

Research Article**Open Access****Clinical efficacy of *Ashwattha Choorna Lepa* in the management of *Mukhapaka***Krishan Kumar¹, Ashutosh Kumar Jain², Smita Paul^{2*}¹Dept. of Kaumarbhritya, Balrog, Shekhawati Ayurvedic Medical College, Pilani-Rajasthan, India.²Dept. Rog Nidan Evam Vikriti Vigyan, Rani Dullaiya Smriti Ayurved P.G. College and Hospital, Bhopal, India.

Abstract: *Mukha* (mouth) is one of the important parts of body and it is exposed to various risk factors due to the bad habits like tobacco chewing and smoking etc. *Mukhapaka* is pathological condition related to *Mukha* which occurs due to the simple cut, eating hot food items, unhygienic cleaning, vitamins deficiencies and adverse reaction of antibiotics. *Lalasarava*, *Glani*, *Dugdha Dwesha*, *Vyatha* and *Nasa Shwasa* etc. are general symptoms of *Mukhapaka*. As per ayurveda *Mukha Rogas* is *Pittaja Nanatmaja* and *Rakta Pradoshaja Vikara* and around 20% of population is suffering with this problem. Ayurveda described various treatment modalities for the management of *Mukhapaka*; *Ashwattha Choorna Lepa* is one of them, present article established efficacy of *Ashwattha Choorna Lepa* in *Mukhapaka*. The study concluded that *Lepan-Karma* with ayurveda formulation *Ashwattha Choorna* offers beneficial effects in mouth ulcer.

Key words: *Ayurveda*, *Mukha*, *Mukhapaka*, *Ashwattha Choorna*, *Lepan-Karma*.

Introduction

Mukhapaka is painful condition of *Mukha* which can be correlated with mouth ulcer as per modern science; ripening, inflammation and pain are the main feature of *Mukhapaka*. It is curable and not considered threat to life but it may affect quality of life style.¹⁻⁵ *Acharya Sushruta* described *Mukhapaka* as *Sarvasara Roga* due to its spread in complete oral cavity. It can affect internal part of mouth which appears as small cut/wound inside the oral cavity and create lot of pain whenever sensitize during consumption of meal.³⁻⁸

The *Samprapti* of *Mukhapaka* involves *Pitta* and *Kapha Dosha Vaishamya*, *Rasa*, *Rakta* & *Mamsa Dhatu Durbalata* and *Mukha Kuhara Khavaigunya*. There are various therapeutic approaches prescribed by ayurveda for the management of *Mukhapaka* including; *Samshodhana Chikitsa* (*Virechana* with *Sukha Virechaka Dravyas*), *Shamana Chikitsa* (*Bahya* and *Abyatara*), use of herbal formulation along with good conduction of *Ahara-Vihara*. *Sheeta Virya Ahara*, *Truna Dhanya* like *Shastikashali*, *Godhuma*, *Yava*, *Kulatha*, *Harita Varga Karavellaka*, *Balamoola* and *Ghritha* are recommended in *Mukhapaka*.⁵⁻⁹ Tradition drugs such as; *Gomutra*, *Godugdha*, *Kwatha* of

Panchavalkala, *Kwatha* of *Triphala* and *Kwatha* of *Pancha Pallava* may also advised for the management of *Mukhapaka*.

Lepan-Karma with *Sheeta Virya* and *Varna Ropak Dravyas* offers beneficial effects in cuts/wounds; considering this fact present study was planned to evaluate efficacy of *Ashwattha Choorna Lepan-Karma* in the management of *Mukhapaka*.⁹⁻¹²

To evaluate efficacy of *Ashwattha Choorna Lepa* in the management of clinical symptoms of *Mukhapaka*. To assess the reduction in severity of disease's signs & symptoms after *Lepan-Karma* with *Ashwattha Choorna*.

Materials and Methods

Patients possessing signs and symptoms of *Mukhapaka* were selected from *Kaumarabhritya* department of Rani Dullaiya Smriti Ayurved P.G. Mahavidyalaya Evam Chikitsalaya, Bhopal, India. Patients were randomly selected based on inclusion and exclusion criteria. Total 30 patients were participated in effectively in clinical study.

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Inclusion Criteria:

- Children possessing classical signs and symptoms of *Mukhapaka* selected randomly irrespective of sex, religion, and socio-economic status.
- Patients between the age group of 1 year to 10 years were selected for the study.

Exclusion Criteria:

- Age below 1 year and above 10 years.
- Patients suffering from serious systemic illness which may interfere with course of treatment.
- Patients having non-healing chronic ulcers, malignancy and syphilis etc.

Drug Preparation:

Ashwattha Choorna was selected as trial drug for study since it was mentioned in *Yogaratanakara* for same. The *Choorna* was prepared with leaves and bark of *Ashwattha* tree which were dried before grinding. *Lepa* of *Ashwattha Choorna* in *Madhu* was applied on the affected parts of oral cavity.

Treatment protocol:

- ❖ **Dosage form (Kalpana):**
Choorna.
- ❖ **Anupana:**
Honey.
- ❖ **Dose:**
As required depending upon size of ulcer.
- ❖ **Administration frequency:**
Four times in a day for seven days.
- ❖ **Duration of treatment:**
14 days.
- ❖ **Follow up:**
Weekly.

Assessment Criteria:

The effect of therapy was assessed based on improvement in clinical signs and symptoms of disease.

Following symptoms (Lakshana) were included in study for assessment purpose:

- *Lalasarava*
- *Dugdha Dwesha*
- *Vyatha (Shula)*
- *Grasita Dugdha Chhardana*
- *Nasa Shwas*

Procedural Conduction of Clinical Study:

The *Lepa* of *Ashwattha Choorna* in *Madhu* was applied over ulcer present in internal oral

cavity of selected patients with care that no part of ulcer left without *Lepa*. The *lepa* was removed after sometimes with cotton and lukewarm water. Patients were advised to follow good conduction of *Ahara-Vihara* so to achieve maximum beneficial effects of therapy. The patients were called weekly basis and effect of therapy was measured on the basis of assessment criteria.

Results and Discussion

All 30 patients were treated with *Ashwattha Choorna Lepa* for stipulated time. Study observed significant improvement in symptoms such as; *Lalasarava* (72%), *Dugdha Dwesha* (71%), *Vyatha* (69%), *Grasita Dugdha Chhardana* (70%) and *Nasa Shwas* (70%). The results described in **Table 1** also presented graphically in **Figure 1**. Study found that 16% patients cured completely, 56% patients received marked improvement while 26% patients showed moderate improvement.

Effect of therapy on Lalasarava:

Ashwattha Choorna Lepa offers 75% improvement in *Lalasarava* which was found to be statistically significant ($p < 0.001$). This result of formulation may be attributed to the *Varna Ropak* and *Sheeta Virya* property of formulation.

Effect of therapy on Dugdha Dwesha:

Study observed 71% improvement in symptoms; *Dugdha Dwesha* after the application of *Ashwattha Choorna Lepa* with statistically significant level ($p < 0.001$). The *Pitta Shamak*, *Varna Ropan* and *Daha Hara* properties of *Ashwattha* considered responsible for this effect.

Effect of therapy on Grasita Dugdha Chhardana:

The improvement was found to be 70% in *Grasita Dugdha Chhardana* after treatment with *Ashwattha Choorna Lepa* (statistically significant $p < 0.001$). The *Kashaya Rasa* of *Ashwattha* produces *Sthamban Karma* which was considered responsible for relief in *Grasita Dugdha Chhardana*.

Effect of therapy on Vyatha (Shula):

Ashwattha Choorna Lepa provides 69% relief in *Vyatha (Shula)* which was also found statistically significant ($p < 0.001$). This effect of therapy attributed to the *Vrana Ropaka* and

Sheeta Virya properties of *Ashwattha* which resulting *Karmukata* effect.

Effect of therapy on *Nasa Shwas*:

The study observed 70% improvement in *Nasa Shwas* which was also found to be statistically significant at level $p < 0.001$. The *Shotha Hara* property of *Ashwattha* offers improvement in *Nasa Shwas* symptoms.

Table 1: Effect of Treatment on Assessment Parameters.

| Parameters | Effect of Treatment on Follow up 14 th day | | | P value |
|--------------------------------|---|---------------------------|------------------------|---------|
| | Before Treatment (mean±Sd) | After Treatment (mean±Sd) | % Improvement (Relief) | |
| <i>Lalasrava</i> | 2.93 | 0.76 | 73.94 | <0.001 |
| <i>Dugdha Dwesha</i> | 2.85 | 0.81 | 71.57 | |
| <i>Vyatha (Shula)</i> | 2.649959 | 0.81 | 69.32 | |
| <i>Grasita Dugdha Chardana</i> | 2.56 | 0.76 | 70.08768 | |
| <i>Nasa Shwasa</i> | 2.41 | 0.71 | 70.31 | |

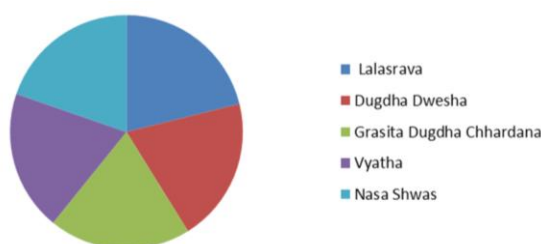


Figure 1: Effect of Treatment on Assessment Parameters.

Probable Mode of Action of *Lepa* Therapy:

Ashwattha Choorna Lepa offered beneficial effects in *Mukhapaka* due to its *Kashaya Rasa* and *Sheeta Virya*. *Ashwattha Choorna Lepa* provides *Shamana* and *Ropana Karma*; it also helps to pacify vitiated *Pitta* and *Rakta Dosha* in *Mukha-Roga*. *Sheeta Virya*, *Varna Ropan* and *Daha Hara* properties of *Ashwattha Choorna Lepa* play vital role towards the therapeutic response in *Mukhapaka*.


Veerya of *Lepa* enters effective site through *sira* after being transformed through skin which provides relief in pain and sensitization of ulcer. The physico-chemical properties of drug in *lepa* forms increases due to the trans-dermal delivery system which also enhances bioavailability of drug. The drug molecules of the formulation after penetrating through the stratum corneum into dermis produce characteristic pharmacological response through receptors faster than systemic circulation. Transdermal absorption sometimes provides delayed release of drug molecule due to moderate diffusion rate which ultimately offers prolong and sustained effect of drug for longer duration.³⁻⁸

Conclusion

The ayurveda preparation '*Ashwattha Choorna*' was given to patients of *Mukhapaka* in the *Lepa* form. *Ashwattha Choorna Lepa* found to offered beneficial effects in *Mukhapaka* due to its *Kashaya Rasa* and *Sheeta Virya*. *Ashwattha Choorna Lepa* possesses property of *Shamana* and *Ropana Karma*. *Lepa* of *Ashwattha Choorna* provides *Shamana* of *Pitta* and *Rakta Dosha*. *Ashwattha Choorna Lepa* improves oral hygiene and reduces clinical symptoms of *Mukhapaka*. Finally, study concluded that *Ashwattha Choorna Lepa* may be employed for the management of *Mukhapaka*, however further study on large population also recommended.

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