

**ROLE OF KHADIRADI GUTIKA IN THE MANAGEMENT OF MUKHAPAKA W.S.R  
STOMATITIS****<sup>1</sup>Dr. Bhanu Pratap Gaur, <sup>2</sup>Dr. (Prof.) Jai Kumar Singh and <sup>3</sup>Dr. Mamta Mittal**<sup>1</sup>M.D.(Ay.) Scholar, Dept. of Agad Tantra Evam Vidhi Vaidyaka, Govt. Ayurvedic College, Patna.<sup>2</sup>M.D.(Ay.) Professor and H.O.D Dept. of Agad Tantra evam Vidhi Vaidyaka, Govt. Ayurvedic College, Patna.<sup>3</sup>M.D. (Ay.), Associate Professor Dept. of Shalakya Tantra Govt. Ayurvedic College, Patna.**\*Corresponding Author: Dr. Bhanu Pratap Gaur**

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**ABSTRACT**

The illness that spreads across the mouth is called mukhapaka. It is an inflammation of the face, tongue, and lip mucous membranes. It is a difficulty that everyone faces. Although it could appear to be a small issue, it interferes with day-to-day tasks. Four varieties of Mukhapaka have been identified by Ayurveda: Vataja, Pittaja, Kaphaja, and Raktaja. The symptoms of different forms of Mukhapaka vary. Stomatitis is treated with painkillers, mouthwashes, lotions, corticosteroids, and vitamin B12. The world is looking to Ayurveda these days for its invaluable role in treating any illness. Since Sarvasara Mukharogas spread far throughout the Mukha, they are known as Mukhapaka. Ayurvedic medicine due to their rejuvenating properties, long shelf life, and improved efficacy even in low dosages. Khadiradi Vati is a traditional Ayurvedic preparation with many herbomineral ingredients. Khadiradi Vati is a traditional Ayurvedic proprietary medication made up of several plant- and mineral-based constituents such as Khadira, Javithri, Kankola, Kapoor and Puga. Khadiradi Vati is well-known for its effectiveness in treating conditions related to oral health, especially Mukha Paka. The purpose of this review is to examine Khadiradi Vati's pharmacological characteristics, composition, and therapeutic efficacy. by investigating its overall advantages, safety profile, and modes of action. It balances Vata, Pitta, and Kapha.

**KEYWORDS:** Khadiradi Vati, Mukhapaka, Stomatitis.**INTRODUCTION**

India's oldest science is called Ayurveda. In Ayurveda, health is the most important concept. The preventive and curative aspects are addressed by Ayurveda. Mukhapakas are listed under 40-Pittaja Nanatmaja Vikara, according to Acharya Charaka.

In his analysis of the Sushruta Samhita, Dalhana makes reference to Mukhapakaas a Pittaja. Sarvasara Mukharogas (Mukhapaka) have been divided into four categories by Vikarabut Acharya Susruta: Vataja, Pittaja, Kaphaja, and Raktaja.

Paka and Vrana are created when the degraded Vatadi Doshas reach the Mukha. Ayurvedic medications are dependable, reasonably priced, and extremely beneficial in halting the pathogenesis, alleviating symptoms, and averting additional disease-related consequences. The traditional Ayurvedic method of stoeradicating Mukharogasi, or Kadiradivati, mentions a number of treatments. Stomatitis, also known as mukha paka, is a common yet upsetting ailment that causes inflammation and painful ulcers in the mouth. This illness can seriously

hinder everyday tasks like speaking, eating, and drinking. According to Ayurveda, Mukha Paka is caused by the Pitta dosha, which is in charge of the body's heat and inflammation, becoming vitiated. Khadiradi Vati, a popular polyherbal preparation, is suggested by Ayurvedic scriptures for the treatment of oral conditions. Khadira (Acacia catechu), the main constituent, is a powerful anti-inflammatory, antibacterial, and astringent that makes it a perfect treatment for mouth ulcers. Khadiradi Vati aids in pain relief, inflammation reduction, and faster healing when used with herbs like Javitri, Kapoor, and Kankola. Its capacity to calm Pitta, cleanse the mouth, and encourage tissue healing accounts for its efficacy in treating Mukha Paka.

**AIM AND OBJECTIVES**

Reviewing a conceptual study on the illness Mukhapaka is the goal of the current investigation.

**OBJECTIVES**

To examine Khadiradivati in accordance with Ayurveda and Mukhapaka Vyadhi in accordance with Ayurveda.

### Review of Ayurvedic Literature

According to Acharya Sushruta, mukharogas can be found in seven locations, or Saptaayatanai: Sarva Mukha (oral cavity), Jihwa (tongue), Talu (palate), Dantamoola (gums), and Aushtha (lips).

The primary Dosha in Mukharogas is Kapha. Acharya Sushruta states that there are four forms of Sarvasara Mukharogas (Mukhapaka): Vataja, Pittaja, Kaphaja, and Raktaja. In contrast, Acharya Vagbhatta lists eight types of Mukhapakai, including Vataja, Pittaja, Kaphaja, Raktaja, Sannipataja, Urdhavaguda, Pootyasyata, and Arbuda.

Generally speaking, the causes of all illnesses are Ayoga, Atiyoga, and Mithyayoga of Kala, Buddhi, and Indriyarth. Stated differently, the three main causes of disorders affecting the mind and body are brain work, objects of sensory organs, excessive and incorrect use of time, and non-utilization. For Mukharogas, special Nidana has been mentioned in Ayurvedic texts. Generally speaking, the causes of every kind of Mukharoga are listed.

### Samanya Samprapti of Mukharogas

Mukharogas are produced when the dominant Kapha Dosha and other Doshas are worsened due to specific etiological reasons. Mukha is Bodhaka Kapha's sthana. Therefore, the Vikriti of Bodhaka Kapha is affected by the etiological elements of Mukharogas. The primary etiological variables that cause the Vikriti of Bodhaka Kapha are Madhura and Amla Rasa. Mukharogas is mostly caused by Kapha Pradhana Prakupita Doshas as a result of the aforementioned etiological variables.

### Samanya Chikitsa Sutra of Mukharogas

Since Kapha and Rakta Dushti predominate in Mukharogas, Raktamokshana is the primary Chikitsa. Additionally beneficial in Mukharogas are Agni karma, Ksharakarma, Pratisarana, Dhooma, Gandusha, Nasya, Shirovirechana, Kavalagraha, and Koshtha shuddhi via Virechana. Pradhmana Nasya, Vamana, Virechana, Lekhana, and Vata-Pitta-Kapha Shamaka Ahara and Dravyas have all been informed by Acharya Charaka.

### Samanya Pathya of Mukharogas

The Pathya of Mukharogas often includes Trinadhanya, Yava, Mudga, Kulattha, JangalaMamsa Rasa, Karvellaka, Parvala, Komal Muli, hot water, tambarra, tikta, and Katu Rasa. In Mukharogas, Kapha and Rakta Shodhaka Ahara are especially helpful. Swedana, Virechana, Vamana, Gandusha, Pratisarana, Kavala, Raktamokshana, Nasya, Dhumapana, Shastra, and Agnikarma are examples of therapeutic techniques.

### Samanya Apathya of Mukharogas

Adhomukha Shayana, Snana, Kathina Padartha Sevana, Guru Ahara, Diwaswapna, Matsya, Dadhi, Kshira, Guda, Masha, Ruksha, Amla Rasa Dravyas, and the usage of cold water.

### Type of Mukharogas

Mukharogasin Nidanasthana has been described by Acharya Sushruta. In Saptaayatanana, or the seven regions of Aushtha, Dantamoola, Danta, Jihwa, Talu, Kantha, and Sarva Mukha, there are 65 different kinds of Mukharogas. Of them, eight are found in Aushtha, fifteen in Dantamoola, eight in Danta, five in Jihwa, nine in Talu, seventeen in Kantha, and three in Sarva Mukha.

### Mukhapaka

Mukhapaka is the term for the disease that affects the buccal mucosa, which is widely distributed throughout the mouth cavity. Four categories of Mukhapakai—Vataja, Pittaja, Kaphaja, and Raktaja Mukhapaka—have been identified by Acharya Sushruta.

### Causes

1. Dosh dushtikar hetu
2. Sthan vaigunyakar hetu

### Dosh dushtikar hetu

Included in it is ahara hetu, which aggravates the pitta dosha in amashaya and results in mukhapaka. Mukhapaka results from the vitiation of doshas in amashaya caused by hetus such as mansahar, dugdhahar, and ikshuvikruti. These dietary elements are the cause of rakta dhatu dushti and pitta-kapha dosha vitiation.

### Sthan vaigunyakar hetu

It mostly comprises of viharaj hetu, which aggravates Mukha's doshas. Collection of prakupit doshas in the mouth cavity when lying prone. Similar to how atiyoga in Kawal and Gandusha irritates the oral mucosa, it can also result in mukhapaka.

### Types of Mukhapaka

Shushruta, Bhavaprakash & Yogratanakar has explained 3 types of mukhapaka

1. Vataj sarvasara
2. Pittaj sarvasara
3. Kaphaj sarvasara,

### Whereas, Vagbhata explained 8 types of mukhapaka

1. Vataj sarvasara
2. Pittaj sarvasara
3. Kaphaj sarvasara
4. Raktaj sarvasara
5. Sannipataj sarvasara
6. Urdhvagada / Urdhvaguda
7. Arbuda
8. Puti-aasyata.

### Vataja Mukhapaka

Aruna Varna (redness), Tamra Aushtha (redness in the lips), Sheetasha, Guru, Sphutita, Kantakachita Jihwa (heavy, fractured, thorny tongue), Vivranoti Krichha Mukha (difficulty opening the mouth), and Ruksha Vrana (rough ulcer) are all symptoms of the vitiated Vata Dosha.

**Pittaja Mukhapaka**

Rakta-Peeta Vrana (red-yellow ulcer), TiktaVaktrata (pungent mouth), Ausha (pain), Daha (burning sensation), and Ksharokshitakshatasma Vrana (Vrana felt like Kshara).

**Raktaja Mukhapaka**

TiktaVaktrata (pungent mouth), Rakta-Peeta Vrana (red-yellow ulcer), Ausha (pain), Daha (burning sensation), and Ksharokshitakshatasma Vrana (Vrana felt like Kshara).

**Kaphaja Mukhapaka**

Pichehila Vrana (sticky ulcer), Kandu (itching), and Madhurasya (sweetness in the mouth).<sup>[12]</sup>

**Table No. 1: Literary Review Other references of Khadiradi Vati(gutika) in different books.**

SN	Name of the book	Reference
1.	<i>Charaka Samhitha</i>	<i>Charaka Chikitsa Sthana</i> chapter 26/199-207.
2.	<i>Astanga Hridaya</i>	<i>Uttarasthan</i> chapter -22.
3.	<i>Astanga Sangraha</i>	<i>Chikitsa Sthana, Kushta Chikitsa.</i>
4.	<i>Yogarathnakara</i>	<i>Kasa Chikitsa, Mukha Roga Chikitsa.</i>
5.	<i>Bhaishajya Ratnavali</i>	<i>Mukha Roga</i> vol-3.
6.	<i>Gadanigraha</i>	<i>Gutikadikara Chathurdha, Shalaky Tantra Mukharogadhikara.</i>
7.	<i>Ayurvedasara Sangraha</i>	Reference of <i>Yogarathnakara.</i>
8.	<i>Chakradatta</i>	<i>Karna Roga Chikitsa Prakaranam.</i>
9.	<i>Vrinda Madhava</i>	Treatment of oral diseases.
10.	<i>Rasa Yoga Sagara</i>	Reference of <i>Gada Nigraha</i> and <i>Astanga Sangraha.</i>
11.	<i>Rasatantrasara Va Siddha Prayoga Sangraha</i>	Reference of <i>Vrinda Madhava.</i>
12.	<i>Ayurvedic pharmacopeia of India</i>	Reference of <i>Charaka Samhita Chikitsa Stana</i> and <i>Brihat as Yogarathnakara Kasa Chikitsa Adhyaya.</i>

**Table No. 2: Ingredient of Khadiradi Vati (Gutika) Composition.**

Sr. No.	Drarya (Contents)	Rasa	Veerya	Vipak	Guna	Doshanata	Useful Part	Karma
1	Khadir Saar (Acacia Catechu) (4 part)	Tikta Kashya	Shit	Katu	Laghu Ruksha	Khupa Pitahar	Saar	Kandughana, Kushataghana
2	Javitri (Mace/Myristica fragans Linn) (1 part) (1 part)	Tikta Katu	Ushna	Katu	Laghu Tikshana	Khapa-Vatta Shrmak	Fruit Cover	Dipan, Pacha, Vedanhar, Rochan
3	Piper Cubeba (Tiled Paper) Kankol (1 part)	Katu Tikata	Ushna	Katu	Laghu Ruksha, Tikshana	Khapa Vatta Shamak	Fruit	Krimihan Vranaropak, Shotrhar, Durgandi, Nashak
4	Natural Kapoor (Cinna) momum Camphora Nees & Ebem (1 part)	Tikta Katu	Shit	Katu	Laghu Ruksha, Tikshana	Tridosha Shahan	Niryas	Vedanhar, Kohahar, Khathya
5	Kramuka (Area Catechu) Area Nut/betel nut (1 Part)	Kashya Madhur	Shit	Katu	Guru, Ruksha	Tridoshar	Fruit	Stambha, Vranaopak Krimihar

**Table No. 3: Description of Khadiradi Vati (Gutika) as whole.**

Guna	Rasa	Veerya	Vipaka	Doshghata	Roghanta	Dose
Laghu, Ruksha, Tikshana	Katu, Tikta, Kasya	Sheet	Katu	Kapha Vatta Shamak	Discolouration, Dysphagia, Pharyngitis precancerous Lesions, OSMF Mukharog, Sore Throat Halitosis, Dryness of Mouth, Ulcer, Gingival.	As per size of Grain of Gram 250500 mgm Practically 250 mg (4-5 time/day) to be chewed slowly or use like a lozenge.

**Table No. 4: Components of “Khadiradivati” and its Phytochemistry (Chemical Composition) The primary component of Khadiradi vati is catechu, which has flavonoid principles. The Vati (Gutika) also contains the following components.**

S.N	Khadiradi vati	Phytochemistry (Chemical Composition)
1	Khadir	Catechin, Catechuic acid/ Catechu tannic acid
2	Javitri	Myristicin, Myristic acid
3	Kankol	Terpenoids (essential oil), Polyphenolic compounds (phenolic acids, flavonoids and lignans), Alkaloids
4	Kapoor	Cineole, Linalool kramuka, Methyl, Eugenol Guvacine.
5	Puga	Alkaloids, Carbohydrates and , Phytosterols, Phenolic compounds, Tannins

**PHARMACOLOGICAL ACTION**

Khadiradi vati has antiseptic and anti-inflammatory properties in the mouth and other body areas. It works by inhibiting P.G. synthesis of the oral cavity and mouth ulcer sites of inflammation.

**MEDICAL PROPERTIES**

Anti-inflammatory, antimicrobial, antioxidant, antiseptic, astringent, emollient (calming effect of throat), and expectorant are some of the healing qualities of Khadiradivati.

**Mechanism of Action According to Ayurveda**

Mukha Paka, or oral ulcers, can be effectively treated with Khadiradi Vati, a traditional Ayurvedic medicine. Its various components and the holistic principles of Ayurveda must be examined in order to comprehend its mechanism of action. Khadira (Acacia catechu), which has strong astringent qualities, is the main ingredient in Khadiradi Vati. Astringency is linked to the capacity to limit secretions and constrict tissues in Ayurveda. By tightening the oral mucosa, this action helps to cover the ulcerated area with a protective layer. By doing this, Khadira lessens the pain and discomfort related to oral ulcers while also encouraging quicker healing.

This process is especially crucial for controlling Mukha Paka because its astringent properties reduce inflammation and exudation, creating a more conducive healing environment. The antibacterial qualities of Khadiradi Vati are a key component of its efficacy. Herbs with natural antibacterial and antifungal properties, like cardamom and long pepper, are added to the composition. According to Ayurveda, dental health depends on preserving a balanced microbiota. Khadiradi

Vati aids in preventing subsequent infections that can worsen the ulceration by battling pathogenic organisms.

This preventive measure is essential because infections can cause oral ulcers to become chronic, which prolongs suffering and slows healing. Additionally, the formulation's anti-inflammatory qualities are essential to its mode of action. In addition to improving flavor, ingredients like cardamom have anti-inflammatory and anti-swelling properties. Inflammation is frequently linked to an imbalance in the body's doshas, specifically Pitta and Kapha, according to Ayurveda. Khadiradi Vati helps to lessen the redness, swelling, and general discomfort connected to Mukha Paka by correcting these imbalances. Furthermore, Khadiradi Vati's effectiveness is increased by the substances' synergistic impact.

Ayurveda places a strong emphasis on the value of component synergy, where the total effect is greater than the sum of its parts. This all-encompassing strategy guarantees that the formulation not only addresses the symptoms of Mukha Paka but also enhances general oral health and well-being. Additionally, Khadiradi Vati might have immunomodulatory properties. The composition contains several herbs that are thought to strengthen local immunity, which helps the body fight off infections more successfully and lessens the likelihood that oral ulcers may return. For those who are susceptible to repeated Mukha Paka, this prophylactic measure is essential since it offers a holistic approach to long-term dental health.

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successfully and lessens the likelihood that oral ulcers may return. For those who are susceptible to repeated Mukha Paka, this prophylactic measure is essential since it offers a holistic approach to long-term dental health.

## DISCUSSION

A traditional Ayurvedic compound called Khadiradi Vati has drawn interest due to its potential as a treatment for Mukha Paka, or mouth ulcers. This mixture, which is mostly made up of Khadir (Acacia catechu) and other healthy herbs like cardamom and long pepper, is known for its anti-inflammatory, antibacterial, and astringent qualities. Khadir's astringent properties are essential for tightening the tissues of the oral mucosa, which lowers ulcer exudation and speeds up healing. This characteristic is very helpful in reducing the discomfort and anguish brought on by mouth ulcers.

Another important component of Khadiradi Vati's effectiveness is its antibacterial activity. The formulation lowers the risk of secondary infections that could worsen the disease by preventing harmful bacteria and fungus from growing in the mouth cavity. When compared to traditional treatments, clinical tests have shown that patients who use Khadiradi Vati experience much lower pain levels and shorter recovery timeframes. The formulation's anti-inflammatory properties also aid in reducing redness and swelling, which improves patient comfort even more.

Furthermore, Khadiradi Vati's all-encompassing method helps to maintain general oral health in addition to treating the acute symptoms of Mukha Paka. Its components might increase local immunity, which would lower the likelihood of ulcer recurrence. According to safety profiles, Khadiradi Vati is a good choice for a range of patient demographics because it is generally well-tolerated and has few adverse effects.

In conclusion, Khadiradi Vati provides a comprehensive strategy for treating Mukha Paka by fusing traditional knowledge with contemporary medical requirements. It is an important tool in the field of managing oral health because of its efficacy and good safety record. Its place in modern medicine may be cemented by more study, giving patients an all-encompassing alternative for treating mouth ulcers.

## CONCLUSION

Khadiradi Vati, due to its astringent, antimicrobial, and anti-inflammatory properties, is an effective Ayurvedic preparation for treating Mukha Paka, providing many benefits. Its comprehensive technique addresses oral ulcer symptoms while also promoting overall oral health. This formulation is an excellent option for those with oral ulcers because to its efficacy and safety profile.

Additional research and clinical studies are necessary to validate its efficacy and establish consistent dosing for diverse groups. Incorporating Khadiradi Vati into

modern oral healthcare practices may offer a more comprehensive approach to treating Mukha Paka, as the interest in alternative medicine grows, ultimately enhancing patient outcomes and quality of life.

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