



## Efficacy of *Charvan* in *Pittaj Mukhapaka* with Special Reference to Aphthous Ulcer : A Case Study

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### ABSTRACT

*Mukhapaka* or '*SarvasarRog*' is common disorder characterized by recurring ulcers confined to oral mucosa. 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 Submucosa fibrosis, Skin disease and disturbances in G.I tract like Constipation, Dysentery as well as Stress,Trauma are the main causative factors responsible for this. **Aim:** To study the role of Ayurvedic management of *Charvan* in *Pittaj Mukhapaka* with special reference to aphthous ulcer. **Objective:** To study the role of *Charvan* in management of *Pittaj Mukhapaka* with special reference to aphthous ulcer. **Methodology:** Nidanparivarjana, Aahara, Vihar, Procedure-*Charvan* Results: *Krishan Jirak*, *Kushtha* and *Indrajav* used to reduce the sign and symptoms of *Pittaj Mukhapaka* (aphthous ulcer) Discussion :*Charvan* has significant effect in *Pittaj Mukhapaka* (aphthous ulcer)

**KEYWORD:** Pittaj Mukhapaka, Aphthous ulcer ,Charvan

### INTRODUCTION

*Mukhapaka* is a *roga* caused by the consume of improper *ahara* and *vihara*<sup>1</sup>. It's a common disease characterized by recurring ulcers confined to Oral mucosa. *Mukhapaka* is also called as *Sarvasara Mukharoga*<sup>2</sup>. *Mukhapaka* is mentioned under the 40 *nanatmaja pitta rogas* according to *Charaka*<sup>3</sup>. *Dalhana* on his commentary on *Sushruta samhitha* mentions *Mukhapaka* as basically and purely a *pittajavikara* but *Sushrutaacharya* and *Bhavprakash* has classified *Sarvasara mukharoga* as *vataja*, *pittaja*, *kaphaja* and *raktaja*<sup>4</sup>. *Vagbhat* mentioned 8 types of *Sarvasara Mukharoga*<sup>5</sup>. The aggravated *Tridoshas* afflict the *mukha* to produce *paka* and *vrana*

The common symptoms includes the Red and yellow coloured blisters, *toda*, *daha*, *tiktasyata*<sup>6</sup>. This condition can be co-related to Aphthous ulcer or ulcerative stomatitis. It may occur in any part of the mouth. Symptoms associated with aphthous ulcers are burning sensation is present for about 2 to 48 hours before the appearance of the ulcer. Intense pain is present at the ulcer site and as healing occurs, the pain gradually recedes. Treatment include topical application of steroids (triamcinolome) and cauterization with 10% silver nitrate<sup>7</sup>.

### CASE REPORT

Name of patient- xyz

Age / sex- 40 Years /Male

OPD No-2207

Place- Nagpur

Occupation-watchman

Date of consultation- 18/01/2021

#### Chief complains:

1. Burning type of pain with feeling of bitterness in the mouth since 7 days
2. Red and yellow coloured crackling thing blisters / ulcers in the mouth since 7 days

#### Present & past history:

No H/o- DM,HTN,BA,RA or any other major illness.

No H/o- Oral surgery

#### EXAMINATION OF ORAL CAVITY:

1.Lips – Upper lip - Normal

Lower lip - Normal

2. Gingiva - Normal
3. Tongue -Dorsal - Normal  
-Ventral- Normal  
-Lateral- Right lateral ulcer size 5×5mm present
4. Hard palate - Normal
5. Soft palate - ulcer size 2×2mm present
6. Right buccal mucosa - Normal
7. Left buccal mucosa - Normal
8. Uvula - Normal
9. Epiglottis -Normal
10. Pharynx -Nasopharynx - Normal  
-Oropharynx – Normal

#### Systemic examination

- G.C. - Moderate, Afebrile  
R.S. – B/L Air entry equal, no added sound all lung field clear.  
C.V.S. - S1,S2 Normal  
C.N.S – Conscious, well oriented.

#### Treatment

In this case study I will demonstrate effect of *Charvan*<sup>8</sup> on Aphthous ulcer with

1. *Krushan Jirak*,
2. *Kushtha* and
3. *Indrajav*

Dose-Each *Dravya* taking equal in quantity.

Time of *Charvan* –Twice in a day( in morning and at bed time )

Duration of therapy- 3 days

#### Drug Properties-

1. *Krushan Jirak – Kafavatshamak, Mukhdurgandhnashan*<sup>9</sup>
2. *Kushtha – Kafvatshamak, Mukhdurgandhnashan*<sup>10</sup>
3. *Indrajav- Tikat, Kashay, Kafpittashamak, Vranaropan*<sup>11</sup>

#### Result-

*Charvan* with *Krushan jirak, Kushtha* and *Indrajav* shows significant reduction in the sign and symptoms of *Pittaj Mukhapak* (Aphthous ulcer).

Sr. No.	Lakshan or symptoms/Signs	Before treatment	After treatment ( At 4 <sup>th</sup> Day)
1	Burning and combusting type of pain with feeling of bitterness in the mouth	Severe	Mild
2	Burning type of red and yellow coloured crackling thing blisters / boils or ulcers in the mouth	Moderate	Mild
3	Ulcers in the mouth are formed like that of the ulcers formed by alkali burn	Moderate	Mild

## Conclusion

The study showed significant relief in the patient's symptom therefore *Charvan* is one of the line of management for Pittaj Mukhapakh (Apthous Ulcer) as per Ayurvedic science.

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