Effect of vagbhattokta tambula sevana as per ayurveda on mukha roga

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Abstract: The diseases of oral cavity termed as Mukhara in Ayurveda which involve various pathological conditions such as; Danta Gata Roga and Aushta Gata Roga etc. Ayurveda described that Mukhara may occur at different site of oral cavity and Acharya Charaka has mentioned 64 Mukha rogas in Swavyathu Chikitsa Adhaya depended on Doshik predominance. Vatika Mukha Roga, Patitik Mukha Roga, Kaphaja Mukha Roga and Sannipatik Mukha Roga are some disease of oral cavity emphasized in Ayurveda classic. Vagbhattokta Tambula Sevana is an Upkrama of Dinacharya practices since long in India and it alter pathological manifestation of Mukha rogas. Considering this fact present article described effect of Vagbhattokta Tambula Sevana as an Upkrama of Dinacharya.

Key words: Ayurveda, Vagbhattokta Tambula, Upkrama, Mukharogas.

Introduction

Tambula Sevana is a routine practice conducted since long been in Indian society. As per traditional Ayurveda classic chewing of betel leaves with Karpura, Kankola, Jatiphal, Lavanga, Sudha, Katuka, Poogaphala & Khadir offers beneficial effect such as; cleaning of mouth, provide good smell, improve complexion, clean throat and tongue, it also mitigates excess saliva which offer good effect for heart and cures diseases of throat. As per Acharya Vagbhatta Tambula Sevana affects pathological symptoms such as; Aruchi, Mukhadaurghanidha and Mukhavishadya1-6.

Tambuladhikara, Tambuladyaka, Tambuladajini and Tambulika are some termed expressed in ayurveda classic for chewing Tambula or Paan. Tambula referred to facilitate Sadhak in chewing Dharna, Yasha Aisvarya, Srinairgya and Mukti. Tambula should be chewed along with Jatiphal, Lavanga, Karpoora, Kankola, katuka, Poogaphala Sudha and Khadir. It is harmful to person suffering from bleeding disorder, chest injury, emaciation, eye disease, tuberculosis and intoxication. Tambula Sevana is beneficial when consumed after wake up from sleep, after meals, after bath and after vomiting. It is beneficial for cleaning mouth and offering good smell, beautiful appearance and cures diseases of throat1-8.

The present study is aimed to analyse the effect of Vagbhattokta Tambula Sevana as an Upkrama of Dinacharya.

Materials and Methods

Prepared Tambula as per Acharya Vagbhatta consisted of Tambula along with Jatiphal, Lavanga, Karpoora, Kankola, Katuka, Poogaphala Sudha and Khadir. All the ingredients of Tambula Sevana were obtained from Rani Dulliya Smriti Pharmacy and converted to coarse powder for final preparation. Total 30 patients of oral problems were selected according to classical sign and symptoms of Mukha rogas. Considering this fact present article described effect of Vagbhattokta Tambula Sevana as an Upkrama of Dinacharya.

Study Design

Selected 30 patients were allotted in a single group and assessed by using both subjective and objective parameters before, during and after treatment, i.e. on day 0, 7th day and 15th day of study, Sevana Kaal after lunch for 15 days.

Preparation of Tambula:

Tambulapatra filled with lime, Khadir and spread it properly over the leaves followed by addition of Karpur, Jatiphal, kankol, Lavang, katuka, Poogaphala (each 250 mg and

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http://dx.doi.org/10.21746/ijbpr.2019.8.3.1
two Lavanga), that after leaves were folded to form a conical structure of Tambula.

**Procedure of Tambulasevana Vidhi**

During Sevana of Tambula the first Rasa act as poison, second Rasa acts as Bhedi and Durjarie which resulting Malbhedan and not easily digestible therefore it is recommended to avoid first and second Rasa. The third Rasa acts as Rasagana and Amrita, assessment of pH will be done two times 1st day (before treatment) & 15th day (after treatment).

**Inclusion Criteria:**
Patients belong from age group between 20 to 60 years irrespective of sex & religion.
Patients possess complaints of Aruchi, Mukhavaishadya and Mukhadaurghandhya.

**Exclusion Criteria:**
Patients having symptoms such as; Urakshat, Raktapitta, Ruksha, Abhishyanda, Vishart, Madart, Murchhit, Mukhashosha and Garbhini.
Patients having Pittajvyadhi & mouth ulcer Patients having age below 20 years & more than 60 years.
Patients of serious illness.

**Subjective Assessment Parameters:**
Aruchi
Mukhavaishadya
Mukhasaugandhya

**Objective Assessment Parameters:**
PH of saliva

**Examination of oral pH:**
Tip of the pH strip was allowed to hold in the mouth of the patient then strip was kept in the mouth for about 30 seconds, removed, allowed to dry and compared with standard. The pH range was divided into 4 grades as follows:
- pH 7: Normal
- pH 6.9 to 6: Mild acidic
- pH 5.9 to 5: Moderate acidic
- pH 4.9 to 3: Severe acidic

**Grading of parameters:**

**Table 1:** Grading of assessment parameters

<table>
<thead>
<tr>
<th>Aruchi</th>
<th>Mukhapaichilaya</th>
<th>Mukhadaurghandhya</th>
<th>Grade</th>
</tr>
</thead>
<tbody>
<tr>
<td>No loss of taste</td>
<td>No feeling of clean mouth</td>
<td>No odour</td>
<td>0</td>
</tr>
<tr>
<td>Mild loss of taste</td>
<td>Mild feeling of clean mouth for Few hours</td>
<td>Mild odour</td>
<td>1</td>
</tr>
<tr>
<td>Moderate loss of taste</td>
<td>Moderated feeling of clean mouth</td>
<td>Moderate odour</td>
<td>2</td>
</tr>
<tr>
<td>Severe loss of taste</td>
<td>Severe that is bad feeling of clean mouth</td>
<td>Severe odour</td>
<td>3</td>
</tr>
</tbody>
</table>

**Procedural Protocol:**

**Sample size:** 30 patients.

**Drug:** Tambulapatra, Jatiphal, Lavang, Karpur, Kankol, Katuki, Pugaphal, Sudha, Khadir.

**Procedure:** Tambula Sevana.

**Dose:** Tambula Patra, small quantity of quicklime, Khadir, Karpur, Jatiphal, Lavang, Katuka, Poogphala and Lavang.

Duration of treatment: 15 days.

**Follow up:** 1st assessment on 7th day and 2nd assessment on 15th day.

**Results**

All the subject and objective parameters i.e. Aruchi, Mukhavaishadya, Mukhadaurghandhya and salivary pH was improvement significantly after the treatment. The relief in Aruchi was observed 56.66% by therapy and this result considered as statistically significant (p <0.001). Study observed 45.57% relief in Mukhavaishadya after Tambula Sevana and the difference between mean before and after treatment was significant at p <0.001. Mukhavaishadya of patients decreased significantly after Tambula Sevana. It was also observed that Mukhadaurghandhya improved significantly and 43.39% relief in Mukhadaurghandhya was observed before and after therapy.

**Table 2:** Percentage relief in assessment parameters:

<table>
<thead>
<tr>
<th>Assessment parameters</th>
<th>% Relief</th>
</tr>
</thead>
<tbody>
<tr>
<td>Aruchi</td>
<td>56.66</td>
</tr>
<tr>
<td>Mukhavaishadya</td>
<td>45.57</td>
</tr>
<tr>
<td>Mukhadaurghandhya</td>
<td>43.39</td>
</tr>
<tr>
<td>Salivary pH</td>
<td>Normal</td>
</tr>
</tbody>
</table>

The overall effect of therapy also recorded, and it was found that 20% patient received complete cure, 23.33% patient improved markedly, 33.34% acquired moderate relief and 13.33% patient got mild improvement while 10% patients remain unchanged.

http://dx.doi.org/10.21746/ijbpr.2019.8.3.1
Discussion on probable mode of action of Tambula Sevana:

Material (ingredients) used in study having Tikta, Katu rasa opposite to Kapha dosha, the Tambula also having Krimihar property thus directly acts on oral microbes. Tambula Sevana stimulates salivary glands enhance secretion of saliva which help to maintains normal pH of mouth to prevents the growth of bacteria. The salivation enhances epidermal growth factor which helps to repair damaged tissues in mouth and oesophagus. The Laghu, Ruksha, Tikshna guna, Tikta rasa, Katu vipaak and Ushna veerya offers beneficial effect in Aruchi, Mukhadaurgandhya, Mukhavaiishadhya and possesses Kaph dosha shamak effect. Katu rasa reduces Bodhak Kapha in mouth & help to clean mouth, Tambula improves taste of food, it also offers gastro protective, antioxidant, cardio protective and immune modulator response. Contents of Tambula help to maintain oral hygiene to pacify Kapha dosha and it also offers wound healing property8-12.

Conclusion

Tambula Sevana is very useful to cure many ailments including; Aruchi, Mukhavaiishadhya and Mukhadaurgandhya. Tambula normalize oral pH and offer antimicrobial property, hence Tambula maintain oral health and cures problems related to tongue, teeth and throat. Thus, it can be concluded that Tambula cures disorders of oral cavity however study on large population considering adverse effect is also suggested.

References


Cite this article as:

http://dx.doi.org/10.21746/ijbpr.2019.8.3.1

Source of support: Nil; Conflict of interest: Nil.