

REVIEW ON MUKHAPAK WITH SPECIAL REFERENCE TO RAKTAVAHA STROTAS

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ABSTRACT

Ayurveda is the science of life, which is mentioned amongst the most ancient medical science of world. It is mainly interested in the maintenance of health as well as promotion of positive health of healthy person by following the daily activities described in Samhita's. Ayurveda have mentioned many basic concepts like Tridosha, Saptadhatu, Sira, Dhamani, Strotas etc. which play very important role in the good health of a person. Dushti of these will leads to many diseases among which the Mukhapak is explained under the raktavaha strotodushti. Now day's people are more prone to have Aahar like spicy, oily, instant and chat foods along with cold drinks etc. Also having the Addictions like Tobacco chewing, smoking, alcohol consumptions along with vihar like late night sleeping, Improper timing of meals which leads to Pittaprakop and raktadushti results in formation of Mukhapak roga.

KEYWORDS: Mukhapak, Raktavaha stroas, Hetu, Aahar-vihar

INTRODUCTION

Due to intake of improper Aahar and practicing the wrong methods of vihar, the Strotas get vitiated which causes the diseases affecting the day to day activities of person. Among them Mukhapak is a common disease which is also explained under the 40 Pittaj nanatamaja Vikara's by Acharya Charak.¹ It is also consider under raktadushtijanya rog by Acharya Charak in Vidhishonitiya Adhyaya.² It is also called as Sarvasar Mukharoga which is classified as Vataj, Pittaj, Kaphaj by Acharya Sushruta.³ In modern medicines, various treatment modalities are tried like antibiotics, anti-inflammatory, anaesthetic drugs, supplements like vitamins etc. which are not satisfactory. As these remedies are resulting

to give only relief from the pain & inflammation having no 100% cure to satisfy the patient. Also they may produce the side effect which troubles the patient. Ayurveda will give positive results in this condition. Hence, getting the fame in all over world. Also in present days, people are highly qualified & conscious about their health, so, they choose the natural ways of therapy having no adverse effects & give the positive results for which Ayurveda is best pathy.

OBJECTIVES

1. To study the etiopathogenesis of Mukhapak with Ayurvedic perspective.

2. To study the Raktavaha strotas dushti according to Authentic Ayurvedic literature in detail.

REVIEW OF LITERATURE

Among the mukharogas, mukhapak is one of the common diseases which occur in all over the oral cavity, seen in any age group. It is also called as the sarvasar roga. The gatiyukta vitiated Anil is moving throughout the interior of mouth producing ulcers in different places of oral cavity which are arun varnatmak & dry, producing the redness of lips. Tongue becomes intolerant to cold substances, feels heavy, cracked, full of thrones. There is difficulty in opening the mouth is called as the mukhapak.⁴

CLASSIFICATION

Aacharya Charak	Aacharya sushrut	Aacharya vagbhat, sarngadharacharya	Aacharya Madhav, Bhavaprakash
Vataj mukhapak	Varaj sarvasar	Vataj mukhapak	Vataj mukhapak
Pittaj mukhapak	Pittaj sarvasar	Pittaj mukhapak	Pittaj mukhapak
Kaphaj mukhapak	Kaphaj sarvasar	Kaphaj mukhapak	Kaphaj mukhapak
Sannipataj mukhapak	-	Raktaj mukhapaK	-
-	-	Sannipataj mukhapak	-

Etiology of Mukhapaka

1) Ahitasevan –

All types of disease are produced due to ahitasevan or improper Aahar vihar causing

the vitiation of doshas. Hence, the improper Aahar-vihar is considered as the basic Nidana for disease formation.⁵

2) Hetu –

Aaharaj hetu-

Mansahar –

1.Aanup mansa – Madhur, snigdha, guru, pichila, abhishandi gunatmak and kaphavardhak.

2.Mahish – Madhur, snigdha , ushna and guru gunatmak.

3.Varaha – Guru, snigdha gunatmak

4.Mastya – Madhur, snigdha, guru gunatmak having ushnavirya, kaphapittavardhak and creats many vikar.

Shakahar-

1.Masha – Rasa- Madhur

i.Guna – Guru, Snigdha,

ii.Virya – Ushna ,

iii.Vipak - Madhur,

iv.Doshakarma – kaphavardhak, pittakarak

2.Moolak – Laghu gunatmak with ushna virya.

Dugdhar-

1) Dadhi – Guru, Snigdha, Gunatmak, Abhishandi, Aamlavipaki. Ushnavirya, Kaphapittavardhak, Shothakark, Creats Rakta vikar.

2) Kshira – Snigdha, Madhur, Shita gunatmak

Ikshu-

1) Ikshurasa –

Dantanishpidit: Madhur, Shita, Snigdha gunatmak, Kaphavardhak, Avidahi ,

Extraction from yantra: Guru, vidahi, vishtamdi.

2) Phanita :Guru, Abhishandi.

-Viharaj Hetu -

-Sleeping in prone position is responsible for collecting the prakupit doshas in the oral cavity to creat the mukharogas.

- Avoiding the dantadhavan will create the unhygienic condition of mouth producing the mukhapak.

- If vaman, Siraverdhan, Gandush, dhumpān etc. vidhi are not done in the proper rutu the doshas will get prakupit producing the mukharoga.⁶

3) Mukhapak is produced due to the atiyoga of kaval, gandush and pratisaran. Due to shodhan type of kaval (ksharadi reasons) buccal mucosa get irritated to produce mukhapak.⁷

4) In children due to intake of vitiated stanya milk by tridosha, mukhapak occurs which explained under the kshiralasak roga.⁸

5) Pittaj jwar is also one of the cause for the formation of mukhapak.⁹

6) Mukhapak is also produced due to revati graha rosha in children.¹⁰

7) Mukhapak is one of the paitik vikar created due to calamity by deviation in celibacy. Hence, in rogavastha one should follow Bramhacharya.¹¹

These all types of hetu are Mostly kapha – pitta dosha vardhak and rakata dhatu dushtikar. So, in the formation of mukhapak disease kapha, pitta dosha and rakta dhatu are mostly involved.

SAMPRAPTI OF MUKHAROGA

There is no specific samprapti mentioned for the mukhapak separately. Hence the common samprapti of mukharogas can be taken for disease formation. Due to nidansevan, as discussed in etiology the kaphadi doshas get prakupit along with the rakta dhatu producing the mukhapak.

REVIEW OF RAKTAVAHA STROTAS

Raktavaha strotas Dushti karan-

1)Due to vidahijanya aahar along with the excessive snigdha, ushna, drava padartha seven and peya like madya, also excessive

exposure to sun and vayu causes the vitiation of raktavaha strotas.¹²

By habitual intake of vikrut, excessive, tikshna and hot madyapan, other drinks, with these similar qualities, too much salt & alkali, sour & pungent substances, horse gram, black gram, legumes, sesamum oil, tubers, salads, meat of aquatic, marshy, animals, those living in holes and snatching birds, excessive intake of curd, sour curd, water, vinegars, and other sour fermented liquids, use of antagonistic, stale and decomposed food, items, excessive day sleep after taking liquid, unctuous and heavy food, excessive intake of food, excessive anger, exposure to sun & wind, suppression of the urge of vomiting. Avoiding bloodletting in prescribed time, too much exertion, injury, heat, indigestion & taking meal during indigestion, over meal & naturally in the autumn blood becomes impure.¹³

2)The Aahar vihar having the similar qualities of vatadi dosha's and opposite qualities of rasadi dhatu's will vitiate the strotas.¹⁴

3)Due to seven of pitta prakopak Ahar vihar along with the intake of drava, snigaha, guru padartha, rakta gets vitiated. Sleeping in day, anger, exposure to sun and fire, exertion, trauma, indigestion, adhyashan etc are also responsible for rakta prakop.¹⁵

Rakta dushtijanya roga- Mukhapak is considered under Rakta dushtijanya roga by Acharyas.

DISCUSSION

Mukhapak is a common disease of the oral cavity seen in the daily life. The kapha, pitta, vata dosha, and rakta dhatu are involved in the pathogenesis of disease. The raktavaha strotas get vitiated due to following hetu.

Aaharaj Hetu-

Vidahi food, intake of excessive snigdha, ushna and drava padarth, Lavan Amla katu rasatmak padarth seven.

Viharaj Hetu-

Excessive exposure to sun and wind, sleeping in day, external injuries, excessive exertion.

Manas Hetu_

Excessive anger.

According to Acharya sushrut, the pitta prakopak ahar-vihar is the cause of raktadushti also.

The hetu involved in mukhapak pathogenesis are responsible for the vitiation of rakta dhatu also.

Acharya's explained the mukhapak under the raktdushtijanya Vikar. The etiology is mostly common for mukhapak rog and raktavaha srotodushti.

Hence, raktavaha strotas dushti occurs in the mukhapak disease.

CONCLUSION

Mukhapak is common disease of oral cavity. It is the disease of raktavaha strotas. Etiology of mukhapak involves the rakta dhatu dushti along with doshas. Due to intake of ushna, tikshna gunatmak padartha the raktavaha strotas get vitiated.

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