



ROLE OF AYURVEDA IN THE MANAGEMENT OF MUKHAPAK IN CHILD W.S.R. TO STOMATITIS

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DOI: <https://doi.org/10.5281/zenodo.17277206>

Article Received on 23/08/2025

Article Revised on 12/09/2025

Article Accepted on 02/10/2025

ABSTRACT

Oral hygiene is very important for everybody's health. Mukhapaka (stomatitis) is the disease that spreads throughout the mouth. It is the inflammation of mucous membrane of lips, tongue, and cheek. It is common problems faced by all persons. Though, it may seem like a minor problem but it inhibits the daily activities. Stomatitis occurs due to hot, spicy and greasy foods, smoking, tobacco chewing, several drugs, infections, Vitamin B12 deficiency etc. Ayurveda has described four types of Mukhapaka: Vataja, Pittaja, Kaphaja and Raktaja. 1 Different types of Mukhapaka have different types of symptoms. Pain relievers, mouth washes, lotions, corticosteroids, Vit. B12 are used to treat stomatitis. In present era, world is looking at Ayurveda for its valuable contribution in the treatment of any ailment. Sarvasara Mukharogas are named as Mukhapaka, as they diffusely spread in the Mukha (oral cavity).

KEYWORDS: Symptoms, though, deficiency.

INTRODUCTION

Mukha (mouth) is one of the important parts of body. Mukhapaka is a painful condition of mukha which can be correlated with mouth ulcer as per modern science. Around 20% of population is suffering with this problem. Mukhapaka (Mouth ulcer) occurs due to nutritional deficiency, stress, illness, poor oral hygiene, eating hot food items, leukemia, inflammatory bowel disease. In Ayurvedic text mouth ulcer denote as sarvasara rog or Mukhapaka. Mukhapaka refers to an oral disease which occurs in two ways, one is independently (Swatantrarogam) and other is association with (Anubandhrogam).

Stomatitis is the inflammation of the mucosa of oral cavity consists of solitary or multiple painful ulceration. Symptoms of mouth ulcer are ulceration, difficulty to open mouth, redness, burning sensation, itching, looseness of skin of tongue and become intolerant to cold etc. Aphthous stomatitis is a painful, circumscribed lesion, often recurrent inflammatory process of oral mucosa. The size of aphthous ulceration is 1 to 10 mm in diameter.

The symptoms of Mukhapaka (Stomatitis) are Ruja (Pain), kandu (Itching), lalastrav (Salivataion), vrana (ulceration), ratkavarnata (redness). Mouth is invaded by a large number of commensal microorganisms which are normally controlled by maintenance of oral

hygiene. Nowadays, mukhaswasthya (oral hygiene) has gained importance, because mukha is an anga, which is exposed to many risk factors in day-to-day life.

CASE STUDY

- Aims and objective: To evaluate the role of Ashwattha twak churna in the management of Mukhapaka.
- Study design: Present study is a single case study conducted in the department of Kaumarbhritya of CSMSS Ayurved College, Kanchanwadi, Chh Sambhaji Nagar. A 10 year old male child with complaints of Mukhavrana (mouth ulcers), Ruja (Pain), Daha (Burning sensation), Difficulty in chewing had approached our hospital. As per the information by his parents, child had complaint of intolerance of hot and spicy food, was not able to eat. It caused a lot of pain. Here found the root cause of disease is pittaprakopa, means aggravation of pitta due to etiological factors such as ushna, teekshna ahara etc. History revealed that he developed multiple ulcers from 3 months, treated for that but had temporarily relief with ulcers healed but recurrence process continued.

- Birth history
- FFT/ ND/ CIAB/ 2.8KG
- No any history of NICU stay

Family history-WNL.**Developmental history**

Gross motor & fine motor development were normal as per the chronological age but there was delayed with Language and Social development.

Table 1: General examination.

General appearance	Fair
Temp.	98.5 f
Pulse	92/min
RR	24/min
Height	138cm
Weight	35kg

Table 2: Physical examination

Nadi	Pittaj
<i>Mala</i>	2 times/day
<i>Mutra</i>	4-5 times/day
<i>Jivha</i>	Niram, Ulcers+
<i>Shabda</i>	<i>Spashta</i>
<i>Sparsha</i>	<i>Anushna</i>
<i>Druk</i>	<i>Prakrut</i>
<i>Aakruti</i>	<i>Madhyam</i>

Local examination

Redness on the tip of tongue and inner surface of right cheek 2-3 patches of ulcers were seen which were reddish white in colour.

Systemic examination

RS- AEBE/CLEAR CVS- S1S2 N
CNS- Conscious, oriented P/A-Soft, non-tender

MATERIALS AND METHODS**Table 3: Ashwattha twak Churna mixed with Madhu 10.**

Drug	Ashwattha twak churna
Dose	8 gm (शा.सं.पु.ख.६/४९-५१.) According to age in 3 divided doses
Route of application	Local application
Duration	7 days
Time of drug application	Muhurmuhu
Follow up	4th and 7th day
Drug	Ashwattha
Latin name	Ficus religiosa
Family	Moraceae
Rasa	Kashay, Madhur
Virya	Sheet
Vipaka	Katu
Guna	Guru, ruksha
Prayojyang	Twak
Doshghnata	Pittashamak
Drug	Kshaudra
Latin name	Apis mellifica
Family	Hymenoptera
Rasa	Madhur,kashay
Virya	Sheet
Vipaka	Katu
Guna	Laghu,picchila
Doshkarma	Tridosha prashaman, kaphapittaghna

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