



## AYURVEDA PERSPECTIVE ON MUKHAPAK & ROLE OF BHRUNGRAJ (ECLIPTA ALBA) CHURN IN DISEASE MANAGEMENT

**Dr. Pandhari Uttamrao Ingle\*<sup>1</sup>, Dr. Chittaranjan Madhukar Rindhe<sup>2</sup>, Dr. Ganesh Rambhau Haranne<sup>3</sup> and Dr. Avinash Chavan<sup>4</sup>**

<sup>1</sup>MD, Dravyaguna Vigyan, Gangai Hospitil, Khandala Road, Chikhali, Buldhana (MH) India.

<sup>2</sup>MD, Samhita and Siddhant, Shri Vishwalaya Ayurvediya Chikitsalaya, Bondre Complex, Chikhali, Buldana (MH) India.

<sup>3</sup>MD, Samhita and Siddhant, Shree Hospital, Buldana Road, Chikhali, Buldana (MH) India.

<sup>4</sup>HOD, Associate Professor, Rachana Sharir, SGR Ayurveda College, Solapur (MH) India.

\*Corresponding Author: Dr. Pandhari Uttamrao Ingle

MD, Dravyaguna Vigyan, Gangai Hospitil, Khandala Road, Chikhali, Buldhana (MH) India.

Article Received on 26/09/2020

Article Revised on 06/10/2020

Article Accepted on 27/10/2020

### ABSTRACT

Mukhapak is considered as painful and irritating pathological condition of Mukha. The Mukha (mouth) get affected by ulceration (Paka) mainly due to the Pitta Dosha aggravation. Irritation, burning sensation, pain and difficulty in Ahara-Sevana, etc. are common symptoms of Mukhapak. Chewing of tobacco, insomnia, submucosal fibrosis, constipation, vitamin deficiency, adverse effects of medicine, awful dietary habits and malignancy, etc. are major causes of disease. Ayurveda recommended different options for the management of Mukhapak including; Nidan parivarjan chikitsa, Panchakarma, internal medications, life style modification and Yoga, etc. these therapies not only help to suppress disease symptoms but also reduces pathological progression of disease. In this regards various natural drugs explored in ayurveda literatures for the management of Mukhapak. Considering this aspect present article reviewed Ayurveda perspective on Mukhapak & role of Bhrungraj (Eclipta alba) Churn in its management.

**KEYWORDS:** Ayurveda, Mukhapak, Stomatitis Bhrungraj.

### INTRODUCTION

*Mukhapak* is an inflammatory disorder can be correlated with stomatitis as per modern science. The disease mainly involves inflammation in the mouth and lips associated with damaged mucous membranes of mouth with painful sensation. Infections, dietary deficiencies, radiotherapy, allergic reactions, insomnia, drug adverse effects, spicy and sour food, smoking and drinking habits, etc. can cause *Mukhapak*. Disease mainly involves *Pitta Doshs* thus *Pitta Pradhan Prakruti* increases susceptibility towards the *Mukhapak* & disease severity observe maximum in *Pittaj Kala*. As per *Acharya Kashyapa Mukhapaka* occurs in oral cavity while *Acharya Sushruta* described it as *Sarvasara* which can spread all over the buccal mucosa.

### Causes

*Aharaj Hetu* causes aggravation of *Pitta Doshas* especially in *Amashaya* this can further leads *Mukhapaka*. *Mansahar*, *Dugdhar* and *Rakta Dhatu Dushti*, etc. can also causes vitiation of *Piita Kaph Dosha* ultimately initiates pathogenesis of *Mukhapaka*.

### Symptoms

Ayurveda described various types of *Mukhapaka* based on *Dosha* predominance which are as follows: *Vataja Mukhapaka*, *Pittaja Mukhapaka* and *Kaphaja Mukhapaka*. The predominant symptoms of specific type of stomatitis are depicted in **Table 1**.

**Table 1: Predominant symptoms of specific type of stomatitis.**

S. No.	Types of <i>Mukhapaka</i>	Symptoms
1	<i>Vataja Mukhapaka</i>	<ul style="list-style-type: none"> <li>✚ Pain</li> <li>✚ Tongue fissuring of the tongue</li> <li>✚ Excessive sensitivity towards cold sensation</li> </ul>

2	<i>Pittaja Mukhapaka</i>	<ul style="list-style-type: none"> <li>✚ Burning sensation</li> <li>✚ Redness</li> <li>✚ Bitter taste and bad smell in mouth</li> </ul>
3	<i>Kaphaja Mukhapaka</i>	<ul style="list-style-type: none"> <li>✚ Pain and itching</li> <li>✚ Excessive salivation</li> <li>✚ Sticky ulceration</li> </ul>

Antibacterial, anti-inflammatory and analgesic drugs mainly recommended in modern medicine for stomatitis. The internal application of paste & gel of medicated substances suggested to gives symptomatic relief. Gargling, use of mouth wash and desensitizer also provides symptomatic relief in early stage of *Mukhapak*.

#### Chikitsa as per Ayurveda

- ❖ *Nidan parivarjan* helps to reduces pathological progression of disease
- ❖ *Darvirasakriya* with honey can be helpful when used locally
- ❖ *Triphala Kwatha* and *Jati* leaves with Honey for mouth cleaning purpose
- ❖ *Kawal Gandush* with herbal medicine
- ❖ *Raktamokshan* helps to cure *Dushita rakta dhatu*
- ❖ *Nasya Karma* to relive pain and sensation of *Urdhvajatrugat*
- ❖ *Virechan* pacifies *Pitta Dosha* thus prevent pathogenesis of *Mukharoga*
- ❖ *Shirovirechan* pacifies vitiated *Doshas* in *Urdhvajatru*

#### Bhrungraj Churn in Mukhapak

*Bhringraj* is natural herb offers anti-inflammatory action thus reduces pain and swelling. *Bhringraj* acts against microbes therefore prevent microbial infections. Antioxidants effects of *Bhringraj* help to prevent radical induce damage and analgesic effect helps to relive pain. It possesses useful ayurveda properties which help in *Mukhapak*. The Ayurveda properties of *Bhringraj* are as follows:

- ✚ **Guna**            *Ruksha & Laghu*
- ✚ **Rasa**            *Katu & Tikta*
- ✚ **Vipaka**         *Katu*
- ✚ **Virya**            *Ushna*

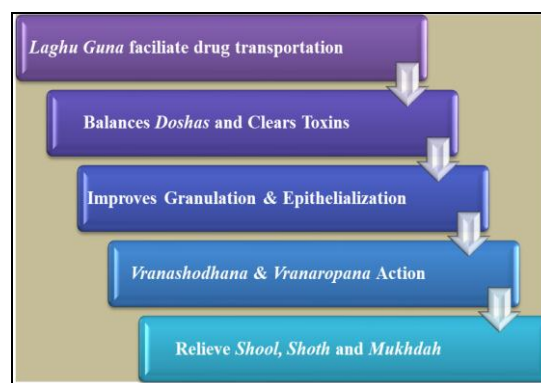
As mentioned above *Laghu Guna* helps ingredients of *Bhrungraj Churn* to reaches through minute channels due to which it exerts therapeutic action at cellular level. *Katu & Tikta Rasa* prevent pathological progression of *Mukhapak*. *Katu Vipaka* relief symptoms of disease like; pain and burning sensation. *Ushna Virya* helps to restore nutritional supply. *Mukhapak* mainly involves vitiation of *Dosha* and *Bhrungraj Churn* balances *Doshas* thus prevent pathological initiation of *Mukhapak*. Constipation can sometimes leads *Mukhapak* *Bhrungraj* acts as hepatic stimulant thus improves digestion and resist consequence of constipation.

The drug offers *Pittashamaka* and *Rakta prasadaka* effects therefore helps in disease pathogenesis. Moreover local application of *Ghee* with *Churn* in mouth ulcer

imparts *Vranashodhana & Vranaropana* effects thus help to heal mouth ulcer. *Shothahara* and *Vedanasthapana* properties offer symptomatic relief in pain and burning sensation. It stimulates mucous membrane, offers *Shonitshapak* and *Dahnashaka* actions therefore heals *Mukhapaka* effectively. Local application of *Ghee* with *Churn* imparts *Snaihika* effect thus provides lubrication in mouth ulcer. *Shamana* effect relieves *Pitta* symptoms while *Shodhana* effect helps to clear deposited *Ama / toxins*. These all effect of drugs provides pathological as well as symptomatic relief in mouth ulcer.

*Ghee* possesses *Snigda* and oiliness thus helps to lubricate and nurture mouth. It decreases *Pitta* and provides essential elements for the process of regeneration. *Mrdu & softness* of *Ghee* provides cooling and soothing effects therefore helps in pain and burning sensation. *Ghee* reduces inflammation and irritation, reduces scar formation, induces natural healing process, maintain salivation of mouth thus imparts antibacterial action and cure ulcer inside the mouth.

*Bhrungraj Churn* with *Ghee* helps to softens membrane therefore improves wound healing process. This formulation strengthen inner layer and provide nourishment therefore induces process of regeneration and promote anti-inflammatory action of cellular elements. This formulation acts against pathogens therefore resist pathological progression of microbial infection. The osmotic action reduces edema and inflammatory symptoms. The ayurveda drug along with *Ghee* promotes production of cytokine, improves cell proliferation, enhances tissue perfusion, boosts angiogenesis, improves granulation and multiply process of epithelialization therefore provide therapeutic effects in *Mukhapak*. The sequential role of *Bhrungraj Churn* with *Ghee* in *Mukhapak* depicted in **Figure 1**.



**Figure 1:** Role of *Bhrungraj Churn* with *Ghee* in *Mukhapak*.

**CONCLUSION**

*Mukhapak* is painful pathological condition of *Mukha* which mainly involves vitiation of *Pitta Dosha*. Burning sensation, pain, difficulty in *Ahara-Sevana* and abnormal salivation, etc. are the symptoms of *Mukhapak*. Consumption of tobacco, smoking, constipation, vitamin deficiency, adverse effects of drugs and disturbed dietary regimen, etc. can triggers pathogenesis of *Mukhapak*. *Nidan parivarjan*, *Panchakarma*, internal medications and modification in life style, etc. are some approaches suggested in Ayurveda for the management of *Mukhapak*. With regards to use of internal medicine the local application of *Bhrungraj Churn* with *Ghee* recommended. It gives relief in *Shool*, *Shoth* and *Mukhdah*, etc. These remedies can be used effectively as economic approach for the management of *Mukhapak*.

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