



INTERNATIONAL JOURNAL OF MULTIDISCIPLINARY HEALTH SCIENCES

ISSN: 2394 9406

“EFFICACY OF SHUDDHA TANKAN PRATISARANA IN THE MANAGEMENT OF MUKHAPAKA W.S.R TO STOMATITIS”

AUTHORS:

Dr. Sonali Zende¹, Dr. Sunil S.Walvekar², Dr. Pravin Chavan³ Dr.Madhura Bapat (Asst. Professor)⁴

1.P.G. Scholar, Shalakyatantra Department, L.R.P. Ayurvedic Medical college, Uran Islampur, Dist. Sangali.

2.Associate Professor, Shalakyatantra Department, L.R.P. Ayurvedic Medical college, Uran Islampur, Dist. Sangali.

3.HOD & Professor, Shalakyatantra Department, L.R.P. Ayurvedic Medical college, Uran Islampur, Dist. Sangali.

4.Assistant professor L.R.P Ayurved Medical College Islampur Sangli

Corresponding Authors email.id:

sonalivadak8@gmail.com

ABSTRACT:

Awareness among people about Oral health is being vanished day by day. Poor oral hygiene leads to cause red patches, blisters, and swelling of the mouth and the condition is called “Mukhapaka” in Ayurveda. (stomatitis). These symptoms may be accompanied by oral dysaesthesia, which is a burning sensation in the mouth, and recurring ulcers. *Mukhpak* (Stomatitis) is most common disease of oral cavity and can occur anywhere in the mouth, including the inside of the cheeks, gums, lips, palate and tongue. It can disrupt a person's ability to talk & eat. This is an observational study on 20 Mukhpak (stomatitis) patients with complaints of redness, ulceration in oral cavity, salivation, pain and burning sensation in mouth treated with local application of shuddha Tankan powder twice a day for 10 days. Results obtained in this study are very interesting.

Key Words: Oral health, *Mukhpak* (Stomatitis), shuddha Tankan.

Now days Due to globalized and fast moving world life has become more hectic. Population explosion produces in crowded everywhere resulting negligence towards personal hygiene. There is struggle in everything which exposes us to eat unhealthy junk food and addictions such as chewing betel nut, Gutkha, tobacco, smoking etc. which are characterized as *Apthyakar* in Ayurveda disturb the normal physiology of the body and cause many oral diseases.

According to Acharya Sushruta there are 65 *mukhroga* which occur at seven locations such as lips, teeth, tongue, palate, throat and oral cavity and 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 as described in *uttartantra*. Out of which *Mukhpaka* often called as *sarvsara roga* is a disease of oral cavity characterised in Ayurveda as the *paka-avastha* of *bodhak kapha* i.e. oral mucosa and produces ulcers in oral cavity. *Pittadosha*, *raktavah* and *mamsa* are the main *dushya* in *Mukhpak* & the clinical symptom of *Mukhpak* is comparable with stomatitis. By Allopathic view Stomatitis is considered as one of the prevalent oral disease worldwide characterized by redness, ulceration in oral cavity with burning sensation, salivation and pain. Stomatitis occurs anywhere in the mouth, including the inside of cheeks, gums, tongue, lips and palate. The symptoms degree from presence of mouth

ulcers, redness and erosions of buccal mucosa, burning sensation of oral mucosa, difficulty in chewing pungent and hot things and or enlargement of sublingual and submandibular lymph-nodes.

As per Ayurveda the line of treatment for *mukhpak* should be *pittashamaka*, *Shothahara*, *Vedanasthapana*, *vranshodhana*, *Vranaropana*, *Rakta prasadaka*, *Mamsadhatu pustikara*. There are various drugs in Ayurveda which can be helpful for treating *Mukhpaka* but Effectiveness of *Tankana* is nevertheless. Acharya *Sushruta* praised the effect of *Kshara* (alkalis) so much that it can be replace *Shastrakarma* since it does the *chedna*, *bhedna*, *lekhna*, *darana*, *shothahara* and *roopna karmas* simultaneously without the help of *Shashtra* And the best *kshara* which is priced as *Kshara Raj* means king among all of the *kshara* is *Tankan*.

Acharya Charaka says an ideal medicine should have many properties, the various forms of it can be used, it should be available easily and in large quantities and it should be an appropriate drug for condition. These are the properties of ideal medicine. As *Tankana* fulfills all above qualities of ideal medicine and it is readily available naturally hence selected for the present study to determine therapeutic potential of Ayurvedic treatments.

METHODOLOGY

Patients were treated with oral application of not more than 500 mg Shuddha Tankan powder at a time for 2 times a day.

Study Design: Patients diagnosed with Mukhapaka were selected from the O.P.D. in a randomized manner. After taking informed written consent from them, the diagnosed cases were registered for the study in a prescribed case sheet. Out of 22 registered patients, 20 patients completed therapy and 2 patients left the treatment schedule between the therapies, which were counted as dropout cases.

Duration of Study: 10 days

A) Matching criteria:

As per clinical features of Mukhapaka mentioned in classics, cases were diagnosed & patients were selected for study.

B) Inclusion criteria:

Patient was selected irrespective of gender, occupation and habitat.

Age group – 18 to 50 yrs.

Patients with complaints of redness, ulceration in oral cavity, salivation, pain and burning sensation in mouth during chewing of food.

C) Exclusion criteria:

Allergic to Borax

Any fatal and emaciated disease.

Pregnant and lactating women.

D) Withdrawal criteria:

Patient not giving proper follow-up and showing any adverse effect was withdrawal from the study.

Present study was carried out in accordance with ethical principles by following International conference of Harmonization-Good Clinical Practices Guidelines (ICH-GCP)

Criteria for Assessment:

The treatment result was assessed in the form different levels of grades assigned to the clinical **SIGN AND SYMPTOMS.**

Clinical Assessment:

Clinical assessment was done on alternate 0 day and 10th day. Follow up of the patients was also performed on each 2nd day. Changes in symptoms before and after treatment were recorded at each follow up. The obtained qualitative data was further converted to quantitative data for statistical analysis. Grading was given for every clinical feature.

The signs and symptoms were assessed by adopting suitable scoring method. The details of symptoms and their gradation are as follows:

Redness:

G0-No redness.

G1- Mild redness.

G2- Moderate redness.

G3- Severe redness.

G4- Extreme redness

Ulcer in mouth:

G0- No ulceration in oral cavity.

G1- 1-2 ulcers in oral cavity.

G2- 2-3 ulcers in oral cavity.

G3- 4-5 ulcers in oral cavity.

G4- More than 5 ulcers in oral cavity

Salivation:

G0- No salivation in oral cavity.

G1-Mild salivation (1-2 times spitting) in a day.

G2- Moderate (3-4 times spitting) in a day.

G3- 5 to 7 times spitting in a day

G4- severe salivation 7+ times a day

Pain:

0- No pain in ulcers in mouth.

1- Mild pain in ulcers in mouth.

2- Moderate pain in ulcers in mouth.

3- Severe pain in ulcers in mouth.4- Extreme pain is ulcers in mouth

Burning Sensation during food intake:

0- No pain in ulcers in mouth.

1- Mild pain in ulcers in mouth.

2- Moderate pain in ulcers in mouth.

3- Severe pain in ulcers in mouth.

4- Extreme pain is ulcers in mouth

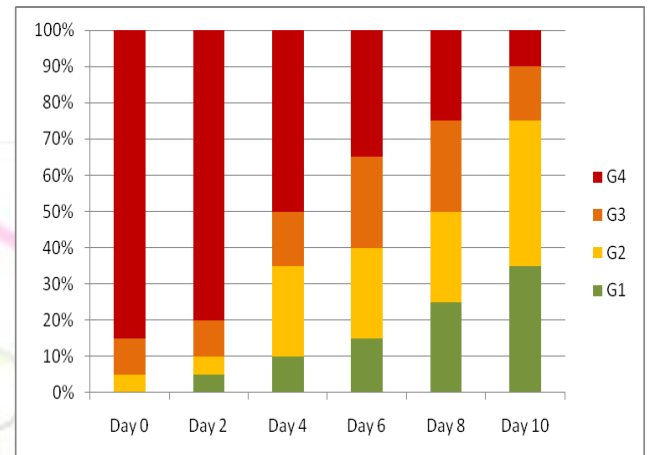
Observations & Results:

The observations before treatment, during the procedures and after the treatment were recorded carefully presented as a result below:

Observations of Redness:

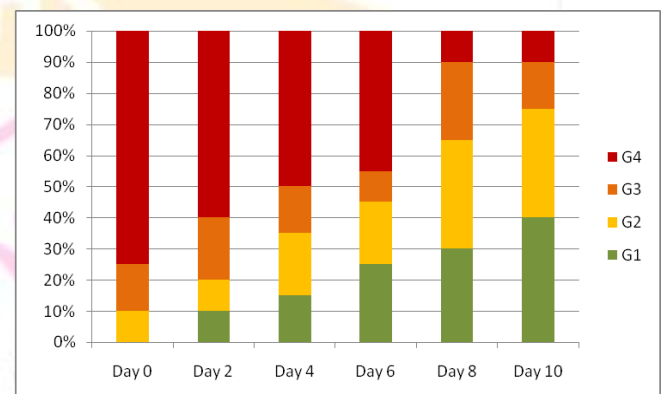
Redness	Day 0	Day 2	Day 4	Day 6	Day 8	Day 10
G1	0	1	2	3	5	7
G2	1	1	5	5	5	8
G3	2	2	3	5	5	3

G4	17	16	10	7	5	2
----	----	----	----	---	---	---



Observations of Ulcer in mouth:

Ulcer	Day 0	Day 2	Day 4	Day 6	Day 8	Day 10
G1	0	2	3	5	6	8
G2	2	2	4	4	7	7
G3	3	4	3	2	5	3
G4	15	12	10	9	2	2

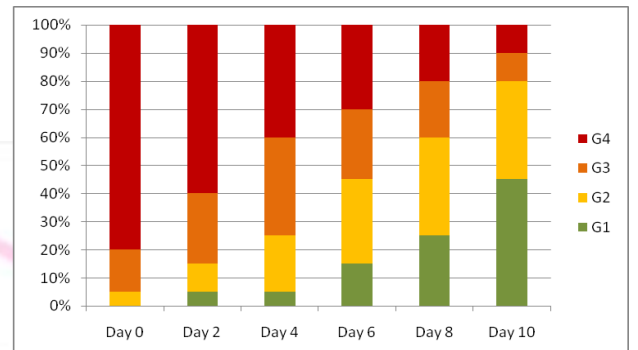
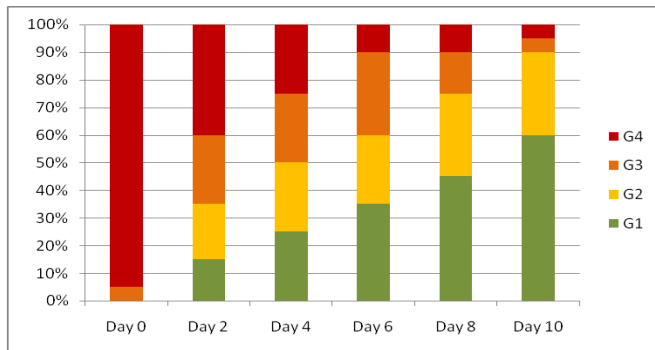


Observations of Salivation:

Salivation	Day 0	Day 2	Day 4	Day 6	Day 8	Day 10
G1	0	3	5	7	9	12
G2	0	4	5	5	6	6
G3	1	5	5	6	3	1

G4	19	8	5	2	2	1
----	----	---	---	---	---	---

G4	16	12	8	6	4	2
----	----	----	---	---	---	---

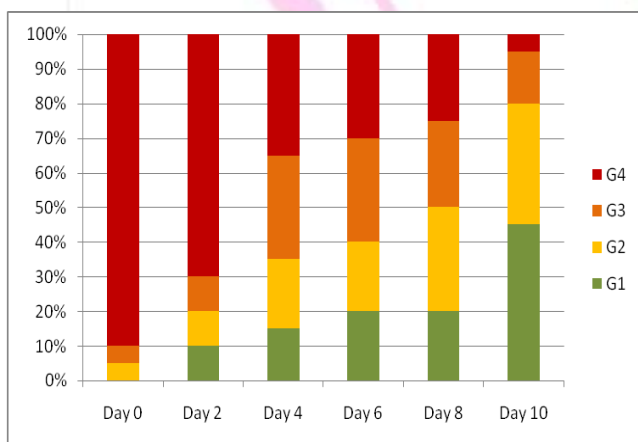


Observations of Pain:

Pain	Day 0	Day 2	Day 4	Day 6	Day 8	Day 10
G1	0	2	3	4	4	9
G2	1	2	4	4	6	7
G3	1	2	6	6	5	3
G4	18	14	7	6	5	1

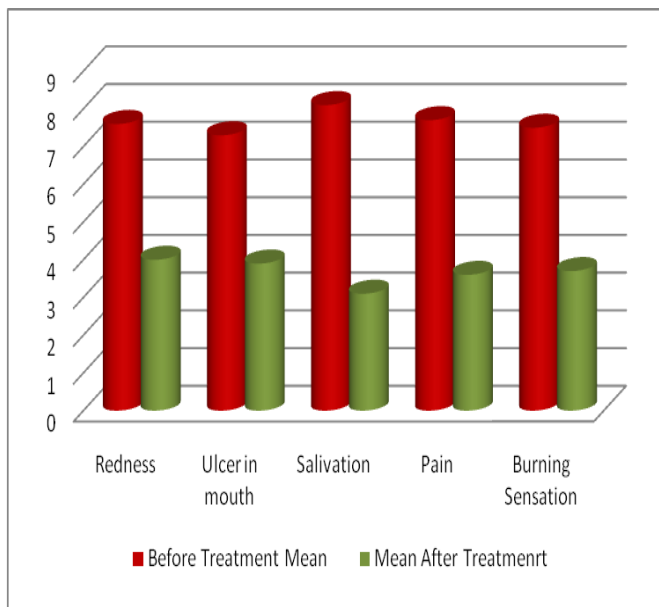
All Results at a glance:

Symptoms	Before Treatment					After Treatment				
	G1	G2	G3	G4	Mean	G1	G2	G3	G4	Mean
Redness	0	1	2	1	7.7	7	8	3	2	4.0
Ulcer in mouth	0	2	3	1	7.5	8	7	3	2	3.9
Salivation	0	0	1	1	8.9	1	6	1	1	3.1
Pain	0	1	1	1	7.8	9	7	3	1	3.6
Burning Sensation	0	1	3	1	7.6	9	7	2	2	3.7



Observations of Burning Sensation during food intake:

Burning	Day 0	Day 2	Day 4	Day 6	Day 8	Day 10
G1	0	1	1	3	5	9
G2	1	2	4	6	7	7
G3	3	5	7	5	4	2



DISCUSSION:

- Review of research work shows that no such clinical research had been carried on this typical disease with respect to the present trial drug.
- Though Tankana is Kshar it has *chedna*, *bhedna*, *lekhna*, *darana*, *shothahara* and *roopna karmas* simultaneously.
- Out of 10 patients of Mukhapaka treated with trial drug, 70% patients had shown maximum improvement and 26% patients were moderately improved.
- This implies that Tankana can be considered as an effective drug for Mukhapaka.
- Statistically it has been proven that the trial drug is significantly effective to reduce all the sign and symptoms of Mukhapaka.

CONCLUSION:

- From this study it is conformed that though there are lot of the drugs are available to

treat Mukhapaka, single drug Shuddha Tanakan is also significantly effective in Mukhapaka.

Scope of further study:

- This trial was a time bound limited study of 10 days so an extended long term trial is required.
- Study with comparing Tankana with other Ayurvedic as well as western drugs is needed for better comparison.
- The mode of action of the drug is not clear as such. It needs a further study.

REFERENCES:

1. Sharma Ananth Ram, Susruta Samhita of Maharsi Sushruta, usrutavimarsini hindi commentary, Volume-1, Choukhambha Surabharati Prakashan, Varanasi, 1st edition, Chapter 45/132. p.371. 2001.
2. Tewari P V, Kasyap Samhita of Vriddha Jivakiya Tantra, Choukhambha Vishvabharati, Varanasi, Reprint edition, Chapter 16/1-30, p.630-38, 2008.
3. Atridev Gupta; Ashtang Hridaya, Chaukhambha Sanskrit Prakashan; 13th edition; Varanasi; 2000; Page no.154.
4. Pandit Sri Brahma Shankar Shastri, Madhavkara virachita Madhav Nidana, with Sudhalahari of Umeshanand sharma Sanskrit Commentary, Publication of Chaokhamba Sanskrit Sansthan, Benares, Edition: Reprint 1943.
5. Pandit Hari Sadashiv Shastri, edited Ashtang Hruday of Vagbhata by Arundatta

and Hemadri, published by Choukhamba Surbharati Prakashan, Vranasi, reprinted in 1997.

6. Vaidya Yadavji Trikamji Acharya, edited Charak samhita with Ayurved Dipika– Commentary by Chakrapanidatta, published by Munshiram Manoharlal Publishers Pvt.Ltd.in 1981.
7. Bhavprakasa of Bhavamishra prof.K.R.Srikantha Murthy Chowkhambha Krishnadas Academy Varanasi, Page no.764
8. Bhavprakasa of Bhavamishra prof.K.R.Srikantha Murthy Chowkhambha Krishnadas Academy Varanasi, Page no.76
9. Vd. Yadavji Trikamji Acharya; Charak Samhita; Chakrapanidutta Ayurved DipikaCommentary; Chaukhambha Surbharti Prakashan; Varanasi; 2009; Page no.593
10. <https://www.sciencedirect.com>

