



SUVARNA GAIRIK-AN AYURVEDIC ENEMY OF STOMATITIS

Ayurveda

Dr. Shraddha Pingle

Associate Professor, Department of Dravyaguna, Shri Swami Vivekanand Ayurvedic College, Shrigonde, Ahmadnagar, Maharashtra, India.

ABSTRACT

Mukhapak (Stomatitis) is most common disease of oral cavity. It can occur anywhere in mouth. Its general sites of occurrence are cheeks, gum, lips, tongue, and palette. It affects patients ability to eat; especially spicy things. This is an observational study conducted on 50 patients of *Mukhapak* having complaints of ulceration in oral cavity, pain, redness, burning sensation and salivation. They were treated with local application of *Shuddha Suvarna gairik* along with *Gourghita* for 14 days. Study concluded that local application of *Suvarna gairik* along with *Gourghita* is fast acting, simple, economical and effective therapy in management of *Mukhapak* due to its anti-inflammatory, analgesic and fast healing property.

KEYWORDS

Mukhapak, disease, oral cavity, *Suvarna gairik*, fast acting

INTRODUCTION

Stomatitis is considered as one of the most prevalent disease worldwide. Estimate point prevalence of oral ulcers is 4%¹. Multiple etiological factors may cause stomatitis. Some of them are excessive intake of junk food, cold drinks, addictions like *gutaka*, tobacco, smoking create Stomatitis independently or as a sequel of another diseased condition.

Stomatitis is characterized by ulceration, redness, pain along with salivation and burning sensation in oral cavity. General sites of Stomatitis are tongue, lips, cheeks, palate etc. Sometimes with above symptoms enlargement of sublingual and submandibular gland occurs. In allopathy vitamins, antibiotics, tetracycline mouth wash, local application of thick layer of triamcinolone acetonide, local anti-inflammatory agents like kenalog, orabase etc. are being recommended for Stomatitis. However ayurvedic treatments for this disease are safe, effective, cheap and nontoxic.

Mukhapak is characterized in ayurveda as the *pak-avastha* of oral mucosa and produces ulcer in oral cavity. *Pittadosh*, *raktadhatu* and *amsa* are the main *dushya* in *Mukhapak*. According to *Acharya Sushruta* there are 65 *mukharoga* which occur at seven locations such as lips, teeth, tongue, palate, throat and oral cavity. Out of these 8 occurring in lips, 15 in gums, 8 in teeth, 9 in tongue, 9 in palate, 17 in throat and 3 in entire mouth as described in *Sushrut Uttartantra*².

To break this *samprapti pittadoshahar*, *Raktaprasadak*, *Vranaropak*, *Shothahar chikitsa* is essential. As per Ayurved, the line of treatment for *Mukhapak* should be *Dahashamak*, *Vranaropak*, *Pitaashamak*, *Shothahar*, *Vedanasthapak*, *Raktaprasadak* and *Mansatupushtikara*. In ayurvedic literature there are multiple drugs to cure *Mukhapak*. *Suvarna gairik* is one of them.

Suvarna gairik i.e. Red ochre (anhydrous Fe₂O₃) is described in ayurvedic *rasashastra* as an *Uparas*. *Gairik* is one of the most important mineral told in *Rasashastra* classics. It is one of the safest naturally occurring mineral explained in *Rasashastra*. It is mostly known for its *Pittashamak* properties. According to ayurvedic references it has been purified with the help of *Bharjana* (fry) with *Gourghita*³. It is medicine that is used for treatment of *Visphota*, *Agnidagdha*, *Netravikar*, and *Vrana* in *Shastra*. *Gourghita* is one of the important medicines used in ayurveda for both internal and external application. In the present observational study, therapeutic potential of ayurvedic medicine i.e. *Shuddha Suvarna Gairik* along with *Gourghita* in 50 patients suffering from *Mukhapak* is described.

MATERIAL AND METHODS

AIM AND OBJECTIVES-

To assess the efficacy of *Suvarna gairik* in mouth ulcer cases

This is an observational study from January 2018 to December 2018 done based on daily OPD practice on 50 patients of age range 15-70 years with complaints of redness, ulceration in oral cavity, pain and burning sensation in the mouth during chewing of food for 3-4 weeks visited OPD of Bhagoji memorial ayurvedic centre, Satara for treatment. Patients were diagnosed with *Mukhapak* (Stomatitis) on the

basis of symptoms and clinical features. The treatment period for patients was 14 days.

Inclusion criteria- Patients ranging from 15-70 years, patients having signs and symptoms mentioned in Ayurvedic reference books were selected.

Exclusion criteria- Patient having age less than 15 years and more than 70 years, undergoing treatment of malignancy, Acquired Immuno Deficiency Syndrome, Sexually transmitted diseases, Systemic Lupus Erythromatus, Acute febrile conditions were excluded.

Patients were treated with oral application of 500 mg to 1 gm *Shuddha Suvarnagairik* with 2 ml to 4 ml *Gourghita*, for 3-4 times in a day. Patients were advised to stop sour, hot and spicy food.

RESULT-

Result of the present observational study showed that among 50 patients included in study, male and female were 24 and 26 respectively. The age ranges of male were from 20-70 years and of female was 15-70 years. This concludes that *Mukhapak* is very common disease in all age groups. The gender and age wise distribution of 50 patients are given in table no. 1

Table no. 1: gender wise distribution of the patients selected for study

Gender	No. of patients	Age range
Male	24	20-70
Female	26	15-70
Total	50	15-70

Criteria for assessment:

The treatment result was assessed in the form different levels of grades assigned to the clinical signs and symptoms.

Clinical assessment:

Clinical assessment was done on 0 day, 7th day and on 14th day. Change in symptoms before and after treatment were recorded in the form of qualitative data at each follow up and then further converted to quantitative data for statistical analysis. Grading was given according to intensity of each sign and symptom. The signs and symptoms were assessed by adapting suitable scoring method.

The table no.2 given below describes the grading for various signs and symptoms like redness, ulcers, pain etc. According to below grading, the patients were characterized as no symptom to extreme.

Table no. 2

Symptom	Redness	Ulcer in mouth	Pain in ulcers	Burning sensation during food intake
Grading	0-No 1-Mild	0- No ulceration 1- 1,2 ulcers	0- No pain 1- Mild pain	0-No burning 1-Mild burning

2-Moderate	2- 2,3 ulcers	2- Moderate pain	2-Moderate burning
3-Severe	3- 3,4 ulcers	3- Severe pain	3-Severe burning
4-Extreme	4- More than 5 ulcers	4- Extreme pain	4-Extreme burning

5 Vaidya.A.V. Datar Panchbhoutik Chikitsa Vol.1 2nd edition June,1990 p-238

The study according to grading given above was conducted. And it is tabulated as follows (table no. 3)

Table no.3

Symptoms	Results*	No. of patients	Percentage relief
Redness	Satisfactory	48	96%
	Unsatisfactory	2	4%
Ulcers	Satisfactory	48	96%
	Unsatisfactory	2	4%
Salivation along with pain	Satisfactory	48	96%
	Unsatisfactory	2	4%
Burning sensation	Satisfactory	48	96%
	Unsatisfactory	2	4%

*In each of the above result satisfactory result indicates patients treated successfully with any of the 1,2,3,4 grades to the 0 grade. The unsatisfactory result indicates patients in each symptom relieved up to 1st grade from 4th grade.

The above observational study showed that out of 50 patients treated with *Suvarna gairik* with *Gougrhita*, 48 patients were cured completely and reduced to 0 grades in all symptoms. 2 patients were reduced to 1st grade in all symptoms, which may need laboratory investigations with some advance treatment. The study concluded that there was complete relief seen in all symptoms in 48 patients from 50 patients of *Mukhapak*.

DISCUSSION-

In India as well as in other Asian countries *Mukhapaka* (stomatitis) is very common disease of oral cavity. *Pittaprdutorakopak ahar – vihar* as mentioned in introductory part of thesis are the causes of *Mukhapak*. According to ayurveda, in this condition *mukha* is affected by *paka* process, with increase of *pitta*, the lips develops painful *pidakas* (papules) with burning sensation, formation of ulcer and yellowish discoloration⁴.

Suvarna gairic is *snigdha, vishad gunatmak, sheeta, virya, kashaya (astringent), madhura rasatmak dravya*. As it is *Pittashamak, Vranaropak, shonitshapak, dahdashaka*³ it heals *Mukhapaka* (mouth ulcer) very effectively. *Gougrhita* is *sheeta viryatmak, madhura rasatmak, snigdha gunatmak*. As a local application it is *dahshamak* and *Vranaropak*. When *shuddha Suvarna gairic* is mixed with *Gougrhita* it protects underlying tissues and enhances normal healing and epithelialisation. This paste coats the ulcer⁵ and prevents secondary infection. No allergic or toxic effect has been reported with the usage.

Result of the present study demonstrated highly, effective, therapeutic and significant potential of ayurvedic medicine in management of *Mukhapak*.

LIMITATIONS-

Large scale comparative study can be definitely conducted; Excluded type of patients can be treated for prolonged period and followed up.

CONCLUSION-

Present observational study showed that *Mukhapak* is common oral disease in India. It is found in all age groups. Local application of *shuddha Suvarna gairic* with *Gougrhita* is effective medications for the treatment of *Mukhapak*. These remedies are being practiced in ayurveda and are cost effective and easily available.

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