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## A Critical Study on *Raktapradoshaja Vikara* with its Principle of Treatment (*Mukhapaka*) with *Yastimadhu Churna*.

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### ABSTRACT:

**Introduction-** As on today's era, the changing lifestyle and eating pattern like *Visamasana*, *Adhyasana*, *Ajirnasana* & consumption of *Virudhahara* causes disturbance of the normal physiology which makes them prone to *RaktaDushti Vikara*, *Mukhapaka* is one of them. It is a painful and often recurrent inflammatory process of the oral mucosa seen commonly in all classes of society.

**Aim and Objectives -** To study the efficacy of *Yastimadhu churna* in *Mukhapaka* on the basis of the principle of treatment of *Raktapradoshaja Vikara* (Shaman concept of *Raktapittaharikriya*).

**Materials and Methods-** 30 no. of patients were selected and administered *Yastimadhu Churna* 5gm with luke warm water after food twice daily for a period of 15 days. All patients were investigated for Hb gm %, BSL before and after treatment. The collected data was distributed according to different demography and *Prakriti Pareeksha*. The assessment of the subjective and objective parameters was evaluated by the statistical w-test and paired t-test.

**Observation and result:** - It has been observed that, the trial drug is statistically significant at level of 5% ( $p < 0.5$ ) to reduce both parameters.

**Discussion and Conclusion:-** Finally it can be said that the trial drug could be best means for management of *Rakta Pradoshaja Vikara (Mukhapaka)*. During the entire duration of therapy, any adverse effect of the drug was not found.

**Keywords-** *Rakta Pradoshaja Vikara*, *Mukhapaka*, *Apthous ulcer*, *Yastimadhu churna*.

## INTRODUCTION

Ayurveda, the science of life focus on maintaining the health by proper intake of *Ahara* and *vihara*. If any of these factors get disturb or not properly function then it leads to formation of *ama*<sup>1</sup> due to *Mandagni /Vishamagni* resulting in *Rakta Pradoshaja Vikara*. *Mukhapaka* is one of the

*Raktapradoshaja Vikara* which is characterized by *Vedana Yukta vrana (Sophia)* in the *Mukha Pratyangas*. There are 8 *Adhistanas* told by Sushruta where *Mukharoga* occurs. These are *Ostha*, *Dantamula*, *Danta*, *Talu*, *Kantha*, *Jivha*, and *Sarvani*<sup>2</sup>. Out of these, one division of *Mukharoga* is



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*Sarvasara Mukharoga* means the disease affecting all over the buccal cavity. It is also three types, out of that *Pittaja Sarvasara Mukharoga* is one. In contemporary science, it may be correlated to Aphthous ulcer<sup>3</sup> which is also characterised by painful superficial ulcers in the movable mucosa in the mouth with recurrent episodes. *Raktaja Roga* have a bifold nature i.e. it vitiates *Dosha i.e Pitta as well as Rakta*.<sup>4</sup> It is caused by *Katu, Amla and Lavana Rasa sevana, Kshara, Kulatta, Masha, tilataila, Pindalu, Mulaka Dadhi, Viruddhaahara, Madhya, Anupamamsa, Diwaswapna, Atapasevana, Sharat Ritu, Krodha Vegaavarodha, Srama, Abhightaja, Adhyasana, Ajeernasana*. *Mukhapaka* is commonest among disorders seen common in all over India and world. It is not life threatening but at the same time it cause disturbance in individual Life style. As it is caused due to *Rakta Dushti*, so the principle of treatment of *Raktapradoshaja Vikara* mentioned by Acharya Charaka i.e shaman concept of *Raktapittaharikriya*<sup>5</sup> for the treatment of *Mukhapaka* by the use of *Yastimadhu Churna* had been taken for consideration of clinical trial

## AIM AND OBJECTIVE OF STUDY

To prove the principle of treatment of *Rakta Pradoshaja Vikara* ie shaman concept of *Raktapittahari kriya* in *Mukhapaka* with *Yastimadhu churna*.

## MATERIALS AND METHODS

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### Study design

Total 30 patients had been selected by a special proforma satisfying the inclusion and exclusion criteria covering demography along with both Subjective and Objective parameters from OPD of Govt. Ayurvedic College & Hospital, Balangir and Saradeswari Govt. Ayurvedic Hospital, Balangir. Before treatment consent of each patient was taken.

### Inclusion criteria:

- Patients having ulcer in oral cavity (lasting less than 1 month).
- Patient presenting with signs and symptoms of *Mukhapaka* (mouth ulcer)
- Age above 15 to 50 years irrespective of sex.

### Exclusion criteria:-

- Ulcer due to malignancy, seropositive patients, metabolic disorders

- Patients below 15 and above 50 years of age.
- Associated symptoms ie fever, malaise and tender lymphadenopathy.

**Lab investigations-** Hb, BSL (FBS, PPBS) were investigated before and after treatment.

**Selection of Drug-** On the basis of the *Madhura Rasa, Sheeta Virya, Guru guna* and its *karma* as *Pittaanila Rakta jit, Vedanastapana and Vrana shothahara, Yastimadhu churna* was selected as Shaman Dravya for *Raktapradoshaja Vikara (Mukhapaka)* given in the form of churna internally. The drug was identified by the experts of department of Dravyaguna which was approved by DRC & IEC of college and Sambalpur University. Medicine was prepared as per GMP certified method in Govt. Ayurvedic Pharmacy, Balangir under the supervision of expert of Dept. of Rasashatra and Bhaisajya Kalpana.

**Dose -** 5gm twice daily after food with lukewarm water.

**Duration of treatment-** 15 days

**Outcome measures:** Subjective parameters & Objective parameters were assessed before and after treatment.

Table1.Table 2

## OBSERVATION AND RESULTS

Thirty patients of *Mukhapaka* were registered for the study. In the present study the incidence of *Mukhapaka* was more in 31-40 years (43.33 %) age group, 56.67 % males, 96.67 % Hindus, 93.33 % Literate, 63.33 % were from lower class family, 46.66 % in private sector servant, 76.67 % with mixed dietary habits, 43.33 % were having habit of consuming tobacco and 40 % were having habit of taking tea, 43.33 % were having *Mandagni*, 40 % patients were having *Mrudu Kostha*, 46.66 % were having *Alpa nidra*.

Table 3:-Shows percentage of improvement on Subjective and objective parameters by the trial drug.

### Clinical Assessment of Result in *Mukhapaka*

It has been observed that, as per the treatment, 36.67 % had got marked improvement, 50% had got moderate improvement, 10% had got mild improvement and only 3.33% had shown unchanged result. (Table No-4)

## DISCUSSION

In this Study, 30 patients were treated with *Yastimadhu churna* internally with luke warm water as *anupana* twice daily after food. 43.33% were in the age group of 31-40

years followed by 26.67 % in the age group of 21-30 years. In Ayurveda, 15-40 years age is considered as *Yauvana kala* (*Madhyamavasta*) where *Pitta* at its peak level and the same *Pitta* act as a *Rogarambhaka Doshha* (causative factor).

Male patients were 56.67 % compared to females showing that the females have inherent resistance due to the periodical menstrual bleeding that prevents the *Rakta dushti*, the major cause of *Mukhapaka*. 96.67 % were belonged to Hindu religion as because the place where this study is carried out has majority of Hindu population. Maximum no. of patients were literate i.e, 93.33% as because education system in the area where study was carried out was better. 63.33 % were from lower class showing that this class does not follow proper personal hygiene, poor residential hygiene, poor living standard, unawareness about health which is causative factor for the manifestation of *Mukhapaka*. 46.66 % were in private sector showing that as this people are more exposed to sunlight, irregular diet and untimely taking of food due to work which is a causative factor for *Mukhapaka*. As per Ayurveda, *Matsya*, *Mamsa* are of *Ushna virya* which has impact on *Pitta Doshha*. So far the study is concern, highest no. of patients (76.67 %) were on mixed diet which indicate the over intake of *Matsya*, *Mamsa* ie non veg diet results in *Pitta Prakopa*, by this a relation between dietary status and *Mukhapaka* may be inferred. 43.33% were having *Mandagni* which occurs due to presence of *Vidagdha Ajirna* which is also a causative factor. 46.67 % were having *Mrudu Kosta* as in the study Majority of the patients were of *Pitta* dominance *Prakriti*. Regarding the diet pattern in the present study, maximum numbers were consuming Tea (40%) and Tobacco (43.33 %) as tea and tobacco are having an effect on increase of *Pitta Doshha*.

#### Probable Mode of action

1. *Yastimadhu* has *Madhura rasa*, *Guru* and *Snigdha Guna*, *Sheeta Virya*, and *Madhura Vipaka*. It is *Vata-Pitta-Rakta Shamaka dravya*.
2. Presence of *Madhura Rasa* whose karma is *Anilapaha*, *Guru* and *Snigdha Guna* of *Yastimadhu churna* helps in reduction of *Toda* of *Mukhapaka*.
3. Presence of *Madhura rasa*, *Sheeta Virya*, *Madhura Vipaka* helps in reduction of *Daha* and *Raga* of *Mukhapaka*.
4. Moreover studies conducted on modern scientific parameters have proved the healing, anti-ulcer, anti-inflammatory and skin regeneration effect of *Yastimadhu churna*.

5. Sodium glycyrrhizate possessed an anti-ulcer activity and stimulation of regeneration of skin.
6. Liquorice shows anti – inflammatory effect by an effect on adrenal gland, which are responsible for producing cortisol, body's natural corticosteroids.
7. Glycyrrhizin, most active compounds in liquorice has an anti-inflammatory action which acts by inhibiting the prostaglandin production, another component of the inflammatory process thus reducing the signs and symptoms of *Mukhapaka*.
8. Glycyrrhizin also promote the activation of inteferon, a potent naturally produced anti-viral compound thus helps the body to fight against virus

Other components present in liquorice are anti-oxidants which are as follows:

1. Flavonoids which help in ulcer healing and also has antimicrobial properties.
2. Folic acid, Vitamin B1, B2, B3, B5, B6, B7 (biotin) which help in treating Aphthous ulcer as ulcer occur due to deficiency of this Vitamins.
3. Contain Vitamin E which has the ability to protect cells from free radical damage as well as reduce the production of free radicals in certain situation and also enhances immune function.
4. *Ushna Jala* is having qualities like *Dipana*, *Pachana*, *Amahara*, *VataSleshmahara*.
5. *Yastimadhu churna* with Luke warm given as *Anupana* shows the action of *Tridosha Shamaka* and *Rakta Prasadana*, which is achieved to cure *Raktadushti Vikara (Mukhapaka)*. So this drug is wisely balanced from the point of view of all *Doshas* of *Mukhapaka*. Thus we can claim that Drug is significantly efficacious in treatment of *Mukhapaka*.

#### CONCLUSION

*Yastimadhu Churna* given with luke warm water twice a day showed statistically significant in reduction of *Toda*, *Daha*, *Raga* of *Mukhapaka*. Result of this work have satisfied and proved the Principle of treatment of *Rakta Pradoshaja Vikara (Shaman concept of Raktapittahari Kriya)*. Since the study was done in small scale with a focusing on the *Mukhapaka* case within one month hence the forth coming researcher may pursue further study in this aspect with *Mukhapaka* case which have persisting more than a month in a large sample size over a period of longer duration.

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**Figure -1 Yastimadhu Churna**



**Table1. Gradation Index**

Subjective Parameters	Severity	Grade
<i>TODA</i> (pricking type of pain)	Absent	0
	Only sometimes during deglutition	1
	Every time during Deglutition	2
	At any time irrespective of deglutition, patient can't talk, severe pain	3
<i>DAHA</i> (Burning sensation)	No complaint	0
	Mild-tolerable, no need of any cooling agents like glycerin, ice pack	1
	Moderate-tolerable by cooling agents.	2
	Severe-intolerable inspite of using cooling agents	3
<i>RAGA</i> (redness)	No redness	0
	Dull red or pink red	1
	Colour of Mazanta	2
	Bright red	3
Range of opening the opening	Opens the mouth completely without any difficulty	0
	Opens the mouth with mild difficulty	1
	Opens the mouth with difficulty	2
	Severe difficulty in opening the mouth	3

**Table 2:**

Objective Parameter	Severity	Grade
Size	No ulceration	0
	0-5 mm	1
	6-10 mm	2
	More than 10mm	3
Number	No ulceration	0
	1-2	1
	3-4	2
	More than 4	3

**Table 3:-**Showing percentage of improvement on Subjective and objective parameters by the trial drug.

Subjective parameters	No. of patients showing the symptoms	Total Mean score		W-value	P-value	% of effect	Results
		BT	AT				
Toda	30	2.67	0.90	-4.377 <sup>b</sup>	0.00001204	66.25	Sig
Daha	25	1.90	0.23	-4.619 <sup>b</sup>	0.00000386	87.72	Sig
Raga	30	2.60	0.60	-5.026 <sup>b</sup>	0.00000050	76.92	Sig
Range of opening mouth	30	2.43	0.57	-5.028 <sup>b</sup>	0.00000049	76.71	Sig
<b>Objective Parameters</b>							
Size of ulcer	30	1.43	0.70	-4.690 <sup>b</sup>	0.00000273	51.16	Sig
Number of Ulcer	30	1.40	0.70	-4.379 <sup>b</sup>	0.00001193	50.00	Sig

**Table 4-Overall Clinical Assessment of Result in Mukhapaka**

Overall Effect	Frequency	Percentage
Marked Improvement	11	36.67%
Moderate Improvement	15	50.00%
Mild Improvement	3	10.00%
No Change	1	3.33%
TOTAL	30	100.00%

**Figure 2- Effect of Yasthimadhu Churna in mukhpaka Before and after treatment.**



Before treatment

After treatment