

## Review Article on Khadiradi Vati and Its Effectiveness in MukhaPaka

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**ABSTRACT:** Mukhapaka is the disease that spreads throughout the mouth. It is the inflammation of mucous membrane of lips, tongue, and cheek. It is common problems faced by all persons. Though, it may seem like a minor problem but it inhibits the daily activities. Ayurveda has described four types of Mukhapaka: Vataja, Pittaja, Kaphajaand Raktaja. Different types of Mukhapaka have different types of symptoms. Pain relievers, mouth washes, lotions, corticosteroids, Vit. B12 are used to treat stomatitis. In present era, world is looking at Ayurveda for its valuable contribution in the treatment of any ailment. Sarvasara Mukharogas are named as Mukhapaka, as they diffusely spread in the Mukha. Khadiradi Vati is a traditional Ayurvedic formulation known for its efficacy in treating oral health issues, particularly Mukha Paka. This review aims to delve into the composition, pharmacological properties, and clinical effectiveness of Khadiradi Vati. By exploring its mechanisms of action, safety profile, and holistic benefits.

**Keywords – Khadiradi Vati, Mukhapaka, Ayurveda**

### I. INTRODUCTION

Ayurveda is the ancient science of India. Health is the uttermost thing described in Ayurveda. Ayurveda addresses the Preventive and Curative aspects. According to Acharya Charaka, Mukhapaka is mentioned under 40 Pittaja Nanatmaja Vikara.[2]

Dalhanain his commentary on Sushruta Samhita, mentions Mukhapaka as a Pittaja Vikarabut Acharya Sushruta has classified Sarvasara Mukharogas (Mukhapaka) into 4 types, i.e., Vataja, Pittaja, Kaphajaand Raktaja.[3] The deteriorated Vata Doshas reaches the Mukha to produce Paka and Vrana.

Ayurvedic medicines are reliable, cost-effective, and very much helpful to break pathogenesis with relief of signs and symptoms and

further preventing the complications related to the disease. There are several procedures mentioned in Ayurvedic classic stoeadic Mukharogasi.e., Kadiradivati

Mukha Paka or stomatitis is a common yet distressing condition characterized by painful ulcers and inflammation in the oral cavity. This condition can significantly impair daily activities such as eating, drinking, and speaking. In Ayurveda, Mukha Paka is believed to result from the vitiation of Pitta dosha, which is responsible for heat and inflammation in the body. Ayurvedic texts recommend Khadiradi Vati, a well-known polyherbal formulation, for the management of oral ailments. The primary ingredient, Khadira (Acacia catechu), possesses strong anti-inflammatory, antimicrobial, and astringent properties, making it an ideal remedy for mouth ulcers. Combined with herbs like Javitri, Kapoor, and Manjistha, Khadiradi Vati helps to alleviate pain, reduce inflammation, and accelerate healing. Its effectiveness in treating Mukha Paka lies in its ability to pacify Pitta, cleanse the oral cavity, and promote tissue repair.

### AIM AND OBJECTIVES

The aim of the present study is to review a conceptual study on the disease Mukhapaka

### OBJECTIVES

- To study Mukhapaka Vyadhi according to Ayurveda.
- To study Khadir adivati according to Ayurveda.

### Review of Ayurvedic Literature

Acharya Sushruta has mentioned that Mukharogas occur in Saptayatanai.e., seven places which are Aushtha(lips), Dantamoola (gums), Danta (teeth), Talu (palate), Jihwa(tongue), Kantha (throat) and Sarva Mukha (oral cavity). [4]Kapha is the main Dosha in Mukharogas.

According to Acharya Sushruta, Sarvasara

Mukharogas (Mukhapaka) is of four types; Vataja, Pittaja, Kaphaja and Raktaja; whereas, Acharya Vagbhatta has mentioned eight types of Mukhapakai.e., Vataja, Pittaja, Kaphaja, Raktaja, Sannipataja, Urdhavaguda, Pootyasyata and Arbuda. [5]

In general, Ayoga, Atiyoga and Mithyayoga of Kala, Buddhi and Indriyarth are the causative factors for any disease. In other words, the causes of the diseases relating to both mind and body are threefold non-utilization, excessiveutilizationof time andwrong utilization, brain work, and objects of sense organs. In Ayurvedic classics, special Nidana has been mentioned for Mukharogas. In general, the causative factors are mentioned for all types of Mukharogas.

#### Samanya Samprapti of Mukharogas

Because of specified etiological factors, dominant Kapha Dosha along with other Doshas are aggravated and produces Mukharogas. Mukha is the Sthana of Bodhaka Kapha. Hence, the etiological factors of Mukharogas do the Vikriti of Bodhaka Kapha. Madhura and Amla Rasa are the main etiologicalfactors that do the Vikriti of Bodhaka Kapha. Due to the above etiological factors, chiefly Kapha Pradhana Prakupita Doshas results in Mukharogas.

#### Samanya Chikitsa Sutra of Mukharogas

In Mukharogas, mainly Kapha and Rakta Dushti occurs, so Raktamokshanais the main Chikitsa, Koshta shuddhi by Virechana, Kavalagraha, Gandusha, Nasya, Shirovirechana, Pratisarana, Dhooma, Agni karma, Ksharakarma are also helpful in Mukharogas. Acharya Charaka has told Pradhamana Nasya, Vamana, Virechana, Lekhana and Vata-Pitta- Kapha Shamaka Ahara and Dravyas.[6]

#### Samanya Pathya of Mukharogas

Generally, in Mukharogas, Trinadhanya, Yava, Mudga, Kulattha, JangalaMamsa Rasa, Karvellaka, Parvala, Komal Muli, Hot water, Tambula, Tiktaand Katu Rasa are all Pathya of Mukharogas. Specially, Kapha and Rakta Shodhaka Ahara is useful in Mukharogas.

Therapeutic procedures like Swedana, Virechana, Vamana, Gandusha, Pratisarana, Kavala, Raktamokshana, Nasya, Dhumapana, Shastra and Agnikarma.[7]

#### Samanya Apathya of Mukharogas

Amla Rasa Dravyas, Abhishyandi Ahara, Matsya, Dadhi, Kshira, Guda, Masha, Ruksha, Kathina Padartha Sevana, Guru Ahara, Diwaswapna, use of cold water, Adhomukha Shayana and Snana.[7]

Acharya Sushruta has described Mukharogasin Nidanasthana. There are 65 types of Mukharogasthat occur in Saptaayatana i.e., seven regions which are: Aushtha, Dantamoola, Danta, Jihwa, Talu, Kantha and Sarva Mukha. Out of them, 8 occur in Aushtha, 15 in Dantamoola, 8 in Danta, 5 in Jihwa, 9 in Talu, 17 in Kantha and 3 in Sarva Mukha.

#### Mukhapaka

The disease which is diffusely spread in the oral cavity, i.e., the buccal mucosa is called as Mukhapaka. Acharya Sushruta has mentioned four types of Mukhapakai.e., Vataja, Pittaja, Kaphajaand RaktajaMukhapaka.

- 1. Vataja Mukhapaka:** The vitiated Vata Dosha causes Ruksha Vrana (rough ulcer), Aruna Varna (redness), Tamra Aushtha(redness in lips), Sheetasha, Guru, Sphutita, Kantakachita Jihwa (heavy, broken, thorny tongue), Vivranoti Krichha Mukha (difficulty in opening of mouth).[8]
- 2. Pittaja Mukhapaka:** Daha (burning sensation), Ausha (pain), Rakta-Peeta Vrana (red-yellowulcer), TiktaVaktrata(pungent mouth), Ksharokshitakshatasma Vrana (Vrana felt like Kshara).[9]
- 3. Kaphaja Mukhapaka:** Madhurasya (sweetness in mouth), Kandu (itching), Pichchhila Vrana (sticky ulcer).[10]
- 4. Raktaja Mukhapaka:** Symptoms resemble Pittaja Mukhapaka.[11]

#### Formulations for Mukharogas

- Khadiradi Vati-Ch.Chi. 26/214

### Ingredient of Khadiradi Vati Composition

1	KhadirSaar (Acacia Catechu) (4part)	Tikta Kashya	Shit	Katu	Laghu Ruksha	Khupa Pitahar	Saar	Kandughana, Kushataghana
2	Javitri (Mace/Myristicafragran s Linn) (1 part)(1 part)	TiktaK atu	Ushna	Katu	Laghu Tikshana	Khapa- VattaSh rmak	Fruit Cover	Dipan,Pacha, Vedanhar, Rochan
3	Piper Cubeba (Tiled Paper) Kankol(1part)	KatuTik ata	Ushna	Katu	Laghu Ruksha, Tikshana	KhapaV atta Shamak	Fruit	Krimihan Vranaropak, Shotrahar, Durgandi, Nashak
4	Natural Kapoor (Cinna)momumCam phoraNees &Ebem(1 part)	TiktaK atu	Shit	Katu	Laghu Ruksha, Tikshana	Tridosha Shahan	Niryas	Vedanhar, Kohahar, Khathya
5	Kramuka(Area Catechu) Area Nut/betelnut(1 Part)	Kashya Madhur	Shit	Katu	Guru, Ruksha	Tridoshahar	Fruit	Stambha, Vranaopak Krimihar

### Description of Khadiradi Vati (Gutika)aswhole

Guna	Rasa	Veerya	Vipaka	Doshghata	Roghanta	Dose
Laghu, Ruksha, Tikshana	Katu, Tikta, Kasya	Sheet	Katu	KaphaVattaS hamak	Mukharog, Sore Throat Halitosis, Dryness of Mouth,Ulcer, Gingival, Dis- colouration, Dysphagia, Phaygnitis precancerous Lesions, OSMF	Aspersize ofGrainof Gram250- 500 mgm Practically 250mg(4- 5 time/day) to be chewed slowly or use like a lozenge.

TableNo. 2

### Components of “Khadiradivati” And It Phytochemistry (Chemical Composition)

The main ingredient of Khadiradivati is catechu

which contains flavonoid principals and following  
components are found in the Vati

Khadir CATECHIN, CATECHUICACID/

CATECHUTANNIC ACID,  
Javitri MYRISTICIN, MYRISTIC ACID  
Kalkol CUBBENE/ CUBBENE ACID,  
GALICACID  
Kalkol CUBBENE/ CUBBENE ACID,  
GALICACID  
Kapoor CINEOLE, LINALOOL, Kramuka,  
METHYL EUGENOL, GUVACINE etc.

### PHARMACOLOGICAL ACTION

Khadiradivati as Anti-inflammatory, Anti septic effect in oral cavity and other parts of body. It acts on inhibition of P.G. synthetic of site of inflammation of mouth ulcers & oral cavity.

### MEDICAL PROPERTIES

Khadiradivati has various healing properties like Anti-Inflammatory  
Anti-microbial, Antioxidant, Antiseptic,  
Astringent, Emollient (soothing effect of throat) and Expectorant.

### Mechanism of Action According to Ayurveda

Khadiradi Vati, a traditional Ayurvedic formulation, is revered for its effectiveness in treating Mukha Paka, or oral ulcers. Understanding its mechanism of action requires an exploration of both its individual components and the holistic principles of Ayurveda.

At the core of Khadiradi Vati is Khadira (Acacia catechu), which is known for its potent **astringent properties**. In Ayurveda, astringency is associated with the ability to constrict tissues and reduce secretions. This action helps to tighten the oral mucosa, creating a protective barrier over the ulcerated area. By doing so, Khadira not only promotes faster healing but also reduces the pain and discomfort associated with oral ulcers. This mechanism is particularly important in managing Mukha Paka, as the astringent effect minimizes exudation and inflammation, facilitating a more favorable healing environment.

Another significant aspect of Khadiradi Vati's effectiveness lies in its **antimicrobial properties**. The formulation is enriched with herbs such as cardamom and long pepper, which possess inherent antibacterial and antifungal qualities. In Ayurveda, maintaining a balanced microbiome in the oral cavity is crucial for health. By combating pathogenic organisms, Khadiradi Vati helps prevent secondary infections that could aggravate the ulceration. This protective action is vital, as infections can lead to chronicity in oral ulcers, prolonging discomfort and delaying healing.

Furthermore, the **anti-inflammatory**

**properties** of the formulation play a crucial role in its mechanism of action. Ingredients like cardamom not only enhance taste but also possess compounds that help reduce swelling and inflammation. In Ayurvedic terms, inflammation is often associated with an imbalance in the body's doshas, particularly Pitta and Kapha. By addressing these imbalances, Khadiradi Vati contributes to reducing redness, swelling, and overall pain associated with Mukha Paka.

Additionally, the synergistic effect of the ingredients in Khadiradi Vati enhances its efficacy. Ayurveda emphasizes the importance of synergy among components, where the combined action is greater than the sum of individual effects. This holistic approach ensures that while the formulation targets the symptoms of Mukha Paka, it also promotes overall oral health and well-being.

Moreover, Khadiradi Vati may possess **immunomodulatory effects**. Certain herbs in the formulation are believed to bolster local immunity, helping the body to fend off infections more effectively and reducing the recurrence of oral ulcers. This preventative aspect is crucial for individuals prone to recurrent Mukha Paka, providing a comprehensive strategy for long-term oral health.

In summary, the mechanism of action of Khadiradi Vati in treating Mukha Paka is multifaceted, rooted in Ayurvedic principles that emphasize balance, synergy, and holistic healing. By combining astringent, antimicrobial, and anti-inflammatory properties, along with enhancing local immunity, Khadiradi Vati stands out as an effective remedy for managing oral ulcers. This formulation not only alleviates immediate symptoms but also promotes overall oral health, embodying the essence of Ayurvedic medicine's approach to wellness.

## II. DISCUSSION

Khadiradi Vati, a classical Ayurvedic formulation, has garnered attention for its therapeutic potential in managing Mukha Paka (oral ulcers). Composed primarily of Khadira (Acacia catechu), along with other beneficial herbs like cardamom and long pepper, this formulation is recognized for its astringent, antimicrobial, and anti-inflammatory properties. The astringent nature of Khadira plays a pivotal role in tightening the oral mucosal tissues, which aids in reducing ulcer exudation and promoting healing. This property is particularly beneficial in mitigating the pain and discomfort associated with oral ulcers.

The antimicrobial action of Khadiradi Vati is another critical aspect of its efficacy. By inhibiting pathogenic bacteria and fungi in the oral cavity, the formulation reduces the risk of secondary infections that can exacerbate the condition. Clinical studies have reported significant reductions in pain levels and faster healing times for patients using Khadiradi Vati compared to conventional treatments. Additionally, the anti-inflammatory effects of the formulation help alleviate swelling and redness, further enhancing patient comfort.

Moreover, Khadiradi Vati's holistic approach addresses not only the immediate symptoms of Mukha Paka but also contributes to overall oral health. Its ingredients may improve local immunity, reducing the frequency of ulcer recurrence. Safety profiles indicate that Khadiradi Vati is generally well-tolerated, with minimal side effects, making it a suitable option for various patient populations.

In summary, Khadiradi Vati offers a multifaceted approach to managing Mukha Paka, combining ancient wisdom with modern therapeutic needs. Its effectiveness, coupled with a favorable safety profile, positions it as a valuable asset in the realm of oral health management. Further research could solidify its role in contemporary medical practice, providing patients with an integrative option for treating oral ulcers.

### III. CONCLUSION

Khadiradi Vati emerges as a valuable Ayurvedic formulation for the treatment of Mukha Paka, demonstrating multifaceted benefits due to its astringent, antimicrobial, and anti-inflammatory properties. Its holistic approach not only addresses the symptoms of oral ulcers but also promotes overall oral health. The formulation's efficacy, combined with its safety profile, makes it a compelling option for individuals suffering from oral ulcers.

Continued research and clinical trials are essential to validate its efficacy further and establish standardized dosages for various populations. As the interest in alternative medicine grows, integrating Khadiradi Vati into modern oral healthcare practices could offer a more comprehensive approach to managing Mukha Paka, ultimately enhancing patient outcomes and quality of life.

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