Clinical efficacy of Ashwaththa Choorna Lepa in the management of Mukhapaka

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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. Lalasrava, Gliani, Dugdha Dvesha, 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; Ashwaththa Choorna Lepa is one of them, present article established efficacy of Ashwaththa Choorna Lepa in Mukhapaka. The study concluded that Lepan-Karma with ayurveda formulation Ashwaththa Choorna offers beneficial effects in mouth ulcer.

Key words: Ayurveda, Mukha, Mukhapaka, Ashwaththa 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 Sarvosastra Roja 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 Vaishayani, Rasa, Rakta & Mamsa Dhatu Durbalata and Mukha Kuhara Khavaigunya. There are various therapeutic approaches prescribed by ayurveda for the management of Mukhapaka including; Sanshodhana Chikitsa (Virechana with Sukha Virechaka Dravyas), Shamana Chikitsa (Baliya and Abyatara), use of herbal formulation along with good conduction of Ahara-Vihara. Sheeta Virya Ahara, Truna Dhanyata like Shastikashali, Godhumata, Yava, Kalathata, Harita Varga Karavellaka, Balamooala and Ghrittha are recommended in Mukhapaka.⁵⁻⁸ 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 Repak Dravyas offers beneficial effects in cuts/wounds; considering this fact present study was planned to evaluate efficacy of Ashwaththa Choorna Lepan-Karma in the management of Mukhapaka.⁹⁻¹² To evaluate efficacy of Ashwaththa 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 Ashwaththa Choorna.

Materials and Methods
Patients possessing signs and symptoms of Mukhapaka were selected from Kaumararbhritya 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 Yogaratnakara 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:
- Lalasrava
- 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-Vihar 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; Lalasrava (72%), Dugdha Dwesha (71%), Vyatha (69%), Grasita Dugdha Chardana (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 Lalasrava:
Ashwattha Choorna Lepa offers 75% improvement in Lalasrava 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 Shamban 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

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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.

<table>
<thead>
<tr>
<th>Parameters</th>
<th>Before Treatment (mean±Sd)</th>
<th>After Treatment (mean±Sd)</th>
<th>% Improvement (Relief)</th>
<th>p value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lalasrava</td>
<td>2.93</td>
<td>0.76</td>
<td>73.94</td>
<td></td>
</tr>
<tr>
<td>Dugdha Dwesha</td>
<td>2.85</td>
<td>0.81</td>
<td>71.57</td>
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</tr>
<tr>
<td>Vyatha (Shula)</td>
<td>2.649959</td>
<td>0.81</td>
<td>69.32</td>
<td>&lt;0.001</td>
</tr>
<tr>
<td>Grasita Dugdha Chardana</td>
<td>2.56</td>
<td>0.76</td>
<td>70.08768</td>
<td></td>
</tr>
<tr>
<td>Nasa Shwasa</td>
<td>2.41</td>
<td>0.71</td>
<td>70.31</td>
<td></td>
</tr>
</tbody>
</table>

**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 sirs 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. Lepan 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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