

Mukhapaka (Drug induced Mouth ulcers) and its management by Kamdudha Ras along with Yashtimadhu churna lepan with ghrit : A Case Report

Sneha S Tanpathak¹, Manoj Jagtap²

¹Department of Rachana Sharir, Dr. G.D Pol Foundation's YMT Ayurvedic Medical College, Kharghar

Corresponding Author:

Sneha S Tanpathak

Email: t28sneha.98@gmail.com



Abstract:

Many a times unknowingly we consume several medicines for a longer time neglecting the fact that they could harm our body in some or the other way, in which mouth ulcers is one of the most prevalent diseases worldwide. Mukha (mouth) is one of the most important parts of our body and is exposed to various risk factors especially ulcers.

Mukhapaka often considered as “Sarvasar Rog” in Ayurveda characterised as the Paka-avastha of oral mucosa and produces ulcers in oral cavity.

In Allopathic system of medicine, various vitamins, systemic antibiotics and probiotics, tetracycline mouth wash, local application of thick layer of triamcinolone acetoride, local anti-inflammatory agents like Kenalog, orabase etc, are been recommended. However, ayurvedic treatments for this are safe, effective, cheap and non-toxic. Hence in this context, I am trying to explain the effect of Kamdudha Ras along with Yashtimadhu churna lepan with ghrit in drug induced mouth ulcer.

Keywords: Mouth ulcers, Ghrit, Kamdudha Ras, Mukhapaka, Yashtimadhu churna

Introduction:

Mukhapaka can be correlated with stomatitis or mouth ulcers as per modern science. Oral ulceration is encountered frequently in our daily practice. Stomatitis is curable & not considering a threat to life but these ulcers have a significant negative impact on oral health, affecting the quality of life. It also affects normal activities like eating & swallowing. The estimated point prevalence of oral ulcers worldwide is 4%, with aphthous ulcers being the most common, affecting as many as 25% of the population worldwide. These present clinically as multiple, small, round, or ovoid ulcers, with circumscribed margins, covered by a yellowish or gray-white fibrinous exudate. There is intense or moderate pain and the ulcers heal in 10-14 days for the more common type and more than 2 weeks for the severe type. Recurrence of the ulcers occurs in intervals within a year or over several years.

Different side effects of drugs have been described in the oral cavity, including oral ulcerations. Direct contact between drugs and oral mucosa may induce chemical burn or local hypersensitivity⁽¹⁰⁾. In ayurvedic texts this ulceration is considered as Mukhpaka as due to increased heat (pitta) in the body⁽³⁾ the oral mucosa undergoes Paka-awastha. Also, acharya Charak has considered Mukhpaka as “Pittanantmaj vikara”⁽¹⁾. Kamdudha Ras is a kharaliya preparation and Yashtimadhu is a kaashtashadi. There are many texts in Samhita, articles and web pages which highlights the uses of Kamadudha Ras in Amlapitta, pittajatisara, etc. Also, use of Yashtimadhu is well known in Mouth ulcers.

Case Report:

A 20yr old teenage male came with complaint of mouth ulcers. He complained about Daha (Burning sensation), Shoola (Pain) along with difficulty in eating food and even swallowing liquid. Sores and redness all over the buccal mucosa and lining of tongue. Patient was on medication of NSAIDs (aceclofenac) fews days before due to fall and muscular pain and swelling.

Treatment Given: for 1 week

1. **Kamdudha Ras (mukta Yukta):** 5g

2. **Yashtimadhu Churna:** 8-10 spoon

Mix both the content well and make 14 equally divided parts. Take each part in morning and at night add pure ghee as per requirement and apply locally on the affected areas.

3. Also dose of Kamdudha Ras: 2 tablet BDS (orally) is given.

Outcomes:

Within 3-5 days there was improvement in the ulcer lesion, the patient was able to drink liquid and swallow food, pain was markedly reduced. Significant improvement was seen after 7 days, almost 80% healing was seen also intolerance to hot and spicy food was reduced. Within 10-12 ulcer was completely resolved.

Pathogenesis: (Samprapti Ghatak)

Acharya Charak has described Mukhrog as “Pitta nanatmaj “vikara which means disease produced only by Pitta dosh⁽²⁾. But this disease is generally caused by Kapha and Rakta. In

Case Report

Ayurvedic texts there are many treatments modalities described for Mukhpaka like Gandush, Kaval, Lapan, Pratisaran, etc.⁽⁴⁾

Chikitsa Vichar

Mode Of Action Of Drugs Used:

Kamdudha Ras: here mauktik yukta kamdudha ras is used⁽⁶⁾.

Sr. No	Dravya	Ras	Vipaka	Virya
1.	Suvarna Gairik	Madhur, Kashaya	Katu	Shita
2.	Mukta Bhasma	Madhur, Kashaya	Madhur	Shita
3.	Prawal Bhasma	Madhur, kinchit Amla, Kashaya	Madhur	Shita
4.	Shankh Bhasma	Tikta	Madhur	Shita
5.	Mukta-shukti Bhasma	Katu, Madhur	Madhur	Shita
6.	Kapardik Bhasma	Katu, Tikta	Madhur	Ushna Shita
7.	Guduchi Satva	Tikta, Kashaya	Madhur	Ushna

As stated above most of the contents of “Kamdudha Ras” such as Swarna Gairik, Shankh Bhasma, Pravaal pishti, Moti Pishti are all of “Sheeta Virya” which is pittashamak and also reduces heat in the body. Also, contents like Pravaal, Mukta, Shankha Bhasma and Kapardik Bhasma are all calcium carbonate compounds i.e “Sudha Varga”⁽¹¹⁾ so it reduces acidity in stomach hence dose of Kamdudha Ras is given 2TDS orally.

Yashtimadhu (Glycyrrhiza Glabra/ Liquorice)⁽⁶⁾

RAS: Madhur

VIRYA : Shita

GUNA: Guru, Snigdha

VIPAKA: Madhur

Also, doshkarma of Yashtimadhu being Madhur, Snigdha and Shita it reduces aggravated Pitta dosh.

It is Dahashamak due to its Madhur ras and Shita virya.

Vedanasthapan and Sothhar due to Vatahar properties.

Due to its Madhur and Snigdha guna it also reduces acidity in stomach.

Due to its Madhur ras and Shita virya it reduces Daha and Srava and also heals the ulcer.

(Vranaropan) due to which ulcers were reduced by 70% was seen in patients.

Ghrita:

As Ghrita is Shita virya and Madhur ras, it is Dahashamak.

It is also good Vrana shodhak and Vrana ropak.

It softens the edges of everted skin and quickens healing.

It also has Rakshoghana properties i.e antiseptic in nature.

In combination with other medications, it adds to their efficacy “Sanskaaruvartanaat”.

Discussion:

In this case the patient presented following doshas⁽⁹⁾

DOSHA: Pitta

AGNI: Mandya

DUSHYA: Ras, Rakta

STHAN: Mukha

MARGA: Abhyantar

Ayurveda mainly focuses on Nidan parivarjana to arrest further progression & recurrence of the disease. This study shows that sthanik chikitsa for leena dosha is very necessary along with internal treatment. Here drug induced mouth ulcers can be directly correlated with Mukhapaka as pitta dosha and rakta and mamsa are the main dushya. Mukhapaka is a very common condition caused by adverse reaction of antibiotics or NSAIDs for longer time. Ulceration, excessive salivation, and pain are some common symptoms of Mukhapaka.⁽⁷⁾ There is paka-awastha of oral mucosa, and hence to break this samprapti, pitta doshahar, rakta prasadak, vranashodhak, vranaropak, shothahar chikitsa is essential.

As observed earlier most of the contents of **Kamdudha ras** are of Shita virya, it reduces pitta and most of them are calcium carbonate compounds, hence it is one of the best Antacids.⁽¹¹⁾

Increased use of Antacids among GERD patients is silent cause of cardiovascular diseases, and also Nephrotoxic. Also, In the recently released National List of Essential Medicines 2022, Ranitidine which is popularly sold as **Zantac**, has been removed by the Indian government as it is proved carcinogenic. Hence its always better to go for Kamdudha Ras in hyperacidity than any other antacid as it is safe, effective, cheap and non-toxic.

Yashtimadhu has been used in medicine for more than 4000 years. According to Ayurveda text it is vata and pitta shamaka and used in the treatment of all type of wound and inflammation.⁽⁸⁾ In Sushruta samhita, its description is available at many places as it has painkiller effect following operation and in various surgical and medical diseases. It does not only control the pain but also act as vatahara pitta shamak, dahashamak stambhan in vrana.

Ghrit, as we all know acts wonders in healing wound, agnivardhak and also pushtikar. It has its own important role because of its high therapeutic value.

Hence the medicines taken and the mode of treatment fits appropriate in breaking the samprapti of Mukhapaka. This line of treatment can also be applied on similar type of disease having similar samprapti or symptoms like Mukhapaka. But as it is only single case study, multiple clinical studies should be conducted to establish this treatment as a reliable treatment.

Conclusion:

Hence from all above literature, it can be said that Kamdudha ras is used mainly in Pittaj vyadhi and is one of the best antacids. Drug induced mouth ulcer is also caused by Aggravation of Pitta hence can be considered as Mukhpaka and treated accordingly. Also, Ayurvedic treatment in this disease is much effective, easy, cheap and safe. The line of treatment followed in Drug induced mouth ulcer should be **Pittashamak, Shothahar, Vedanasthapan, Vranashodhak, Vranaropak, Raktaprasadak, Mamsa dhatu pushtikar**. Also, Yashtimadhu is widely used as anti-inflammatory and analgesic drug.

And thus, scientifically mechanism of action of both the medicines is explained.

Informed Consent: Informed consent was obtained prior to the trail.

Referance:

1. Acharya Vidyadhara Shukla and Ravidatta tripathi, Charak Samhita 1 st part, Chaukhamba Sanskrit pratishthan, Delhi, 2012, Sutrasthan 20/14-16, Page no 295-296
2. Acharya Vidyadhara Shukla and Ravidatta tripathi, Charak Samhita 2 nd part, Chaukhamba Sanskrit Pratishthan, Delhi, 2012, Chikitsasthan 26/119-123, Page no 644-645.
3. Ashtang Hriday edited by Brahmanand Tripathi, Uttartantra, Chaukhamba Sanskrit Pratisthan, 2003; 22/13
4. Ashtang Hriday edited by Brahmanand Tripathi, Uttartantra, Chaukhamba Sanskrit Pratisthan, 2003; 21.
5. Vaidya Pandit Hariprapannasharma, Rasa Yoga Sagar, Volume 1, Ch 155-157/702-713 p.260-61,
6. Sharma, Dr. Priyavat, 2017, pg 253
7. Singandhupe RB, Sethi RR. Imperial Journal of Interdisciplinary Research. Vol-2, Issue-3, 2016
8. Shaikh Z, Menon Ss. Role Of Yashtimadhu Choorna With Madhu Lepana In The Management Of Mukhapaka.
9. Bhardwaj V. Evaluation Of Effect Of An Ayurvedic Formulation In The Management Of Sarvasar Roga (mukhapaka) Wsr To Aphthous Ulcer.
10. Jinbu Y, Demitsu T. Oral ulcerations due to drug medications. Japanese Dental Science Review. 2014 May 1;50(2):40-6.
11. Ayurveda Sar Sangraha, Rasa-Rasayana Prakaran, p.278-280, Shri Baidyanath Ayurved Bhavab Limited, Nagpur