

**COMPARATIVE CLINICAL STUDY OF PANCHAPALLAV & PANCHAVALKAL
KASHAY GANDUSHA IN SARVASAR: A CASE SERIES****Dr. Manisha B. Katkar*¹ and Dr. Chandrashekhar M. Mule²**¹Assistant Professor, Department of Shalakyatantra, Government Ayurved College and Hospital, Baramati, Pune, Maharashtra India.²Professor and Head, Department of Shalakyatantra, Yashwant Ayurved College P.G. Training and Research Centre Kodoli Kolhapur, Maharashtra India.

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ABSTRACT

Ayurveda have mentioned many basic concepts like tridosha, saptadhatu, sira, dhamani, strotas etc. which play very important role in the good health of person. Dushti of these will leads to many diseases. Among them sarvasar (Mukhpak) is common disease which is explained under the 40 pittaj nanatmaja vikaras by Acharya Charak. It is also called sarvsar mukharog which is classified as vataj, pittaj, kaphaj by Acharya Shushrut. Whereas Acharya dalhan in his commentary on shushruta samhita maintain mukhapak is purely pittaj vikara. in this article a case series of Comparative clinical study of panchapallav & Panchavalkal kashay Gandusha in sarvasar taken for study.

KEYWORDS: Ayurved, mukh, Sarvasar, Gandusha.**INTRODUCTION**

Sarvasar is characterized by toda daha, and vedanayukt vana inside the mukhahara pratyangas like kapola, jivha, dantamonsa and talu.^[1] The aggravated vatadidosh affect the mukha to produce paka and vana. According to ayurveda Gandusha is one of the upkramas mentioned in dincharya and ancient Indian ayurvedic approach adopted for healing, relaxation and treating various types of disease. In ayurveda various dravyas have been mentioned in classics for Gandusha. Among of them panchapallav and panchavalkal kashaya are selected for Gandusha in sarvasar.^[2] Sarvasar is commonest disease of oral cavity seen in society and affects the daily routine of person. Due to intake of improper ahar, vihar and addictions like tobacco chewing, smoking, alcohol consumptions which leads to pitta prakop and rakta dushti results in formation of sarvsar roga.^[3] The Prevalence rate of stomatitis (Apthous Ulcer) in India is about 21.7%.^[4]

The symptoms of mukhapak can be co-related with stomatitis cause due to infections, nutritional deficiencies, allergic reactions, improper hygiene of mouth. In modern medicines various treatments modalities are tried like antibiotics, anti-inflammatory, anaesthetic drugs, supplements like vitamins etc. As

these remedies are resulting to give only relief from the pain and inflammation, having no 100% cure to satisfy the patient. Also they may produce the side effect which troubles the patient. Ayurveda mention a daily preventive care including proper teeth and tongue cleaning, Gandusha, which are the simplest processes which will help to stop problems before they develop.^[5]

MATERIAL AND METHOD

Material – panchapallav & Panchavalkal kashay Gandusha are used for treatment of Sarvasar.

Method – 10 patients were selected applying inclusion and exclusion criteria and divided into two groups.

Inclusion criteria

Patient having signs & symptoms of sarvasara (toda, daha, raktavarnata, sphota)

Patients between the age group 16 to 50 years, irrespective of Gender, religion, occupation, socio – economic status will be selected randomly for the study.

Exclusion criteria

Inflammatory conditions of the oral cavity like gingivitis, pharyngitis, Tonsillitis.

Traumatic injury of mouth.

Cases of carcinoma on Treatment of radiotherapy and chemotherapy.

Patients suffering from any systematic illness which interfere the duration of course.

Assessment Criteria

It is done before and after treatment based on the following:

Treatment Given

1) 5 patients treated with Panchpallava kashaya Gandusha for 7 days.

2) 5 patients treated with Panchvalkal kashaya Gandusha for 7 days.

Subjective Criteria

Ruja (Pain)

Daha (Burning sensation)

Rakta Varnata (Redness)

Sphota (ulcer)

Grade No.	SYMPTOMS	SCORE
I	No pain	0
II	Pain during intake of food occasionally (mild)	1
III	Pain during intake of food & liquid also (Moderate)	2
IV	Pain During rest(severe)	3

Grade No.	SYMPTOMS	SCORE
I	No Daha	0
II	Burning at while eating regular food	1
III	Burning increase at spicy food	2
IV	Buring at rest	3

Grade No.	SYMPTOMS	SCORE
I	No redness	0
II	Dull red or pink red	1
III	Reddish	2
IV	Bright red	3

Grade No.	SYMPTOMS	SCORE
I	No sphota	0
II	Number of sphota 1-3	1
III	Number of sphota 3-4	2
IV	Number of sphota more than 4	3

OBSERVATIONS

Group A - Panchpallava Kashay

Patient 1

Signs	Before Treatment	After treatment
Ruja	2	1
Daha	2	1
Shopha	3	1
Rakta varnata	3	2

Patient 2

Signs	Before Treatment	After treatment
Ruja	2	1
Daha	3	2
Shopha	3	2
Rakta varnata	3	2

Patient 3

Signs	Before Treatment	After treatment
Ruja	3	2
Daha	3	1
Shopha	2	1
Rakta varnata	2	1

Patient 4

Signs	Before Treatment	After treatment
Ruja	3	1
Daha	3	2
Shopha	2	1
Rakta varnata	3	1

Patient 5

Signs	Before Treatment	After treatment
Ruja	3	2
Daha	2	0
Shopha	2	1
Rakta varnata	3	2

Group B: Panchavalkala Kashay.

Patient 1

Signs	Before Treatment	After treatment
Ruja	2	0
Daha	3	1
Shopha	1	0
Rakta varnata	2	0

Patient 2

Signs	Before Treatment	After treatment
Ruja	2	0
Daha	3	0
Shopha	3	0
Rakta varnata	2	0

Patient 2

Signs	Before Treatment	After treatment
Ruja	3	0
Daha	3	0
Shopha	3	1
Rakta varnata	3	0

Patient 3

Signs	Before Treatment	After treatment
Ruja	3	0
Daha	3	1
Shopha	3	0
Rakta varnata	2	0

Patient 4

Signs	Before Treatment	After treatment
Ruja	3	1
Daha	3	0
Shopha	3	0
Rakta varnata	2	0

Patient 5

Signs	Before Treatment	After treatment
Ruja	3	0
Daha	3	0
Shopha	3	0
Rakta varnata	2	0

DISCUSSION**Group A: Panchapallava Kashay**

Dravya	Latin name
Amra	Mangifera indica
Jambu	Syzygium Cumini
Nimba	Azadiracta Indica
Malati	Jasminum Officinale
Patol	Trichosanthes dioica

Group B: Panchavalkala Kashay.

Dravya	Latin name
Nyagrodha	Ficus bengalensis
Udumbar	Ficus glomerata
Ashvattha	Ficus Religiosa
Parish	Thespesia populnea
Plaksha	Ficus lacor

Method of Kwatha preparation

All ingredients will take in equal quantity and make into bharad churna and mixed well.

Then kashay can made according to method of kwath preparation as in sharangdhara samhita.

It is prepared by adding sixteen times water in equal part of the all ingredients of panchapallav or panchavalkal bharad churna & keeping for boiling up to the 1/8 th part for the reduction.

This Kwatha is filtered and used for Gandusha.

Freshly prepared Kwatha is used each time.

The procedure of Gandusha is divided into 3 parts**Purva karma**

Patient will be advice to complete his prataha karmas like malvisarjana, dantdavana and jiwha nirlekhana.

He should have nishasupti and sujeernaanna.

The patient will be asked to sit in the proper in the place devoid of heavy breeze.

Then patient will be given snehana and Mrudu sweda over his gala, kapola and lalata pradesha.

Pradhankarma

Warm panchapallav or panchavalkal kashay (Sukhoshna) will be measured and will be given to patient to hold the kashay in mukhakuhar to its full capacity.

Patient will be advice to bend his head slightly upwards and hold liquid in mouth till there is watering from the eyes and nasal cavity.

Once these features appears the patient will be asked to split out the liquid.

Patient will be advised to repeat the same procedure twice again.

During the procedure normal breathing has to be maintained.

Pashyat karma

After completion of this procedure patient will be asked to wash his mouth with sukhoshna jal (Luke – warm water).

Then the patient will be advised to avoid sticky oily, sweet bakery products, excess cold or hot foods and drinks.

CONCLUSION

Conclusion is a part which is drawn by studying the observation, discussions. Here, it can be concluded that Panchavalkal Kashay Gandusha is more effective than Panchapallav Kashay Gandusha in treatment of Sarvasara.

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