



A STUDY ON THE EFFICACY OF PANCHPALLAV KWATHWITH MADHU IN MANAGEMENT OF MUKHAPAKA.

Dr.sunil. S. Walvekar.

Associate Professor, Dept.of Shalakyatantra Loknete Rajaram Bapu Patil Ayurvedic Medical College & Hospital, Islampur,tal-walwa,dis-sangli,pin-415409.

Dr.ashwini Bharat Kamble*

Assiatant Professor Shalaky Tantra Department Loknete Rajaram Bapu Patil Ayurvedic Medical College & Hospital, Islampur,tal-walwa,dis-sangli,pin-415409. *Corresponding Author

ABSTRACT

According to modern science mukhpak is nothing but stomatitis i.e inflammation of the mouth . It affects the mucous membrane,which are the thin skin covering on the inside surface of mouth. Stomatitis can be caused by variety of different factors like injury, infection, allergy or skin disease. Mukhapaka is a common problem seen in day to day practices. In todays era we can see many patients suffering from Mukhpak, hence chosen disease for clinical study is mukhpaktreated withPanchpallav kwath with madhu. study was conducted on 60 patients, 30 patients were allocated in trial group and 30 patient in control group by random selection method. The patients in Control group were treated with kamdudha churn with madhu pratisaran,while in trial group patient were treated with panchpallav kwathwith madhu for 30days . no internal medicine given to both group during cilnical trail.It is seen that there is highly significant reduction in vedana , Daha, Mukhadurgandhi and number of sites of ulcers and size of ulcer in trial group.significant reduction in Aarochaka was observed. Panchpallav kwthhas vranaropaka,vranashodhana,sandhankaraka,shothahara properties.By all these properties,by this study it is proved that asPanchpallav kwathis better option in the treatment of mukhapaka.

KEYWORDS : Panch- Pallav Kwath, Madhu, Mukhroga, Mukhapaka.

INTRODUCTION-

According to modern science mukhpak is nothing but stomatitis i.e inflammation of the mouth . It affects the mucous membrane,which are the thin skin covering on the inside surface of mouth. Stomatitis can be caused by variety of different factors like injury, infection, allergy or skin disease.

21st century is the century of science and innovations; life is become faster in this time. Civilizations have changed human life considerably; with not only good benefits of it, but some bad effects on human health. As the life style is changed individuals are consuming excessive quantity of apthyakar ahar i.e. mixed type of food, acidic foods, spicy foods, chat foods, instant foods, chinese, cold drinks etc. also addiction like chewing tobacco, supari-(betel nut), gutka, tobacco with lime, smoking, drinking alcohol etc. which in turn disturb in the normal physiology of the body. These dietary ir-regulations, Dietary allergen, habits and addictions perform long bad effects on human body which reduces the immunity and make them prone to many diseases; one of them is mukhapak i.e. Stomatitis. Many treatment modalities like antibiotics, anti-inflammatory, anesthetics drugs, supplements like vitamins etc. are tried in modern science, which are either limited or unsatisfactory. Hence medical science is in the search of a safe, easily available cost effective, therapy for this disease. In Mukhapak mainly pitta dosha and raktavaha and mamsa are the dushyas. To break this samprapti, pitta doshahar, rakta prasadak, vranashodhak, vranropak, shothahar chikitsa is essential.

Review of Ayurvedic text was done and according to various Acharyas, prescribed treatment for mukhapak is in the form of kawalagraha, gandush, pratisaran, raktmokshan etc. Particularly in case of mukhapak Panchpallav kwathalong with madhu gandush is adviced. Both are having properties like-Anti-inflammatory, Vedanasthapan, Vranashodhan, Vrana ropan and Rakta pittahar, kaphashamak, ulcer healing properties.

AIM:

A study on the efficacy of Panchpallav kwath with madhu in management of mukhpaka.

OBJECTIVES-

- To study mukhapaka vyadhi according to Ayurveda.
- To study stomatitis according to modern medical science.
- To study the role of gandush chikitsa & efficacy of Panchpallav kwath in mukhapaka .
- To study the Panchpallav kwath according to ayurveda.

REVIEW OF AYURVEDIC LITERATURE

Mukharoga Nidana – Hetu –

In general Aayoge, Atiyoga and mithya yoga of kala, buddhi and Indriyarth. are the causative factors for any disease. In other words, the causes of the diseases relating to both mind and body are threefold wrong utilization, non-utilization and excessive utilization of time, mental facilities and objects of sense organs In Ayurvedic literature, special nidana has been mentioned for mukharoga. The causative factors in general are mentioned for all types of mukharoga.

SAMANYA SAMPRAPTI OF MUKHAROGA -

Due to specified etiological factors, tridosha get vitiated and among which kapha is aggravated more producing mukharoga. Mukha is sthan of the Bodhak kapha.c So the etidological factors, of the mukhroga do the vikruti of the Bodhak kapha. Madhur and amla rasas are the main etiological factors for the vikruti of the bodhak kapha. Due to the above factors mainly kapha pradhan prakopit Dosha causes the mukharog.

MUKHAROGA SAMANYA CHIKISTA SUTRA –

In Mukharoga mainly kapha and Rakta dusti is there so Rakta mokshana is main chikitksa, Kosteshudhi by virechana, kawalagraha, gandusha, Nasya, shirovirechana, Pratisarana, Dhooma, Agnikarma, Ksharakarma are also helpful in mukhrogas. Charak has told pradhmana nasya, virechana, vaman, lekhanam and vat, pitta, kapha, shamak ahar and dravyas.

MUKHROGA SAMANYA PATHYA –

Generally in all mukhroga-old Rice, Joa, Muga, Kulalthya, karella, paravala, komal, muli, Hot water tikta and kandu Rasa are all pathayakar.

Specially kapha and rakta shodhak ahar is useful in Mukh

roga. Green vegetables, fruit, dry fruits, butter, carrot, tomato, orange, limes, santra, palaka, Awala, Hari-dhaniya are useful in mukhroga which contains vit. A, B, C. etc .

APATHYAS –

Generally – in all mukhroga – Amala padartha, cured milk,, sweet padartha, vidahi, Rukshanna, kathina bhari and Abhishyandi ahar are apathyakar, cold water, brushing, eating of hard padartha, fish, anupadesh, goat Animals mamsa, sleeping at day time are ahitkar. Adhomukha shayana is also Ahitkar .

DISEASE REVIEW

Acharya sushruta had described mukhroga in Nidansthan. There are 65 mukhroga which occur at seven locations such as lips, teeth tongue, palate, throat and oral cavity. Out of them 8 occur in lips, 15 in gums, 8 in teeth, 3 in tongue, 9 in palate, 17 in throat and 3 in entire mouth.

MUKHAPAKA -

The disease, which affects the whole oral cavity, i.e. buccal mucosa is called as mukhapaka. As the disease spreads very quickly in the oral cavity it is called as mukhapaka. Acharya sushruta had told types of mukhapaka as vataj, pittaj, kaphaj, and Raktaj.

PITTAJ MUKHAPAKA –

1. Burning type of red and yellow coloured crackling thing blisters / boils or ulcers in the mouth
2. Burning and combusting type of pain with feeling of bitterness in the mouth
3. Ulcers in the mouth are formed like that of the ulcers formed by alkalies.

SAMANYA CHIKITSA OF THE MUKHAPAKA –

1. Sheera Vedha
2. Sheero Virechana
3. Kaya Virechana
4. Kawalgrah (Gargels) – with mutra, oil, Ghee, madhu, Milk.

GANDUSH –

Kawalgraha & Gandusha are the procedures of gargling with the medicinal liquids either kwatha, taila etc. kept in mouth for a period of a Dharana kala which is 5-10 min. Basic difference in kawala and Gandusha is kawala is that of quantity of drug which can be easily moved in mouth and if it is taken full of mouth is called as Gandusha.

VISHESHA CHIKITSA PITTAJA MUKHAPAKA –

In case of pittaja Mukhapaka pittahar Chikitsa of all types with the help of Madhu and sheetal medicinal Dravyas are advised. Pitta and Rakta shaman chikitsa should be done in pittaja Mukhpaka.

DRUG REVIEW –

Drug name	Botanical name	Part
Kapitha	Feronia limoni	1 part
Bijpurak	Citrus medica	1 part
Bilwa	Aegle marmelose	1 part
Amra	Mangifera indica	1 part
Jambu	Syzygium cumini	1 part

Drug name	ras	virya	vipak	gun
Kapitha	Madhur, amla, kashay	shit	madhur	Laghu
Bijpurak	Madhur, amla	ushna	amla	Laghu, snigdha
Bilwa	Katu, tikta, kashay	ushna	katu	Laghu, snigdha
Amra	madhur	shit	madhur	Guru, snigdha

Jambu	Kashay, madhur, amla	shit	katu	Guru, snigdha
Madhu	Madhur, kashay	shit	madhur	Laghu, ruksha

MATERIALS AND METHODS-

Materials for examination of patient

1. Bulls Lamp
2. Head Mirror
3. Torch
4. Tongue depressor
5. Autoclaved hand gloves
6. Autoclaved cotton.

MATERIALS FOR ADMINISTRATION OF MEDICAMENT

- Chair to sit the patient
- Madhu – in a sterile bottle
- Sterile gloves
- panch-pallav kwath
- Head mirror, napkin etc.
- sterile glass for filling kwath

STUDY DESIGN:

The whole study was divided in 2 group / types.

- 1) Conceptual study.
 - 2) Clinical study.
- 1) Conceptual Study – Detailed review of Ayurvedic and modern literature was carried out to know about disease – Pittaj mukhapaka- entity and treatment and drugs used to treat i.e panch-pallav .
 - 2) Clinical Study – Total 60. Patients of pittaj mukhapaka was selected and randomly divided into two groups viz. Clinical trial group & Control group Patients were reviewed at 3rd, 5th, 7th day and 15th, 30th day.

1) EXPERIMENTAL GROUP –

The study group i.e. trial group was treated with panch-pallav kwath with Madhu twice a day. Therapy will be given upto 7 days and follow up will be taken on every 3rd, 5th, 7th, day & necessary advice was given to the patient time to time.

2) CONTROL GROUP -

Control group was treated with Kamdudha churn with madhu pratisarana 2 times in a day for 7 days. Follow up was taken as per study group.

Sampling Techniques – A random sampling technique was adopted.

INCLUSION CRITERIA –

- : Patient of age group 21 to 50 yr. of both sex.
- : That the patient should give history of burning sensation in oral cavity.
- : Patient with intolerance to eat spicy foods.
- : Change in colour of oral mucosa.
- : Ulcers in oral cavity.
- : Above complains with recurrent episodes of pittaj mukhapaka.

EXCLUSIVE CRITERIA –

- : Patients having gingivitis, pyorrhoea, etc.
- : Tubercular ulcers / syphilitic ulcers / diabetic ulcer.
- : Candidial ulcer, oral thrush .
- : Ulcers due to herpes zoster.
- : Traumatic ulcers .
- : Immuno-suppressive disorders.
- : Oro-dental fistula.
- : Known oral, throat, tongue malignancies etc.
- : Severe Anaemia.
- : OSMF(oral submucosal fibrosis).

DISCUSSION –

Mukhapaka is a disease of oral cavity; it is the paka of oral mucosa and produces ulcers in oral cavity. Various treatment modalities from different medical faculties are in this disease like – local application, local anti- inflammatory, agents like kenalog, orabase. The paste application locally upto heal the ulcer. Tetracycline mouthelline mouthwash, then application of thick layer of Triamcinolone Acetoride is recommended. Oral or systemic antibiotic are administered if necessary. Supplementation of vitamins and iron is also recommended. These treatment have very limited or unsatisfactory results. during this study result of panch- pallav kwath is assessed on th basis of shool, mukhdah, shoth, lalima, ulceration. In Mukhapaka pitta dosh prokopa and rakta, Mamsa dhatu dushti is there, localizing in oral cavity. Hence the line of treatment should be pittashamaka, Shothahara, Vedanasthapana, vranashodhana, Vranaropana, Rakta prasada, Mamsa dhatu pushtikara. I have selected Panchpallav kwathwith madhu , Proved to be very effective in this disease. Panchpallav kwathis madhur rastkmak, having shit virya wich act as pittashamak. laghu, snigdha gunas which is vaedanasthapak and shothahar. Madhu having property of vana shodhan, vana ropak gun which helps in healing of ulcers.. Madhu when applied locally to mucous membrane, it causes stimulation of mucous membrane. Madhu removes vitiated doshas, improve wound healing. Patients of study group trated with Panchpallav kwathwith Madhu and that of control group with Kamdudha churna with madhu, for same period and same pattern, follow up of each finding was recorded symptom wise in qualitative form and difference noted before and after treatment. After study we came across the effect of Panchpallav kwathwith Madhu is better in all respect than that of control group.

CONCLUSION-

Panchpallav kwathwith Madhu acts better result on Mukhapaka. It gives best relief from symptoms like shool, sparshasahatva, mukhdah, shoth, lailma, ulceration.

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