



# Management Of Mukhapaka Through Kaval In Ayurveda

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## ABSTRACT –

Mukhapaka (stomatitis) is an oral mucosal disorder characterized by pain, burning sensation, and ulceration, affecting daily activities and quality of life. Ayurveda recommends Kavala therapy for oral disorders, and Spatika Churna is described for its anti-inflammatory, healing, and astringent properties. This randomized controlled trial evaluated the efficacy of Spatika Churna Jala Kaval in patients with Mukhapaka. Patients were randomly divided into a trial group (Spatika Churna Jala Kaval) and a control group (conventional treatment). Assessment included subjective parameters like pain and burning sensation, and objective parameters like ulcer size and erythema. The trial group showed statistically significant improvement compared to the control group, indicating that Spatika Churna Jala Kaval is an effective, safe, and economical treatment for Mukhapaka.

**KEYWORD –** Mukhapaka, Stomatitis, Spatika Churna, Jala Kaval, Kavala, Ayurveda

## INTRODUCTION –

Mukhapaka is a common oral disorder described in Ayurveda under Danta-Mukha Roga, presenting with oral ulcers, burning sensation, pain, and erythema. Modern medicine classifies it under stomatitis, which may result from infections, trauma, or systemic conditions. Ayurveda emphasizes the importance of Shodhana (cleansing) and Ropana (healing) therapies for mucosal disorders. Kavala (therapeutic gargling) is one of the classical treatments recommended for oral inflammation. Spatika Churna is a fine powdered form of potash alum (Potassium Aluminium Sulphate), known for its Shodhana, Ropana, and Stambhana properties. Considering its traditional benefits, this study aims to evaluate the clinical efficacy of Spatika Churna Jala Kaval in managing Mukhapaka (stomatitis).

## AIM AND OBJECTIVES –

### AIM –

To assess the clinical efficacy of Spatika Churna Jala Kaval in the management of Mukhapaka with special reference to stomatitis.

### OBJECTIVES –

1. To reduce subjective symptoms like pain, burning sensation, and difficulty in eating.
2. To reduce objective signs such as ulcer size, erythema, and inflammation.
3. To evaluate overall improvement and patient satisfaction with Spatika Churna Jala Kaval.

## MATERIAL AND METHOD –

Study Design: Randomized Controlled Clinical Trial (RCT)

Study Population: Patients diagnosed with Mukhapaka attending the Ayurveda OPD/IPD

Sample Size: 60 patients (30 in trial group, 30 in control group)

### Inclusion Criteria:

- Patients aged 18–50 years
- Clinically diagnosed Mukhapaka (stomatitis)
- Willing to participate and follow the protocol

### Exclusion Criteria:

- Systemic diseases like diabetes or immunodeficiency
- Known hypersensitivity to Spatika Churna
- Pregnant or lactating women

### Intervention-

- Trial Group: Spatika Churna Jala Kaval in morning after brush for 7 days
- Control Group: Khadir Hima kaval in morning after brush for 7 days

### Assessment Criteria -

- Subjective Parameters: Pain, burning sensation, difficulty in eating (graded on 0–3 scale)
- Objective Parameters: Ulcer size, erythema, inflammation
- Overall Improvement: Percentage relief and patient satisfaction

Statistical Analysis: Paired t-test and chi-square test used to compare pre- and post-treatment results.

## REVIEW – (Literature Support)

- Ayurveda describes Mukhapaka under Danta-Mukha Roga, caused by Pitta and Kapha imbalance.
- Kavala therapy helps in Shodhana of oral cavity and promotes healing.
- Spatika Churna is traditionally used for bleeding, ulcers, and inflammatory oral conditions due to its Shodhana (cleansing), Ropana (healing), and Stambhana (astringent) properties.
- Modern studies have shown alum's antimicrobial and anti-inflammatory effects, supporting its clinical use in stomatitis.

## DISCUSSION –

The trial group showed better improvement in pain, burning sensation, and ulcer healing compared to the control group. Spatika Churna Jala Kaval likely works via:

- Astringent effect reducing exudation
- Anti-inflammatory and antimicrobial properties
- Promotion of tissue healing (Ropana)

The results align with classical Ayurvedic texts and modern pharmacological evidence, suggesting its efficacy in managing oral mucosal disorders.

## CONCLUSION –

Spatika Churna Jala Kaval is a safe, effective, and economical treatment for Mukhapaka (stomatitis). Regular use of this therapy can reduce pain, burning sensation, and ulcer size, improving oral health and patient quality of life. It can be recommended as a primary or adjuvant therapy in clinical practice.

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