



CASE STUDY

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CLINICAL EVALUATION OF MUKHALEPA IN MUKHAPAKA WITH SPECIAL REFERENCE TO APHTHOUS ULCER: A CASE STUDY

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ABSTRACT

Mukhpak' or 'SarvasarRog' is nothing but a recurrent mouth ulcer or Stomatitis and is also termed as Aphthous ulcer. Over consumption of extremely pungent and spicy food, consuming and chewing of chemical agents like Tobacco-Gutakha, Insomnia, Vitamin deficiency, many life threatening disease like Malignancy, oral Submucous fibrosis, Skin disease and disturbances in G.I. tract like Constipation, Dysentery are the main causative factors responsible for this. **Aim:** To study the role of Ayurvedic management of Mukhalepa (Triphalaadimukhalepa) in Mukhapaka with special reference to aphthous ulcer. **Objective:** To study the role of mukhalepa (Triphalaadimukhalepa) in management of Mukhapaka with special reference to aphthous ulcer.

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INTRODUCTION

Mukhapaka is a roga caused by the intake of improper ahara and vihara (Acharya Vagbhata, 2009). It's a common disease seen in the society. Mukhapaka is also called as Sarvasara Mukharoga (Acharya Sushrutha, 2012). Mukhapaka is mentioned under the 40 nanatmaja pitta rogas according to Charaka (Acharya Agnivesha, 2009). Dalhana on his commentary on SushrutasaamhithamentionesMukhapaka as basically and purely a pittajavikara but Sushrutaacharya has classified Sarvasaramukharoga as vataja, pittaja, kaphaja and raktaja (Acharya Sushrutha, 2012), the aggravatedvatadidoshas afflict the mukha to produce paka and vana (Acharya Agnivesha, 2009). The common symptoms includes the sphutana or vadanasyaantarvrana, toda, daha (Acharya Sushrutha, 2012). This condition can be co-related to Aphthous ulcer or ulcerative stomatitis. It may occur in any part of the mouth (Sir Stanley Davidson). They may be single or multiple and usually recurrent. The cause remains uncertain. The symptoms are small painful round ulcerations with yellow- gray fibrinoidcentres surrounded by red halos. Treatment for aphthous ulcer remains non specific (Anonymous, 1983).

Criteria of Evaluation of results: In this study I will demonstrate effect of Triphalaaadti Mukhalepa on a patient of

Mukhapaka with special reference of Aphthousulcer. Following are the criteria to rule out effect of triphalaadimukhalepa in mukhapakaw. s. r Aphthous ulcer

- Effect on Toda (Effect on pain)
- Effect on Daha (Effect on Burning Sensation)
- Effect on Gurutva (Feling of heaviness)
- Effect on discolouration
- Effect on number of ulcers

Triphaladi Mukhalepa

It is a lepa or paste prepared according to mentioned criteria in SarangadharaSamhita (Acharya Chakrapanidatta)

Raw Materials –Triphalapowder, Patha, Mridvika and Honey.
Mode of administration: Mukhlepana
Dosage: Quantity sufficient
Duration: thrice daily, after food for 7 days.
Patient was observed on the 4th day and on the 8th day.

Case Report

- Name of patient- xyz Age / sex- 21 yrs / male
- OPD No-95697 Place- Nagpur
- Occupation- B.E (Computer science) student

Date of consultation- 10/12/2019

Chief complaints

Ulcers all over oral cavity -2days
Pain during mastication -2days

Present & past history

No H/o DM, RA or any other major illness.
No H/o any Oral surgeries.

Treatment

Freshly prepared triphaldimukhalepakalk was prepared and applied all over oral cavity except teeth and tongue

| Sr no | Sign and Symotoms | Before Treatment | After Treatment (at 8 th day) |
|-------|----------------------------|----------------------|---|
| 1 | Effect on Toda | severe | Mild |
| 2 | Effect on Daha | severe | Mild |
| 3 | Effect on Gurutva | moderate | Mid |
| 4 | Effect on discolouration | Severe reddish white | Red and healthy |
| 5 | Effect on number of ulcers | 8-10 | 2-3 |

RESULTS

Mukhalepa with Triphalaadimukhalepa help in management of mukhapaka with special reference to Apthous ulcers.

Conclusion

Mukhalepa with Triphalaadimukhalepa in management of mukhapaka with special reference to Apthous ulcers.

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