

**A CLINICAL CASE STUDY- ROLE OF TRIPHALA CHURNA
PRATISARANA AND KHADIRADI VATI IN THE MANAGMENT OF
MUKHAPAKA WITH SPECIAL REFERENCE TO STOMATITIS**

Deshmukh R.D.^{1*}, Dhakate V.G.², Pawar N.S.³, Ingle A.M.³ and Barde R.R.³

¹Associate Professor and HOD Department of Shalakyatantra Government Ayurved College,
Nagpur. Maharashtra, India.

²Assistant Professor Department of Shalakyatantra Government Ayurved College, Nagpur.
Maharashtra, India.

³Post Graduate student Department of Shalakyatantra Government Ayurved College, Nagpur.
Maharashtra, India.

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***Corresponding Author**

Prof. Deshmukh R.D.

Associate Professor and
HOD Department of
Shalakyatantra, Govt
Ayurved College, Nagpur
Maharashtra, India.

ABSTRACTS

Mukhpaka (Stomatitis) is most common disease of oral cavity and can occur anywhere in the mouth, including the inside of the cheeks, gums, lips, palate and tongue. It can disrupt a person's ability to talk, eat and sleep. This is the case study on Mukhapaka patient with complaints of redness, ulceration in oral cavity, salivation, pain and burning sensation in mouth treated with 3 - 4 times local application of *Triphala churna* with *Madhu* (Honey) up to 14th days And Internally Khadiradi vati 2 times a day. Study demonstrated that local application of Triphala churna with honey is the so fast, simplest, economical and effective drug therapy in the management of Mukhpaka due to anti-inflammatory, analgesic as well as healing property of *Triphala churna*

and *Madhu*.

KEYWORDS: *Mukhpaka*, Stomatitis, *Triphala*, *Madhu*.

INTRODUCTION

In modern life style, excessive intake of fast foods, cold drinks spicy foods mixed type of food, acidic foods, etc. and addictions of chewing betel nut, gutkha, tobacco, smoking, drinking alcohol etc. which are characterised as *apthyakar* in Ayurveda disturb the normal physiology of the body and causes many oral diseases. Stomatitis is considered as one of the

prevalent oral disease worldwide characterized by redness, ulceration in oral cavity with burning sensation, salivation and pain. Stomatitis occurs anywhere in the mouth, including the inside of cheeks, gums, tongue, lips and palate. The symptoms degree from presence of mouth ulcers, redness and erosions of buccal mucosa, burning sensation of oral mucosa, difficulty in chewing pungent and hot things and or enlargement of sublingual and submandibular lymph nodes. In Allopathic system of medicine, various vitamins, systematic antibiotics, tetracycline mouth wash, local application of thick layer of triamcinolone acetonide, local anti-inflammatory agents like kenalog, orabase etc., are being recommended in this disease. However, ayurvedic treatments for this disease are safe, effective, cheap and non-toxic. *Mukhpaka* often called as *sarvsara roga* is a disease of oral cavity characterised in Ayurveda as the *paka-avastha* of oral mucosa and produces ulcers in oral cavity. *Pitta dosha*, *raktavah* and *mamsa* are the main *dushya* in *Mukhpak*. According to *Acharya Sushruta* there are 65 *mukhroga* which occur at seven locations such as lips, teeth, tongue, palate, throat and oral cavity and out of them 8 occur in lips, 15 in gums, 8 in teeth, 3 in tongue, 9 in palate, 17 in throat and 3 in entire mouth as described in *uttartantra*.^[1] To break this *samprapti*, *pitta doshahar*, *rakta prasadak*, *vranashodhak*, *vranropak*, *shothahar chikitsa* is essential. As per Ayurveda the line of treatment for *mukhpaka* should be *pittashamaka*, *Shothahara*, *Vedanasthapana*, *vranashodhana*, *Vranaropana*, *Rakta prasadaka*, *Mamsa dhatu pustikara*. The clinical symptom of *Mukhpaka* is comparable with stomatitis. There are many drugs described in Ayurveda literature to cure *Mukhpaka* (Stomatitis) effectively. *Sushruta* praised the effect of *Kshara* (alkalis) so much that it can be replace *Shashtra karma* since it does the *chedna*, *bhedna*, *lekhna*, *darana*, *shothahara* and *roopna karmas* simultaneously without the help of *Shashtra*.^[2]

Triphala a well recognized and highly efficacious polyherbal medicine consisting of fruits of the plant species *Emblica officinalis* (*Amalaki*), *Terminalia bellerica* (*Bibhitaki*), and *Terminalia chebula* (*Haritaki*). *Triphala* has found to be potentially effective for several clinical uses such as Reduction of hyperacidity, Antioxidant, anti-inflammatory, anti-bacterial. Polyphenols in *Triphala* Modulate the human gut microbiome and thereby promote the growth of beneficial *Bifidobacteria* and *Lactobacillus* while inhibiting the growth of undesirable gut microbes. The Bioactivity of *triphala* is elicited by gut micribiota to generate a variety of anti-inflammatory compounds. The *Sushruta* indicated that the *triphala* is useful for treating ulcers and wound.^[3]

Honey, known as *madhu* is one of the most important medicines used in Ayurveda for both internal and external applications and mainly used for the treatment of eye diseases, cough, thirst, phlegm, hiccups, worm infestation, vomiting, epistaxis, leprosy, obesity, asthma, healing wounds and diarrhea.^[4] It is also used as a vehicle along with some medicines to improve its efficacy or to mitigate the side effects of the other medicines.

Khadiradi vati is a polyherbal drug which consist of Khadir, Javitri, Kankol, Bhimseni kappor, poog. It is used for mouth ulcer, it is act as a oral antiseptic, astringent, anti-inflammatory, expectorant.^[5]

Aim

To study the role of Triphala churna Pratisarana with *madhu and Khadiradi vati* In The Managment of *Mukhapaka* With Special Referance To Stomatitis.

Obejectives

- 1) To study the role of Triphala churna Pratisarana with madhu and Khadiradi vati to reduce the sign and symptoms of Mukhapaka.
- 2) To study Mukhapaka the w.s.r Stomatitis.

MATERIAL AND METHOD

Stomatitis^[6]

Stomatitis is an inflammation of the mucosa of the oral cavity. It is an inflammation of the lining of the mouth.

Causes: Stomatitis can be caused by local and systemic cause. Such inflammation of the mouth may be caused by: Injury, Mechanically Chemically, Thermally, Radiotherapy, Idiopathic, Malnutrition etc.

Types of stomatitis

(A) Traumatic stomatitis: Traumatic stomatitis is commonly caused by Vigrous used of hard tooth brush, Ill-fitting dentures, Jagged teeth Simple cut or burn of the mouth, Thermal and radiation injury.

Clinical features: The lesion is painful. The mucosa is ulcerated and hyperaemic. The tongue is quoted with fur. Simple cut or burn of the mouth usually heals by itself. Traumatic

stomatitis is soon covered by the thin grey glistening coagulum. As the mouth is painful, movements are obviously restricted, salivation is increased.

(B) Infective stomatitis

1. **Viral stomatitis:** It is caused by herpes simplex or herpes zoster virus. It is characterized by small, multiple, painful vesicles on the lips, buccal mucosa and palate.
2. **Bacterial stomatitis:** Vincent's Angina: Vincent's Angina is also called as ulcerative stomatitis and also Acute ulcerative gingivitis.

Causative organism: *Borrelia Vencenti* and *B. fusiformis* are responsible to cause this lesion. Both these organisms may be found in normal mouths, but are particularly found in large numbers in association with this disease.

Clinical features

- 1) Early adult individuals are more often involved. It is rarely seen after the age of 12 years.
- 2) Acute condition starts with prodromal symptoms e.g. malaise, pyrexia and increased salivation.

After about a couple of days of such prodromal symptoms patients complain of dull toothache and gum bleedings oral mucosa.

(E) Angular stomatitis: Cracks or superficial ulceration at the corners of the mouth is known as angular stomatitis. Angular stomatitis is also called as Cheilosis or Preleche.

(F) Stomatitis with malnutrition

- 1) Various types of stomatitis often remain associated with malnutrition. The mucosa of the tongue may undergo atrophy. Similarly thinning of the oral mucosa makes the mouth most susceptible to trauma, hot drinks and spices.^[7]

Mukhapaka:- *Mukhapaka* is one of the *mukharoga* and occurs in all over the oral cavity Acharya Kashyapa; Charak has described it as *Mukhapaka*, while Acharya Sushruta and Acharya Vagbhata have described it as *Sarvasara*. *Sarvasara* means the disease which have capacity to spread all over the buccal mucosa.

Causes of mukhpaka^[8]**Causes of Mukhapaka can be differentiated as**

1. *Dosha dushtikar hetu*

2. *Sthan vaigunyakar hetu*

1. ***Dosha dushtikar hetu***:- It includes aharaj hetu which causes aggravation of *Pitta Doshas* in *Amashaya* and causes *Mukhapaka*. Hetus like *Mansahar*, *dugdhahar*, *Ikshuvikruti* causes vitiation of *doshas* in *Amashaya* and there by causing *Mukhapaka*.

2. ***Sthan vaigunyakar hetu*^[9]**:- 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 leads to *Mukhroga*.

Same like that in *kawal* and *gandush atiyoga* (Milk regurgitation and excessive frothing) irritates oral mucosa and further may lead to *Mukhapak*. If *vaman* and *Raktamokshana* are not done in proper *ritu*, Then it causes accumulation of *doshas in mukha*, which are to be thrown out of the body regularly by the cleaning process of *vaman* and *Raktamokshana*, otherwise that causes *Mukhapaka*.

A case study

A female patient of 14 years was selected during OPD of Dept of *shalakyatantra* having complaints of redness in mouth, ulceration in oral cavity, burning sensation, salvation and pain. The ulcers are on lips, and inside of cheeks. Since 3-4 days.

Patient was having recurrent history of mouth ulcer since 4-5 years

No history of diabetes mellitus and hypertension.

Investigation

RBS- 98 mg/dl

HB-10.2gm%

TLC-10,000/cumm

DLCP-75%, L-14%, E+M-11%

ESR- 21mm/hr, platelet Count-3.52lacs/cumm

Treatment

Nidan parivarjana is the first treatment. advised to stop sour, hot and spicy food article.

Maintenance of oral hygiene.

Triphala Churna with madhu Pratisarana for 14 days and Internally Khadiradi vati 2-2vati Bd for 14 days.

Patthyapatthya^[10]

PATHYA

In all oral diseases following *dravyas* are recommended in *ahar* Old rice, Wheat Bean, Horsegram, Bittergourd, Serpantgourd, Radish, Camphour water, Tambul, Khadir-ghruta, Things etc. having Katu and Tikta rasa, As we go through the *gunas* of this *dravyas* all are tikta rasatmak and sheet veerya therefore usefull in Kaph Pittaj vyadhi.

Apathya

In all oral diseases following things are contraindicated curd, milk and its derivatives, guda, sweets, black gram, As we go through the *gunas* of above *dravyas*, all are *ushna veeryatmak* causing vitiation of *pitta dosha* in the *samprapti* of mukhapaka. Non-oily things are heavy to digest and *abhishyandi* edible should be avoided. So other *hetus* which causes *Mukhapaka* should be avoided.

Criteria for assessment

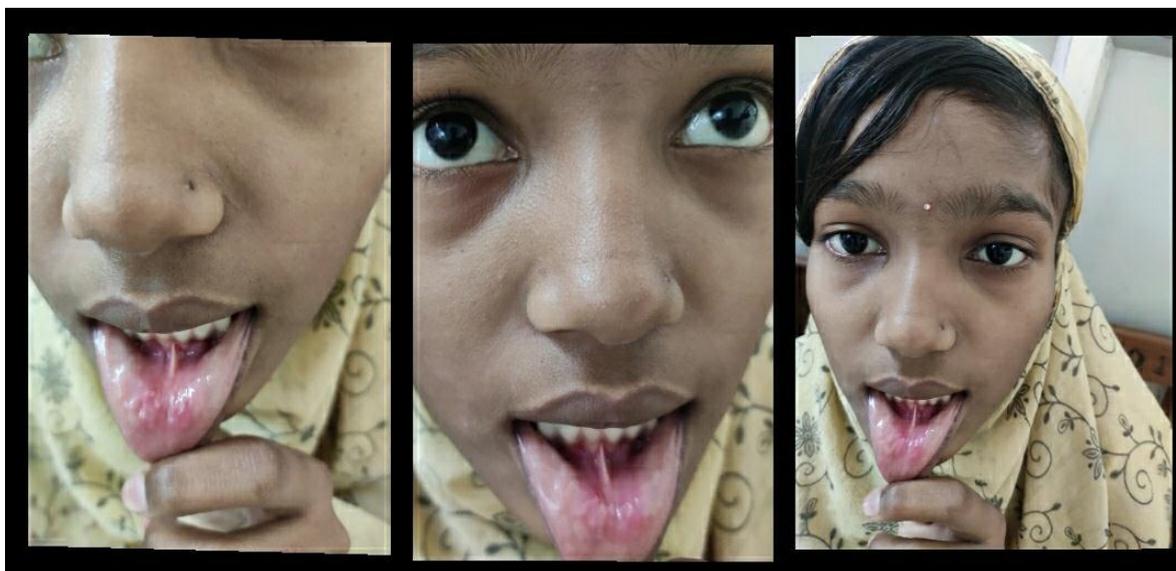
Assessment was done on the basis of scoring of cardinal signs, associated symptoms and *Doshanubandhita Lakshanas*. Scoring pattern was developed according to severity of symptoms. Improvement was assessed accordingly.

Symptoms and Gradation

Symptoms	0	1	2	3	4
1.Redness	No redness	Mild redness	Moderate redness	Severe redness	Extreme redness
2.Ulcer in mouth	No ulcers in oral cavity	1-2 ulcers in oral cavity	2-3 ulcers in oral cavity	4-5 ulcers in oral cavity	More than 5 ulcers in oral cavity
3.Salivation	No salivation in oral cavity	Wild salivation (1-2 times spiting) in a day	Moderate (3-4 times spiting) in a day	5-7 times spiting in a day	More than 7 times spiting in a day
4.Pain	No pain in ulcers in mouth	Mild pain in ulcers in mouth	Moderate pain in ulcers in mouth	Severe pain in ulcers in mouth	Extreme pain in ulcers in mouth
5.Burning sensation during food intake	No burning sensation	Mild burning sensation	Moderate burning sensation	Severe burning sensation	Extreme burning sensation

OBSERVATION AND RESULT

Chief Complaints	Day 1 (B.T)	Day 7	Day 14(A.T)
1)Redness	2	1	0
2)Ulcers in mouth	3	2	1
3)Salivations	2	1	0
4)Pain	2	1	0
5)Burning sensation during food intake	3	1	0

**BT****DT****AT****DISCUSSION**

Mukhpaka (Stomatitis) is a very common disease of oral cavity in India as well as Asia due to heavy consumption of *pitta prakopaka* like spicy oily food, tobacco chewing, smoking, alcohol consumption, fast food etc. and also *pitta prakopak vihar* like late night sleeping, improper timing of meals, lack of exercise etc. According to Ayurveda, in this condition *mukha* is affected by *paka* process which is always associated with *pitta dosha* and patient feels irritation, pain and burning sensation during food intake. It may also occur due to addiction like tobacco, wine etc. Insomnia, vitamins deficiency, and life threatening disease like malignancy, sub mucosal fibrosis disturbances in gastrointestinal tract. It is very important to have effective, economic & without any side effect, medicine on it. So here an attempt is made to treat stomatitis with Triphala Churna along with Madhu and Khadiradi vati.

The rasa or taste of triphala is sweet, sour, pungent, bitter and astringent. The virya, or potency and action, is neutral, and the Vipaka, or postdigestive effect of the formula, is sweet.

Triphala has a Prabhava, Meaning special action or trophism, for all doshas and thus is balancing for all doshas and constitutions. The gunas, or qualities, of Amlaki are heavy and dry, and both Haritaki and bibhitaki are considered light and dry. Triphala having anti-inflammatory, gastric hyperacidity, analgesic, anti-bacterial, wound healing properties.

Honey has been described in ancient and modern medicine as being effective in the healing of various infected wounds, healing of burns, ulcers and open wounds, which believed to be related to its constituents since fructose, the predominant sugar in honey, is very hygroscopic. 7. Madhu or honey is probably adsorbing toxins from the mucous membrane and precipitate protein, so the pus and inflammatory exudates became adsorbed by the natural honey, thus protecting the underlying tissues and enhanced normal healing and the epithelialization. The natural honey is sticky viscous solution that is the way to make it adherent to the ulcer. Coating the ulcer and prevention of secondary infection is the probable mechanism of action of *madhu*.^[8]

Khadiradi vati is a polyherbal drug which consist of; Khadir, Javitri, Kankol, Bhimseni kappor, poog. It is used for mouth ulcer, it is act as a oral antiseptic, astringent, anti-inflammatory, expectorant.

RESULT

Results of the present study demonstrated highly effective, therapeutic and significant potential of Ayurvedic medicine in management of *Mukhpak* or stomatitis. It may be due to anti-inflammatory, analgesic as well as healing property of *Triphala churna Madhu and Khadiradi vati*. Study demonstrated and confirms that local application of *Triphala churna* with madhu is the so fast, simplest, economical and effective drug therapy in the management of *Mukhpaka*.

CONCLUSION

Present study showed that stomatitis is of the commonest oral diseases in India and found in all the age groups. Local application of *Triphala churna* with madhu and Khadiradi vati is effective medications for the treatment of *Mukhpaka* (stomatitis). These remedies are being practiced in Ayurveda and are cost effective and easily available.

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