

**AYURVEDIC MANAGEMENT OF PITTAJA SARVASARA ROGA
(APHTHOUS STOMATITIS): A CASE REPORT**

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ABSTRACT

Background- Aphthous stomatitis is a common disease of the oral cavity involving the entire oral mucosa. The ulcers are small recurrent, painful, round or ovoid with well-defined erythematous halo, and a central yellow or grey area. In Ayurveda, it can be correlated with *Pittaja sarvasara roga*. The treatment protocol described for *Pittaja sarvasara roga* includes *Virechana*, *Gandoosha*, *Kavala*, *Pratisarana* and other *Pitta-rakta pacifying* medication. It should be managed with local as well as oral administration of drugs. **Aim-** To evaluate the efficacy of oral administration of *Triphaladi kwatha* and *Darviraskriya*

in the management of *Pittaja sarvasara roga*. **Results-** The sign and symptoms were completely resolved in 14 days. **Conclusion-**Based on the case study, it can be concluded that the oral drug like *Triphaladi kwatha* and local application like *Darviraskriya* are highly effective in the management of *Pittaja sarvasara roga* (Aphthous stomatitis).

KEYWORDS: Aphthous stomatitis, *Pittaja sarvasara roga*, *Triphaladi kwatha*, *Darviraskriya*.

INTRODUCTION

The word “Aphthous” is derived from the Greek word “aphtha” meaning ulcer and aphthous stomatitis is one of the most common ulcerative disease associated mainly with the oral mucosa characterized by extremely painful, recurring, solitary or multiple ulcers in the oral

cavity. These ulcers are usually small, multiple, ovoid or round with circumscribed margins which are having grey or yellow floors and are encompassed by erythematous halo.^[1]

Manifestation of the disease can range from mild to severe and in extreme cases, even hinder a person's ability to ingest food making the person susceptible to malnutrition.

The incidence of aphthous stomatitis accounts for 5-25% of the population.^[2] Every age group and demography can be affected, although there is a slight increase in incidence in 2nd & 3rd decade of life.

The clinical features of *Pittaja sarvasara roga* are similar to the aphthous stomatitis.

Sarvsara roga is a disease of oral cavity characterised in Ayurveda as the *Paka-avastha* (inflammation) of oral mucosa and ulcers in oral cavity. Pain, dysphagia, loss of appetite, indigestion are few manifestations apart from burning sensation, bleeding, intense pain and discomfort caused due to the *Mukhapaka*.^[3] According to *Acharya Sushruta* the clinical features of *Pittaja sarvasara roga* are red, thin *Paka* associated with burning sensation.

CASE REPORT

A 35 year old female, married, residence of New Delhi, UHID No. 434910, visited ENT OPD No. 103, of Shalakyta Tantra department, AIIA, New Delhi on 09.12.2019. According to the patient, she was apparently well before 3 days. Then, she noticed some reddish discolouration and burning sensation over dorsum surface of tongue which was later on accompanied by pain and reddish ulcer over dorsum of tongue. She also had a history of aphthous ulceration 3 months ago. She took treatment from local doctors in nearby area, but details of the medicines were not known. No details of systemic disease were found. No significant family history, any trauma, any drug intake for long duration or allergy from any food were known to occur.

Personal history included normal appetite, vegetarian diet with excess consumption of green leafy vegetables, oftenly disturbed sleep, irregular clearance of bowel and regular micturition habits.

General examination included *Nadi*- 70/min, *Mala*- irregular bowel, *Mutra*- 5-6 times/day, no micturition during night, *Jihva* was clear (not coated), rate of respiration- 18/min and weight- 57 kg.

On intraoral examination, tongue was apparently clear and there was a red coloured aphthous ulcer on dorsum surface of tongue. The lesion was painful with burning sensation over tongue.

Dashavidha pariksha

The *Sharira prakriti* of the patient was *Pitta-kapha*, had a *Krura kostha* (on the basis of bowel habit) and *Madhyambala* (on the basis of strength). Her *Satva*, *Sara*, *Samhanana*, *Ahara Shakti*, *Vyamashakti*, *Pramana*, *Satmya* were *Madhyam*.

Lab. Investigations

Before treatment – Hb%, TLC, DLC, CT, BT, ESR, urine (routine and microscopic) were found to be within normal limits.

MATERIAL AND METHODS

Treatment plan:

- 1) *Triphaladi kwatha* prepared of 10 gm coarse powder given empty stomach twice a day.
- 2) *Darviraskriya* in sufficient quantity (2 gm) applied over affected oral mucosa thrice a day.

RESULT

The patient got marked improvement after 14 days of Ayurveda treatment.

Table 1: Results according to the visit of the patient.

No. of visits	Date	Symptoms & Signs	Treatment advised	Clinical pictures
1 st	9 th Dec 2019	Yellowish-grey ulcer with red halo over dorsum of tongue; Pain and burning sensation; Difficulty in chewing food and Constipation	1) <i>Triphaladi kwatha</i> prepared out of 10 gm of churna twice a day given empty stomach, 2) <i>Darviraskriya</i> applied over affected mucosa, in sufficient quantity (~2gm), thrice a day with clean finger or applicator.	 <p style="text-align: center;">Fig. 1</p>

2 nd	17 th Dec 2019	Significant improvement in ulcer, pain, burning sensation; Able to chew food comfortably and mild improvement in constipation	Continued the same treatment	 Fig. 2
3 rd	24 th Dec 2019	Complete resolution of all signs and symptoms	Stopped all medicines	 Fig. 3
4 th	8 th Jan 2020	No recurrence of ulcer	No medicines	 Fig. 4

DISCUSSION

Mukhapaka, the disease of oral cavity is the inflammation of oral mucosa and occurrence of ulcers in oral cavity. Specific etiology of *Sarvasara roga* has not been described in the Ayurvedic texts, therefore *Nidana* of *Mukharoga* described in *Ashtanga Hridayam* can be considered as the *Nidana* for *Pittaja sarvasara roga*. *Samanya nidana* of *Mukharoga* includes excessive intake of *Matasya*, *Mahisha*, *Varaha Mamsa*, *Amamulak* (unripe radish), *Masha* soup (blackgram soup), *Dadhi* (curd), *Ksheera* (milk), *Shukta* (a type of fermented liquid), *Ikshurasa* (sugarcane juice), *Phanita* like food items and activities like sleeping in prone position, avoiding brushing of teeth, undergoing procedures like *Dhooma*, *Vamana*, *Gandoosha*, *Siravedha* in improper way leads to vitiation of *Kapha* dominant *Tridosha* and causes diseases of oral cavity.^[4]

Other factors like *Shoka*, *klesha* and *abhighata* can also be considered as the specific *Nidana* for *Pittaja sarvasara roga* which leads to vitiation of *Pitta-kapha* dominated *Tridosha*. Further, these *Doshas* get accumulated in the mucosa of oral cavity resulting in manifestation of the disease.

Pittaja sarvasara roga can be correlated with Aphthous stomatitis in Ayurveda characterized by yellowish-red coloured ulcers with pain, burning sensation and difficulty in chewing food. There are many treatment modalities implicated such as *Pratisarana*, *Kavala* and *Gandoosha*.

In the present case, *Triphaladi kwatha*^[5] with *Haritaki* (*Terminalia chebula* Retz.), *Amalaki* (*Embllica officinalis* Gaertn.), *Vibhitaki* (*Terminalia bellirica* Gaertn. Roxb.), *Draksha* (*Vitis vinifera* Linn), *Patha* (*Cissampelos pariera* Linn), and *Jati* (*Jasminum grandiflorum* Linn) was given for oral administration. These drugs are predominately *Laghu*, *Ruksha guna*, *Kashaya*, *Tikta rasa*, *Madhura vipaka* and *Tridosha shamaka*. *Triphala* is *Tridosha shamaka* by its *Prabhava* (special action or trophism) and thus is balancing all *Doshas* and constitutions.^[6] *Patha* & *Jati* being *Laghu*, *Tikta* and *Ushna* is also *Tridosha shamaka*. *Jati* is also having significant wound healing property.^[7] The ethanolic extract of *Patha* possesses significant anti-inflammatory activity and hence useful in inflammation, pain and wound healing.^[8] *Draksha* is *Guru*, *Snigdha*, *Sheeta* and *Vata-pitta shamaka*. Hence, *Triphaladi kwatha* alleviate *Tridosha* as well as rejuvenate the digestive system of the body.

Darviraskriya^[9] was given for *Pratisarana* (local application) mentioned in *Charaka Samhita* (*Mukharoga*) as it contains *Daruharidra* (*Berberis aristata* DC) which is *Kapha-pitta shamaka*^[10] and honey (*Apis mellifera*) is *Sukshmamarganusari*, *Pitta-kapha shamaka*, *shodhaka* and does *ropana*.^[11] So, it acts upon *Kapha-pitta dosha* and is having *Vranaropana* property.

In the above case, the combination of oral medicines and local application, successfully helps in the management of *Pittaja sarvasara roga* (Aphthous stomatitis).

CONCLUSION

Pittaja sarvasara roga is a *Pitta-kapha* dominated *Tridoshaja mukharoga*, which is having similar clinical features of aphthous stomatitis. The treatment modalities described in ayurvedic texts includes *Pratisarana*, *Kavala-gandoosha* and *Dosha shamaka* internal medicines. In the above case, concept of *Shamana chikitsa* is applied by the means of local

application of *Darviraskriya* and oral administration of *Triphaladi kwatha*, which provided significant relief to the patient.

Moreover, the drugs used in the study are cost effective and easily available. The present study also concludes that both local and oral administration of medications are needed to manage the disease and avoid recurrence of the disease.

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