

### Review Article

## Review article on Mukhapak w.s.r. to Raktavaha strotas

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Article Received on: 26/01/2021 Accepted on: 16/03/2021 Published on: 31/03/2021

#### 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 concept 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.<sup>1</sup>

Now day's people are more prone to have Aahar like spicy, oily, instant & 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 & raktadushti results in formation of Mukhapak roga.

**KEY WORDS:** Mukhapak, Raktavaha stroas, Hetu, Aahar-vihar

#### INTRODUCTION:

Due to intake of improper Aahar & 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. It is also consider under raktadushtjanya rog by Acharya Charak in Vidhishonitiya Adhyaya.<sup>2</sup>

It is also called as Sarvasar Mukharoga which is classified as Vataj, Pittaj, Kaphaj by Acharya Sushruta.<sup>3</sup>

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 help in this condition having no side effects as much as modern

medicine. 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 & gives the positive results for which Ayurveda is best pathy.

#### REVIEW OF LITERATURE-

Among the mukharogas, mukhapak is one of the common disease which occurs 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.<sup>4</sup>

#### CLASSIFICATION:

**Table No. 01: Classification of Mukharoga according to different Acharyas**

Acharya charak	Acharya sushrut	Acharya vagbhat, sarngadharacharya	Acharya 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 Mukhapak -****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.<sup>5</sup>

**Hetu -****Aaharaj hetu-****Mansahar -**

- Aanup mansa - Madhur, snigdha, guru, pichila, abhishandi gunatmak & kaphavardhak.
- Mahish - Madhur, snigdha, ushna & guru gunatmak.
- Varaha - Guru, snigdha gunatmak
- Masty - Madhur, snigdha, guru gunatmak having
- ushnavirya, kaphapittavardhak & creates many vikar.

**Shakahar-**

- Masha -
  - Rasa- Madhur
  - Gunu - Guru, Snigdha,
  - Virya - Ushna ,
  - Vipak - Madhur,
  - Doshakarma - kaphavardhak, pittakarak
- Moolak - Laghu gunatmak with ushna virya.

**Dugdhahar-**

- Dadhi - Guru, Snigdha, Gunatmak, Abhishandi, Aamlavipaki. Ushnavirya, Kaphapittavardhak, Shothakark, Creates Rakta vikar.
- Kshira - Snigdha, Madhur, Shita gunatmak.

**Ikshu-****Ikshurasa -**

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

Extraction from yantra: Guru, vidahi, vishtamdh.

Phanita: Guru, Abhishandi.

**Viharaj Hetu -**

- Sleeping in prone position is responsible for collecting the prakupit doshas in the oral cavity to create the mukharogas.
- Avoiding the dantadhavan will create the unhygienic condition of mouth producing the mukhapak.
- If vaman, Siraverdhan, Gandush, dhupan etc. vidhi are not done in the proper rutu the doshs will get

prakupit producing the mukharoga.<sup>6</sup>

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

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

5. Pittaj jwar is also one of the cause for the formation of mukhapak.<sup>9</sup>

6. Mukhapak is also produced due to revati graha rosha in children.<sup>10</sup>

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

These all types of hetu are Mostly kapha - pitta dosha vardhak & rakata dhatu dushtikar. So, in the formation of mukhapak disease kapha, pitta dosha & 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 kaphadi doshas gets prakupit producing mukharogas.

**Ayurvedic Review of Raktavaha Strotas-**

Raktavaha strotas Dushti karan-

1) Due to vidahijanya aahar along with the excessive snigdha, ushna, drava padartha seven & peya like madya, also excessive exposure to sun & vayu causes the vitiation of raktavaha strotas.<sup>12</sup>

By habitual intake of vikrut, excessive, tikshna & 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 & snatching birds, excessive intake of curd, sour curd, water, vinegars, & other sour fermented liquids, use of antagonistic, stale & decomposed food, items, excessive day sleep after taking liquid, unctuous & 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.<sup>13</sup>

2) The Aahar vihar having the similar qualities of vatadi dosha's & opposite qualities of rasadi dhatu's

will vitiate the strotas.<sup>14</sup>

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

### 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
- Acharya's explained the mukhapak under the raktdushtijanya Vikar.
- 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.

### CONCLUSION-

- Mukhapak is common disease of oral cavity & it is the disease of raktavaha strotas.
- Due to intake of ushna, tikshna gunatmak padartha the raktavaha strotas get vitiated.

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### Cite this article as:

Varsha A. Samarai, Review article on Mukhapak w.s.r. to Raktavaha strotas, ADJIM 2021: 6(1), p. 05-07.