practicing mouth washing, flossing, and regular visits to the dentist for oral health. *Mukhapaka* (oral ulcer) is the most common disease in the oral cavity. *Mukhapaka* is caused by improper *Ahar* (Food), *Vihar* (Actions), and failure in following proper *Dinacharya* (Daily routine), *Ratricharya* (Night routine), *Rutucharya* (Seasonal routine), and *Sadavrutta* (Proper etiquette) as explained by Ayurveda scholars in classical texts. In Ayurvedic text, Shushrut has mentioned four types of *Sarvasara Mukharogas* as "*Mukhapaka*",^[1] Vagbhata has described one more type i.e., *Sannipataja Mukhapaka*.^[2] While Charak describes four types of *Mukharogas*.^[3] Common symptoms of *Mukhapaka* are *Sphutan* (blister), *Toda* (pricking pain), *Daha* (burning sensation) and *Vadanasyaantarvrana* (ulcer in oral cavity).^[4] Some other symptoms according to the vitiated *Doshas* (that which causes the problem) are as follow –

1. *Vataj* – Blister and pricking pain in the oral cavity.^[5]
2. *Pitaj* – *Rakta* (bleeding), *Daha* (burning sensation), *Tanu* (Smaller in size), *Pitta* (yellow).^[5]
3. *Kaphaj* – *Kandu* (itching), *Aplaruja* (minimal pain), *Savarna* (mucosa colored).^[1]
4. *Raktaj* – same as *Pitaja Mukhapaka*.^[1]

Mukhapaka is often correlated with oral ulcers or stomatitis. Stomatitis is an inflammation of the mucus lining of the mouth, which may involve the cheeks, gums, tongue, lips, and roof or floor of the mouth.^[6] A combined effort of antimicrobial agents and brushing is required for oral health. There are some gold standard

agents available on market, but they contain chemicals and do not come without adverse effects such as bitter taste, loss of taste, dry mouth, and yellowing of teeth. There is a need for research to find easily available, affordable, and having less adverse effects herbal products. *Barleria prionitis* is one such plant. It is used for medicinal purposes because of its medicinal properties. It is of sweet and sour taste, hot potency, pungent taste conversion after digestion, and lightness, sharpness quality. Has anti-inflammatory and blood purifying pharmacological action. Hence this study has been undertaken to evaluate the efficacy of *B. Peritonitis* in stomatitis.

Aim: To study the efficacy of *Sairyaka Kalka* (Paste of fresh leaves) *Kawal* (Gargles) with *Abhyantar chikitsa* (Internal medicine) in the management of *Mukhapaka*.

Material and Methodology:

Place of Study – Government Ayurveda Hospital, Nagpur.

Case Report – A male patient aged 25 years suffering from recurrent episodes of *Mukhapaka* came to our hospital. He presented with chief complaints of ulceration in the oral cavity, intolerance to hot and spicy food, difficulty in brushing, talking, and swallowing food bolus, and even pain during the drinking water. There was a loss of appetite in the patient. The patient had the above complaints about about 30 days. There was a history of such episodes about once every six months, which was treated but only for temporary relief. After some time, there would be a recurrence of the ulcer affecting his basic daily activities and thus his quality of life.

Chief Complaints

Ulceration in the oral cavity

Blister and redness on the soft palate

Difficulty in swallowing

Loss of appetite

General Examination

BP: 120/80 mm of Hg

P: 78/ min

Weight: 64

Height:178 cm

BMI: 20.2

No h/o any major illness/ surgery

H/o recurrent mouth ulcers for the past one year

Local Examination:

- Three to four ulcers on the back of the mouth.
- Ulcers were with reddish edges and grey in the middle.
- Redness in the oral cavity.
- Excess salivation.
- Painful swallowing of saliva.

Personal History: Bowel habits: one time/every 2 days, unsatisfactory, Exercise: Twice/week, Day sleeping: 2hrs/day, Food: Vegetarian + Nonveg, Tea: Twice/day

Intervention:

Treatment was planned in two parts.

1. *Nidan Parivarjana*. (Abstinence from using disease-causing factors) b. Local treatment – for ulcer healing. *Sairyaka Kalka* of 3 – 4 leaves chewed for 10 min three times a day for 5 days.
2. *Abhyantar Chikitsa* – for constipation and *Agnimandya*. (Loss of appetite), *Triphala Churna* (Fine powder) 5 grams at bedtime with warm

water for 10 days., *Hingavashtak Churna* 5 gram with *Ghruta* twice a day before food.

Part 1:

a. Nidan Parivarjan

The patient was advised to avoid nonveg food, deep-fried oily food, fast food (Maggie, samosa, etc), spicy food, stay awake late at night to fix a regular time for eating meals, and spare some time for daily meditation.

b. Local treatment

The patient was administered with 3-4 fresh B. Priorities leaves (washed and cleaned beforehand). The patient was asked to chew them until they form a paste and hold this paste in his mouth for 10 – 12 mins. This procedure was followed thrice a day for 5 days.

Part 2:

a. Internal medication

It was given to treat the systemic symptoms such as constipation and loss of appetite.

- b. In internal medicine, the patient was administered *Triphala Churna* and *Hingavashtak Churna*. *Triphala Churna* was administered in a dose of 5 grams with warm water at bedtime. *Hingavashtak Churna* was administered in a dose of 5 grams twice a day with *Ghruta* before food for 10 days.

Table 1: Oral drugs, their Composition, Doses, and effect.

Name of drug compound	Ingredients	Dose	Frequency	Duration	Effect
<i>Sairyaka</i>	<i>Sairyaka leaves</i>	3-4 fresh leaves	Thrice a day	5 days	Anti-inflammatory, blood purifying, <i>Vata Shamana</i>
<i>Triphala churna</i>	<i>Haritaki, Bibhitaki and Amalaki</i>	5 grams	At night	10 days	<i>Deepana, Ruchya, Vata Anuloman</i>
<i>Hingvastaka churna</i>	<i>Hingu, Trikatu, Ajmoda, Saindhava, Shweta Jeeraka, Krushna Jeeraka, Ghruta</i>	5 grams	Twice a day	10 days	<i>Agni Deepana.</i>

Observation and Result: There were no adverse reactions observed during the span of treatment. During the 10 days of treatment, the patient reported relief in his symptoms. Ulcers were completely healed after 10 days. The patient got 80% relief from pain and difficulty in swallowing after 5 days. The patient developed normal bowel habits and his appetite also increased.

DISCUSSION

Due to the lack of oral health education in rural areas and lack of cost-effective options prevalence of oral disorders is more common. Although potent chemical anti-microbial agents are available due to their side effects their long-term use is harmful. In such cases, herbal medicine is a better option due to its dual effect to inhibit oral disease-causing bacteria and promote the growth of helpful oral bacteria. Research showing

the anti-microbial action of B. Prionitis in vivo has been done.^[7,8] Devendra Gupta et al have shown the effectiveness of B. Prionitis in oral health is equal to the gold standard Chlorhexidine (CHX).^[9] In the early phase of treatment, the patient has undergone *Nidan Parivarjana* which helps to break the pathology, stops the further vitiation of *Doshas*, and thus recurring of the disease. In local treatment for ulcers as shown in table no.1, the patient was administered *Sairyaka Kalka Kawal*. 3-to 4 fresh leaves were asked to chew for 10 min thrice a day. It's anti-inflammatory and blood purifying properties help to reduce pain and promote the healing of the ulcer. Sweet taste and hot potency act as *Shamana* on vitiated *Vata Dosha*. In internal medicine (table no.1), the patient was administered *Triphala Churna* in a dose of 5 grams with Lukewarm water at bedtime. It consists of *Haritaki*, *Bibhitaki* and *Amalaki*. *Haritaki* increases intestinal transit time, which helps to relieve constipation. *Bibhitaki* acts as an anti-inflammatory. While *Amalaki* is rich in vitamin C and minerals. This combination helps to regulate bowel movements and promote a healthy digestive system. *Hingavastak Churna* was advised with *Ghruta* as shown in table no. 1. It improves digestive power and helps with anorexia. This study was a single case study using raw juice of B. Prionitis leaves for gargles. Although significantly favorable results were obtained in 10 days, its efficiency in a large number of patients and side effects on long-term use could not be assessed.

CONCLUSION

Mukhapaka was significantly treated with proper Ayurvedic management in proper time. In the present case, the treatment showed significant relief and was found very effective in *Mukhapaka*. *Sairyaka Kalka* helps to heal the ulcer and removes vitiated *Doshas* to break the pathology of further *Dushti*. There was 80% relief in signs and symptoms after 5 days and complete relief after 10 days.

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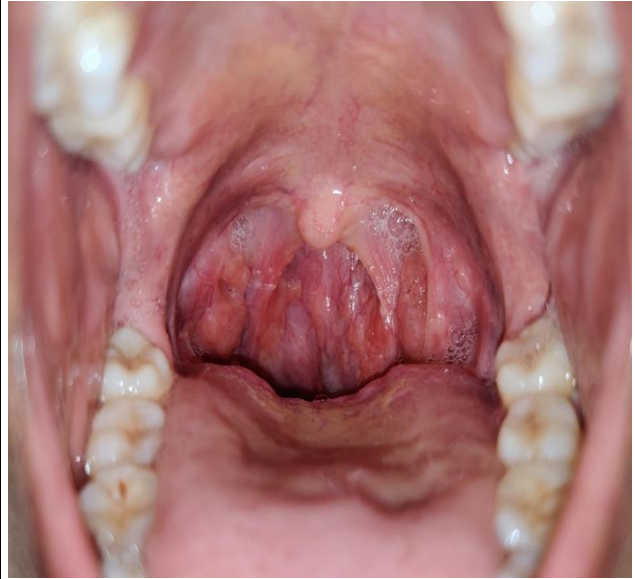
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Figure 1: First visit of the patient in OPD



Figure 2: After treatment



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