



Case Report

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Ayurveda Management of Pittaj Mukhapak (Apthous ulcer): A Case Study

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ABSTRACT

Oral hygiene is very important for Health. Tongue is the mirror of GIT (Gastrointestinal Tract). Mukhapak (Stomatitis) is the inflammation of Mucous membrane present in lips, tongue and cheek. It is common problems faced by all persons. Though it looks minor problem but it restricted the daily activity. Stomatitis occurs due to hot and spicy, oily food, Smoking, tobacco, Gutkha chewing, Some Medicine, infection, Vitamin B-Complex deficiency. Ayurveda has described 4 type of Mukhapaka. Vataj, Pittaj, Kaphaj, Sannipataj. Different types of Mukhapak have different type of symptoms. The treatment of Aphthous ulcer/Stomatitis mainly pain reliever, mouth lotion, Corticosteroids, Vit.B complex. Present case study of 26 year male Patients having symptoms of Toda (Pricking Pain), Daha (Burning), Aasyvairasya (Diminish Taste of food), Constipation, Difficult to engulfed food, Chittodweg (Anxious). Diagnosis done as a Pittaj Mukhapak, undergo the Ayurveda treatment as Gandush Vidhi and Shaman treatment for 7 days. After 7 day Patients was much relieved. Present Case Study Was done to Study the concept of Pittaj Mukhpak (Apthous Ulcer) in Ayurveda View, to study the effect of Ayurveda treatment on Symptoms, To Study Effect of Gandush Vidhi and Shaman treatment in Pittaj Mukhpak.

Keywords: Pittaj Mukhapak, Ayurved, Stomatitis, Gandush.

INTRODUCTION

Ayurveda is Ancient science of India. Health is uttermost things described by Ayurveda. Ayurveda is work on Preventive and Curative aspects. Pittaj Mukhapak is occurred in recurrent. Mukhpak is also called as Sarvasara roga. The symptoms of Stomatitis is mouth ulcers, Burning pain, Difficult to engulfed the food, redness, Anxiety, Lymph node enlarge associate with fever. The Nature of Mukhavran is single or multiple. The structure of mouth ulcers is round, whitish-yellow patch surrounding with red corners. Mukhapaka is mentioned under the 40 Nanatmaja pitta rogas according to Charaka. Dalhana on his commentary on Sushruta samhita Mentions Mukhapaka as basically and purely a pittaja vikara but Sushruta Acharya has classified Sarvasara mukharoga as vataja, pittaja, kaphaja and raktaja, the aggravated vatadi doshas afflict the Mukha to produce paka and vrana.

CASE STUDY

A 26 year Male Patient came in OPD with the symptoms of

- Toda (Pricking Pain)
- Daha (Burning)
- Difficult to engulfed food
- Asyavairasya (Diminish Taste of food)
- Mukhavran (Mouth Ulcer)
- Malavstambh (Constipation)
- Chittodweg (Anxious)

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History of Present Illness

Patient was apparently alright 15 Day before. Gradually he experienced mukhavran from 7 days. Beginning day number of Mukhavran single with yellow-white red corner, increase in number in 3 day. Before he had history of taking fast food, spicy along with constipation.

Family History

Father-HTN
Mother-NAD

O/E (On Examination)

GC -Fair
Pulse-72/min
Bp-120/80 mm/hg
Spo2-97
RR-19/min

Asthvidh Pariksha

Nadi-Vata-Pitta
Mala-Malavstambh
Mutra-Prakrut
Jiva-Sam, Red
Shabd-Prakrut
Sparsh-Ushna
Druka-Prakrut
Aakruti-Madhyam

S/E (Systemic Examination)

RS-AE=BS
CVS-S1S2 Normal
CNS-Conscious Oriented
GIT-Liver, Spleen Not Palpable

Local Examination of Mukhavran

Colour -Yellow-white with red corner
Number-Multiple in Nature

MATERIAL AND METHODS

Presenting Complaints of Patient Treatment Plan as

Table 1: Drug name

Sr. No	Name Of Drug	Dose of Drug	Kal	Frequency and Anupan
1	Kaishor Guggulu	2 Tab	After Food	Twice a day with Lukewarm water
2	Avipattikar Churna	4 Gm.	After Food	Twice a day with Lukewarm water

3 Gandush

Method: Gandush Vidhi

Patients was ask to do his primary morning schedule like Mal visarjan, Dant dhawan, and light food taken. He was made to seat comfortable on chair where sunlight come.Nadi swedan and Abhyag was done in





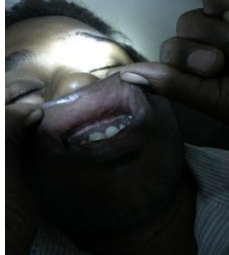

Urdhwajatrugat region i.e. above the neck and shoulder. A freshly prepared koshn khadir, haridra kwath was given with full of mouth to hold till ashrustrav and nasastrav observed.after that sukhoshna jal given to wash the mouth and observed the samyak Gandush symptoms, this same procedure followed subsequently for 7 day and assess the symptoms of Mukhapak.

RESULT

Table 2: Symptoms before treatment

Sr No	Symptoms Before Treatment	First Follow Up After 1 day	Second Follow Up After 3 Day	Third Follow Up After 7 Day
1	Toda (Pricking Pain)	+++	++	-
2	Daha(Burning Sensation)	+++	++	-
3	Difficult to Engulf Food	+++	++	-
4	Constipation	++	-	-
5	Mukhavran	+++	+++	-
6	Chittodweg	+++	++	-

Table 3: Figures, befor and after treatment

	Before Treatment	After Treatment
Figure I		
Figure II		
Figure III		

DISCUSSION

Mukharoga (Mouth Diseases) are 65 different type. There site Lips,Gums,Teeth,Jivha,Talu,,Kanth and Whole oral cavity according to Sushrut Acharya,A world first surgeon.Charak have described 64 type of Mukharoga,Vagbhat Described 75 Type of Mukha roga.Mukhapak also called as Sarvasara roga. Type of Mukhapak are Vataj, Pittaj,

Kaphaj, sannipataj. Pittaj Mukhapak and raktaj Mukhpak are the same. Vatadi Dosh aggravated in mukha region causing Vrana(Ulcer) in mukha called as Mukhapak. Gandush, kavala, lepan, Virechan, shaman are different type Treatment done in Mukhapak. 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.

Samprapti Ghatak
Dosh-Pittaj
Dushya-Rasa, Rakt
Marga-Abhyantar
Agni-Jathargnimandya
Strotas-Rasavah, Raktvaha, Mamsavaha
Sthan-Mukha
Action of medicine

1) Gandush of Khadir and Haridra Kwath

A full of mouth of liquid, tail, ghrita, honey without any movement inside mouth is called as Gandush. Holding full of mouth of liquid cause mechanical pressure on salivary gland. Salivary gland produces saliva. Saliva has bacteriostatic action not permit to the infectious origins. khadir, haridra have tikta, kashaya rasa, and it has Vran ropan property.

2) Kaishore Guggulu

Kaishore guggulu contains:

Giloy or Guduchi (*Tinospora cordifolia*) Amla (*Amalaki*) (*Emblica officinalis*) Bibhitaki (*Terminalia Billerica*) Haritaki (*Terminalia chebula*), Shuddha Guggulu (*Commiphora mukul*), Shunthi (*Zingiber Officinale*), Pipali (Long Pepper) Pepper Longum, Vidanga (*Embelia Ribe*), Nisoth (*Operculina Turpethum*), Danti Mool (*Baliospermum Montanum*) kaishore Guggulu have antibacterial, anti-inflammatory activity. Guduchi act as rasayan in nature.

3) Avipattikar Churna

Avipattikar churna contains amla, behada, black pepper, cardamom, clove, ginger, haritaki, Indian bay leaf, long pepper, nut grass, turpeth, mishri and vidanga. All these ingredients are dried and powdered into a churna.

Avipattikar Churna is used for digestive and excretory system. It balance the pitta by Mild Virechan. Avipattikar churna have strong Adhmanhar (Carminative), Digestive property.

CONCLUSION

It is clear that Gandush of Khadir, Haridra kwath, Kaishore Guggulu, Avipattikar churna very effective in management of Pittaj mukhpak (Stomatitis /Aphthous ulcer) but the more study needs to evaluate the results in Pittaj mukhapak.

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