



**“EFFECT OF ERAND SNEHA IN THE MANAGEMENT OF SARVASARA MUKHROGA” –
A CASE STUDY**

Dr. Nishad Patil¹, Dr. Vaibhav Bhadane², Dr. Satish Urhe³ and Dr. Shilpa Gaikwad^{4*}

¹Asst Prof. Shalyatantra Dept at Aarihant Ayurveda College, Gandhinagar Gujrat.

²Asso Prof. Kriya Sharir Dept at Aarihant Ayurveda College, Gandhinagar Gujrat.

³Asst Prof. Panchakarma Dept at SMBT Ayurveda College and Hospital, Nashik.

⁴PG Scholar Shalyatantra Dept SSAM & H, Nashik.

***Corresponding Author: Dr. Shilpa Gaikwad**

PG Scholar Shalyatantra Dept SSAM & H, Nashik.

Article Received on 14/06/2020

Article Revised on 04/07/2020

Article Accepted on 24/07/2020

ABSTRACT

In today's western lifestyle there are drastic change in eating habits and bowl habits of people, people are more get addicted toward Chinese food, junk food, spicy and tangy food which includes lots of sauces and preservatives, people get more addicted to smoking and drinking of alcohol, many types of cold drinks which can harm our oral mucosa and which may cause damage to our oral mucous membrane. *Mukhapaka* is one of the disease of oral mucous membrane, which occurs in anywhere in the oral cavity we can correlate it with stomatitis. As per modern science stomatitis is a type of the mucosities a condition defined as pain or inflammation of the mucous membrane. Stomatitis is very common and irritated health problem now a days. 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.^[1] In modern medical science there are many types of treatment available to treat stomatitis like antibiotics, anti-inflammatory, analgesics, many mouth wash or mouth paints which includes local anesthetic agent, but all these treatment is costly and gives temporary relief so here I planned to treat *mukhapaka* with *Ayurveda*. As *mukhapaka* is pitta vikar, we treat *mukhapaka* with *eranda taila*. It is very quick, easy and cost effective treatment with no side effects.

KEYWORDS: *Mukhapaka*, stomatitis, *eranda taila*, castor oil.

INTRODUCTION

Ayurveda always gives us preventative and healing therapies along with various methods of purification and rejuvenation. *Mukhapaka* is one of the “*Mukhasamudbhav vyadhi*” which occurs in anywhere in the oral cavity. *Acharya sushruta* has explained 65 *mukharogas* in *Sushrut Samhita adhyay*.^[2] *Acharya charka* and *Acharya kashyapa* has explained it as *mukhapaka*, elsewhere *Acharya shushruta* & *Acharya vagbhata* has explained it as *sarvasara mukharoga*.^[3] he explained *mukhapaka* as *sarvasar mukharoga*, we can correlate *sarvasar mukharoga* to the stomatitis disease in modern medicine science. Stomatitis is a type of the mucosities i. e. A condition defined as pain or inflammation of the mucous membrane. In the disease stomatitis sore or inflammation present anywhere in oral cavity it may present on inside of cheeks, lips, or over tongue *Sarvasar mukharoga* is one of the disease of oral cavity which causes *paka avastha* of oral mucosa. *Sarvasara* means the disease which have capacity to spread all over the buccal mucosa. *Mukhapaka* is mentioned under the 40 *nanatmaj pitta vikara* according to *charaka*.^[4] *Acharya Dalhana* explained in his

commentary on *Sushruta samhitha Mukhapaka* as a *pittaja vikara* but *acharya Sushruta* has explained *Sarvasara mukharoga* by its types according to *doshvruddhi as vataj, pittaj, kaphaj and raktaj*.^[5] *Mukhapaka* is a roga caused by the *sevan of apathyakar ahara and vihara*.^[6] As per *ayurveda Mukhapaka* is disease of oral cavity characterized by the *paka-avastha* of oral mucosa & produces ulcer and inflammation in oral cavity. *Pitta dosha, Bodhak kapha, rakta & mamsa* are the main *dushya* in *Mukhapaka*. *Pittaprakopak aharavihar* causes aggravation of *pitta dosha* in *amashaya* & causes *mukhapaka*. in modern science there are in modern medical science there are many types of treatment available to treat stomatitis like antibiotics, anti-inflammatory, analgesics, many mouth wash or mouth paints which includes local anesthetic agent, but all these treatment is costly and gives temporary relief. To treat *mukhapaka* by *Ayurveda* we have to break the *samprapti* of *mukhapaka* i.e. *Pitta dosahar chikitsa* should be given to the patient. In *Ayurveda virechan chikitsa* is best for *Pittaj vikar*.^[7] *Virechana* is therapeutic purgation indicated for multiple conditions like *Pitaj vyadhi*.^[8] As *Eranda tail* is most favorite

choice of *virechana karma*, because it is *Vata kapha shamaka*, *Snigdha*, *Tikshna*, *Sukshma guna*, *Madura* and *Katu Rasa*, *Kashaya anurasa*, *Madhura vipaka* and *Ushna virya*. So here we selected *eranda taila* is best among all *virechak dravyas*.

Case presentation

A 30 year old male patient reported to OPD DEPARTMENT OF SHALYATANTRA in Aarohant Ayurvedic medical college and research center, OPD NO-3412 Gandhinagar on 4th March 2020.

Complaining continuously repetition of pain and redness/mouth ulcers in oral cavity since 2 months.

History of present illness

Patient was absolutely normal before 5 months later he started pain, ulcers and inflammation in the oral cavity.

He took some allopathic treatment for this and got symptomatic relief but when medicine dose gets over after 2 days he get recurrence of mouth ulcers followed by pain and redness and inflammation. Thus he came to our hospital for a better treatment with *Ayurveda*.

Family history:

Matru kul: Absolutely Normal

Pitru kul: Absolutely Normal

Swakul: Absolutely Normal.

Personal history:

Aahara: Pure vegetarian, katu-amla rasa Pradhan aahar sevan

Vihara: service

Nidra: prakrut

Jivha: Niram

Vyasana: No any

Mala: 2 times in a day

Mutra: 5-6 times in a day.

Physical examination:

Built -Moderately built & nourished.

Mental disposition - Irritability, Krodha,

B.P- 120/80 mm of Hg

Pulse - 72 /min

Temperature-Normal

Respiratory rate - 18/Min

Height - 164cms

Weight - 65kgs

Conjunctiva - Normal

Lymph nodes - no enlargement

Dashavidha Pariksha:

Prakruti - pittakapha

Sara - Madhyama

Samhanana-Madhyama

Pramana - Madhyama

Satwa-Avara

Ahara Shakti- Madhyama

Vyayama Shakti - Madhyama

Vaya – Madhyama

Systemic Examination:

CNS- Conscious and well Oriented

CVS- S1 S2 normal

RS-A_EB_E clear

PA- Soft and Non Tender.

Treatment:

So firstly we explained to the patient, about cause of disease, and to remove cause of disease what is the exactly line of treatment as per *Ayurveda*. What is *virechan karma* and what is the exact action *virechan* with *eranda taila* (castor oil) on our body.

Patient has to advise to take simple, non-spicy, and light *aahar* at night and advice to take *eranda taila* (castor oil) 30 ml in the next morning at 5 AM, with glass of warm water only once. Because as per ancient *ayurvedic* literature *virechana karma* should be is done after sunrise and after *sleshma kala*.^[9] *Virechana aushada* which is given in morning, after *paka* it will cause *samyak virechana*.^[10] After taking *eranda taila* we advised him to take full rest. After 3 hours proper action of *eranda taila* seen in the patient's body and patient feel loose motion. We already advicesd patient to count the *Vega* of *virechana*. We console him about 7 to 8 *Vegas* of *virechana* may occur so patient is aware about all these things And has adviced to take full rest next day of errand tail sevan. And adviced to take simple and very light diet for next few days. And *advised* to come for follow-up after 3 days.

RESULTS

When patient came for follow-up after 5 days Remarkable changes seen. Patient gets complete relief from *mukhapaka* / stomatitis. Patient is absolutely fine and not having any single complaint. *Agni* of patient also gets improved and patient feels fresh and energetic in his daily routine. Patient is completely happy with *Ayurveda* treatment.



BEFORE TREATMENT



AFTER TREATMENT

DISCUSSION

After taking full history of patient and after doing physical examination, we observed that the *prakruti* of patient is *pitta Pradhan kapha* and age of patient is *madhyam* and according to ancient *ayurvedic samhitas madhyam* vya more tends to *pitta doshaj vikar*. So here is one of cause of *mukhapaka* is aggravated *pitta dosha*.so here we planned to treat the cause of *vyadhi* first so we have to decrease symptoms of *pittaprakopa* by *pittaghna chikitsa* i.e.by *virechana karma* with *snehvirechana*. *Virechana karma* is one of variety of *Shodhana karma*, and the first line of Treatment in *pittaj vyadhi*, and as *mukhapaka* is *pittaj vikar* *virechana* is one of the major *shodhan karma* described for *pittaj vikar*. *Virechana* also helps in better drug absorption, by preparing a *kostha* for the *shaman* drugs to act on the target site. It is considered to be the best treatment to remove the morbid *doshas* from the body and also purifies the blood.

Action of Eranda Taila: It is a well-known drug for *virechana*, when administered orally. After oral administration, it is converted into ricin oleic acid by the pancreatic juice (Lipase), which irritates the bowel, stimulates the intestinal glands and muscular coat to cause purgation. It acts in 4 to 5 hours causing liquid stools without gripping pain. *Eranda* pacifies *Vata* by its hot, unctuous, heavy and laxative properties. *Eranda* with its laxative property also helps to cure constipation by dislodging the encrusted matter.^[11]

So after giving *Eranda taila* (castor oil) to patient visible results seen in few days because castor oil helps to expel imbalanced *pitta dosha* out of body by its purgative action. *Snigdha virechana* with castor oil is useful in eliminating imbalanced *pitta dosha*.^[12] so main cause of *sarvasara mukharoga* is settled down by this *virechan karma*, patient get instant relief from *sarvasara mukhapaka*.

CONCLUSION

Mukhapaka is *pittaj vyadhi* caused due to *pittaprakopak aahar vihar sevan* and can be managed by *virechan karma* with *eranda senha* without taking lots of oral medicines. This treatment is easy and can be done by non-medico person at home under the guidance of ayurvedic *Vaidya*'s.

REFERENCES

1. Shulman JD, Beach MM, Rivera-Hidalgo F. The prevalence of oral mucosal lesions in U.S. adults: data from the Third National Health and Nutrition Examination Survey, J Am Dent Assoc, 2004; 135: 1279–86. [PubMed] [Google Scholar]
2. Sushruta Samhita with the ,Ayurveda tatva sandeepika commentary of Dr. Ambikadutt shastri, Chaukhamba Sanskrit Sansthana , Reprint Edition, part I Nidanasthana Chapter 16/3, P.no, 2009;381.
3. Acharya sushruta,sushruta samhita,nibandha sangraha commentary of dalhanacharya and nayachandrika panjika of shri gayadasa on nidansthana, edited by yadavji trikamji Acharya, chaukhamba surbharati prakashan,Varanasi reprint,nidansthana16/64,pg no, 2012; 336.
4. Acharya Agnivesha, Charaka samhita with Ayurveda deepika commentary of Chakrapanidatt edited by Vaidya Yadavji Trikamji Acharya, Published by Chaukhambha Surabharathi prakashan, Varanasi, Reprint, Sutrasthana 20/14, P, 2009; 114 - 738.
5. Acharya Sushruta, Sushruta Samhitha with Nibandha Samgraha commmentry of Sri Dalhanacharya and Nyayachandrika Panjika of Sri Gayadasacharya on Nidanasthana edited by Yadavji trikamji Acharya, Published by Chaukhambha Surabharati Prakashan,Varanasi, Reprint, Nidanasthana 16/64 -66, 2012; 336 -824.
6. Acharya Vagbhata, Ashtanga Hrudaya with Sarvanga sundari commentary by Arunadatta and Ayurveda rasayana commentary of Hemadri, edited by Pt.Sadashiva Paradakara,Published by Chaukhambha Sanskrit Samsthan, Varanasi, Reprint, Uttaratantra, 2009; 845-956.
7. Acharya vaghbhat virachita, Ashtang Sangraha, Shashilekha commentary of indu, CCRAS Publication, part –ka, pg. no, 1991; 335.
8. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4719493/>
9. Acharya vaghbhat virachita, Ashtang Sangraha, Shashilekha commentary of indu, CCRAS Publication, Sutra sthana, 1991.
10. Acharya sushruta,sushruta samhita,nibandha sangraha commentary of dalhanacharya and nayachandrika panjika of shri gayadasa on nidansthana,edited by yadavji trikamji Acharya,

chaukhamba surbharati prakashan, Varanasi reprint, chikitsasthana 33/6, pg no, 2012; 177.

11. <https://www.amrita.edu/publication/effect-gandharvahastadi-eranda-taila-katigraha#:~:text=Eranda%20pacifies%20Vata%20by%20its,ingredient%20of%20Gandharvahastadi%20eranda%20tailam>.
12. https://www.easyayurveda.com/2014/10/05/castor-oil-benefits-research-side-effects-use-dose/#health_benefits