

A Single Case Study To See Effects Of Nimb Kwatha Gandush On Mukhapak WSR To Tobacco Chewing

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Abstract-

Mukhapak is a commonest disease of Mukha found in India. In modern life style, excessive intake of fast foods, cold drinks spicy foods mixed type of food, acidic foods, etc. and addictions of chewing betel nut, gutkha, tobacco, smoking, drinking alcohol etc. In Tobacco chewer regular packing of tobacco irrosion takes place at buccal mucosa as well as inner laspect of lower lip, which causes washing of good bacterial flora as well as saliva continueously. Antibacterial property of Nimb resist bacterial groth as well as healing prperty for ulcer. It was my humble trial for Mukhapak with very low cost effective with local sothing effects.

Keywords: Mukhapak, Gandush, Kwatha, madhu

Introduction-

Mukhapak is a commonest disease of mukha found in India. In modern life style, excessive intake of fast foods, cold drinks spicy foods mixed type of food, acidic foods, etc. and addictions of chewing betel nut, gutkha, tobacco, smoking, drinking alcohol etc. 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. 'Mukhpak' or 'Sarvasar Rog' is a recurrent mouth ulcer. According to its sign and symptoms we can compare it with stomatitis. Mukhpaka often a disease of oral cavity characterised in Ayurveda as the paka-avastha of oral mucosa and produces ulcers in oral cavity. Pitta Dosha, Raktavah and Mamsa are the main Dushya in Mukhpak. Ayurveda explains this feature of mouth ulcer as a characteristic feature of Paitik individuals. Over consumption of extremely pungent and spicy food. It occur because of chewing of chemical agents like Tobacco-Gutakha, Insomnia, Vitamin deficiency, much life threatening disease like Malignancy, Submucosal fibrosis, Skin disease and disturbances in G.I. tract like Constipation. The tobacco chewing is dangerous for health. It is

commonly used in young male. It causes various diseases systemic and local like mouth ulcers, Ca mouth , Ca tongue, , bad odor of mouth , dental caries & many oro-dental disorders. Ayurveda is helpful in reduction of the side effects of tobacco chewing in various ways, such as Gandush (Gargle). The Gandush is very useful in Oro-dental disorders. Advantages of Gandush described in Ayurveda Samhitas.

Madhu is mostly used in Ayurved medicine

"Vaatalam Guru Sheetam cha
Raktapittakaphapaham /
Sandhatru cchedanam ruksham kashayam
madhuram Madhu ||"

It has sweetness (*Madhura Rasa*) with added astringent as end taste (*Kashaya anu Rasa*). It is heavy (*guru guna*), dry (*ruksha*) and cold (*sheeta*). Its effect on doshas is ,It aggravates vata, scrapes kapha and normalizes pitta and rakta, It promotes healing process. Gairik is also pitta Shamak Drug. It has Rasa : Kasaya (Astringent), Madhura Guna Snigdha Visada Virya: Sita Vipaka : Madhura Action Pitta-Nashak Balya Vran-ropak Netrya Kapha-hara. It is cooling and antibilious action, prevents hemorrhage. Its topical application gives relief in burns, ulcers, boils, pustular eruption.

Drug reference

स्वरसः क्वथितो दाव्या घनीभूतः सगैरिकः ।

आस्यस्थः समधुर्वक्तृपाकनाडीव्रणापहः ॥१०५॥

पटोल निम्बयष्ट्याहववासाजात्यरिमेदसाम्

खदिरस्य वरायाश्च पृथगेवं प्रकल्पना ॥१०६॥¹

Case Report

A 25 years old male patient reported to Shalakyatantra OPD of CSMSS Ayurved mahavidyalaya Aurangabad on 16nd Jan'2020 with the chief complaint of burning pain in mouth,ulceration,salivation, Burning sensation during food intake.

History Of Present Illness

Patient complained of Burning sensation during food intake since one month, Excessive salivation .

Personal And Socio-Econmoic History

He works as a Rikshaw driver and belongs to a lower middle class family.

Socioeconomic history revealed poor ventilation and hygienic standards of living. He doesn't gargles after every meal and tobacco chewing.

Tobacco chewer since 5 years. There was no history of any major surgery or disease in past years.

Examination

On examination it was seen, he had poor oral hygiene with plaque and tartar on all teeth, redness of oral mucosa,with mouth ulcers present.

Had pulse rate of 80/minute, regular with good volume and blood pressure of 110/70 mm of Hg.

Material And Methods

Centre of study:CSMSS Ayurved Mahavidyalaya Aurangabad

Method of sampling and study design: A single case study.

Drug: Nimb Bark, dry leaves Decoction 80ml, adding Madhu 5gm, Shudha Gairik 5gm Mixed well. & its Gandush (mouth full) two sitting.

Kwatha Preparation-² - According to samhita

Gandush Vidhi-^{3,4} According to samhita

Drug Dose : Fulfilling ½ of mouth.

Time – once , only In sunny morning before breakfast .

Purvakarma

1. Mrudu Snehan & Swedan of neck ,forehead , scapular region of patient will be done.

Pradhankarma:

Position of patient –Sitting , tilting slightly upright of head.

Vidhi- Luke worm kwath (room temperature) will be given to patient which will fulfill ½ of mouth of

patient(Uttam matra) & will tell to hold till Samyak lakshans will be seen then to spit out.

Samyak Lakshana- Sweating from fore head, temporal & watering from eyes, nose.

Frequency- 2 time cycles of this Gandush Dharan.

Paschat karma- Gargling with Luke worm water.

Patient Examined : 2times for 30 days

1st Follow up - 7th day

2nd Follow up - 15th day

Table no 1 Criteria

Symptoms	Grade
Redness	0 No redness. 1 Mild redness. 2 Moderate redness. 3 Severe redness. 4 Extreme redness.
Ulcers in mouth	0 No ulceration in oral cavity. 1 1-2 ulcers in oral cavity. 2 2-3 ulcers in oral cavity. 3 4-5 ulcers in oral cavity. 4 More than 5 ulcers in oral cavity.
Salivation	0 No salivation in oral cavity. 1 Wild salivation (1-2 times spitting) in a day. 2 Moderate (3-4 times spitting) in a day. 3 5 to 7 times spitting in a day. 4 More than 7 times spitting in 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 burning sensation 1 Mild burning sensation 2 Moderate burning sensation 3 Severe burning sensation 4 Extreme burning sens

Table no. 2 Effect of Treatment.

Sr no	symptoms	Before treatment	After treatment
1	Redness	3	0
2	Ulcers in mouth	2	0
3	Salivation	3	1
4	Pain	3	0
5	Burning sensation during food intake	3	1

Discussion-

Mukhpak (Stomatitis) is a very common disease of oral cavity in India as well as Asia due to heavy consumption of pitta prakopakaahar like spicy oily food, tobacco chewing, smoking, alcohol consumption, fast food etc. Tobacco chewer has more prone for mouth ulcers.

According to Ayurveda, in this condition Mukha is affected by Paka process which is always associated with Pitta Dosh and patient feels irritation, pain and burning sensation during food intake. This patient had these symptoms. But after giving treatment, symptoms decreased day by day during therapy.

In Tobacco chewer regular packing of tobacco irrosion takes placeat buccal mucosa as well as inner laspect of lower lip, which causes washing of good bacterial flora as well as saliva contineuosly. Antibacterial property of Nimb resist bacterial groth as well as healing prperty for ulcer. according to ayurveda pitta dosha corrected by tikta rasa of Nimb, Also Madhu helps to reduce ulcers, pain and gairik reduce burning pain due to Madhur Rasa.

Conclusion:

After study of Tobacco chewer, recurring Mukhapaka is main complaint. Here I studied how to cure Mukhapaka with Samhita referrece drug. Our Acharya given us very simple and effective drug therapy for many disorders. The drug I had used in this sstudy I got good results most of symptoms (almost 90%) subsided in less time. We can counsel the tobacco chewer for withdrawal of tobacco chewing as we can but who cannot stop it, we can

use this drug therapy on regular basis for Mukhapaka.

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