



## MUKHAPAKA WITH ITS MODERN ASPECT – A REVIEW LITERATURE

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### INTRODUCTION

A poor oral health may have a profound effect on general health & several oral disease are related to chronic oral disease. In modern life style, excessive intake of fast food, cold drinks, spicy food, mixed type of food, acidic food, 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 & causes many oral disease worldwide characterised by redness, ulceration in oral cavity with burning sensation, salivation & pain. Stomatitis occurs anywhere in the mouth including inside of the cheeks, gums, tongue, lips & palate. The symptoms degree from presence of mouth ulcer, redness & erosion of buccal mucosa, burning sensation, difficulty in chewing pungent & hot things & enlargement of sublingual & submandibular lymph nodes. In allopathic system of medicine various vitamins, systemic antibiotics, tetracyclines mouth wash, local application of thick layer of triamcinolone acetoride, local anti-inflammatory like orabase etc are being recommended in this disease. However ayurvedic treatment for this disease are safe, effective, cheap & non-toxic. Mukhapaka often called as "Sarvasara roga" is disease of oral cavity characterised in Ayurveda as the paka-avastha of oral mucosa & produces ulcer in oral cavity. Pitta dosha, Bodhak kapha, rakta & mamsa are the main dushya in Mukhapaka. According to Shushruta there are 65 mukharoga, which occurs at 7 locations such as lips, gums, teeth, tongue, palate, throat & oral cavity. The clinical symptoms of mukhapaka are comparable with stomatitis. To break this samprapti pitta doshahar, rakta prasadak, vranashodhak, vranaropak, shothahar chikitsa is essential.<sup>[1]</sup>

### Mukhapaka

Mukhapaka is one of the mukharoga & occurs in all over the oral cavity. Acharya kashyapa, charak has described it as mukhapaka, while acharya shushruta & vagbhata have described it as sarvasara. Sarvasara means the disease which have capacity to spread all over the buccal mucosa.

### Causes

1. Dosh dushtikar hetu
2. Sthan vaigunyakar hetu

### Dosh dushtikar hetu

It includes ahara hetu which causes aggravation of pitta dosha in amashaya & causes mukhapaka. Hetus like mansahar, dughdhahar, ikshuvikruti causes vitiation of doshas in amashaya & there by causing mukhapaka. These food factors causing pitta-kapha dosha vitiation & rakta dhatu dushti.

### Sthan vaigunyakar hetu

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. Same like that in kawal & gandusha atiyoga irritates oral mucosa & further may lead to mukhapaka.

### Types of Mukhapaka

**Shushruta, Bhavaprakash & Yogratnakar has explained 3 types of mukhapaka**

1. Vataj sarvasara
2. Pittaj sarvasara
3. Kaphaj sarvasara,<sup>[2]</sup>

### Where as, Vagbhata explained 8 types of mukhapaka

1. Vataj sarvasara
2. Pittaj sarvasara
3. Kaphaj sarvasara
4. Raktaj sarvasara
5. Sannipataj sarvasara
6. Urdhvagada / Urdhvaguda
7. Arbuda
8. Puti-aasyata.<sup>[3]</sup>

### Types of Stomatitis

It is the inflammation of oral mucosa.

### Causes

Local- injury- mechanical, chemical, thermal

Systemic- malnutrition, vitamin deficiency, haematological disorders like pernicious anaemia, leukemias, granulocytosis.

### 1. Infective stomatitis

#### a. Viral stomatitis

It is caused by herpes simplex or herpes zoster virus. It is characterised by small, multiple, painful vesicles on the lips, buccal mucosa & palate.

#### b. Bacterial stomatitis

Vincent angina- it is also called as ulcerative stomatitis & also acute ulcerative gingivitis.

Causative organisms- *Borrelia vincenti* & *Borrelia fusiformis*

Clinical features- Early adult individuals are more often involved. This rarely seen after the age of 12 yrs.

Acute conditions start with prodromal symptoms like malaise, pyrexia, increased salivation.

After about a couple of days of such prodromal symptoms patients complain of dull toothache & gum bleeding.

#### c. Fungal stomatitis

It is prototype of oral infection caused by yeast like fungus. It is the superficial infection of upper layer of oral mucous membrane & results in formation of patchy white plaque or fleck on mucosal surface.

### 2. Angular stomatitis

Cracks or superficial ulceration at the corners of the mouth is known as angular stomatitis. It is also called as cheilosis.

### 3. Aphthous stomatitis

Aphthous stomatitis is also called as recurrent ulcerative stomatitis. It is common disease characterized by development of painful, recurrent, solitary or multiple ulceration of the oral mucosa.

### 4. Traumatic stomatitis

It is mainly caused by ill fitting dentures, tooth brush injury, jagged tooth, thermal & radiation injury.

The lesions are painful, mucosa is hyperaemic & ulcerated with increased salivation.

### 5. Stomatitis with malnutrition

Various types of stomatitis often remain associated with malnutrition. The mucosa of the tongue may undergo atrophy.

### 6. Drug allergy related stomatitis

Stomatitis can be caused by administration of systemic antibiotics, barbiturates, phenytoin, etc while contact

stomatitis can be caused by items like lozenges, tooth paste, dental prosthesis & mouth wash.<sup>[4]</sup>

### Chikitsa

#### A. Nidan parivarjana

Nidan parivarjana chikitsa is of prime importance to arrest further progress of disease.

#### B. Samanya chikitsa

In mukhapaka, Acharya Charaka has explained sarvadehik shodhana karma which include shirovirechan, kayavirechana then in local measures he explained mukhadhavan, charwana, pratisarana, kashayapana, kavalagraha & some internal measures.<sup>[5]</sup>

#### 1. Mukhadhavan

In all types of mukhapaka, Vagbhata has explained mukhadhavan which can be done with triphala, patha, mrudivika, jatiphala kashaya added with madhu.

Yogratnakar has explained pamchapallava kashaya which contains patol, nimba, jambu, amra, malati.<sup>[6]</sup>

#### 2. Charwana

For charwana purpose Yogratnakar has explained krushnajarak, kushta, indrayava for regular basis. By having so will get cured for mukhapaka, vrana, kleda, foul smell in just 3 days.<sup>[7]</sup>

#### 3. Pratisarana

By applying fresh juice of daruharidra mixed with honey & gairik will get cure for mukharoga, mukhapaka, raktadosha, nadvrana.<sup>[8]</sup>

#### 4. Kashayapana

Yogratnakar has explained kashayapana of saptachhada including ushir, patol, musta, haritaki, rohini, yashtimadhu, chandana.<sup>[9]</sup>

#### 5. Kavalagraha

Acharya Shushruta has explained kawalgrahana of dugdha, ekshurasa, gomutra, dadhimastu, kanji, taila, ghrita.<sup>[10]</sup>

Acharya Yogratnakar has explained "haridradi taila" for kawalgraha which includes haridra, nimba, yashtimadhu, nil-utpala for mukhapaka.<sup>[11]</sup>

#### C. Abhyantar chikitsa- Khadiradi gutika

Acharya Yogratnakara has explained khadiradi gutika for internal measures which constitutes khadir, jati, karpoor, tamalpatra, nagkeshar to cure tongue, lip, tooth, pharynx & palatine disorders.<sup>[12]</sup>

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