

Role of Jatyadi Gutika in the management of Mukhapaka - A Ayurvedic Case Study

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Abstract: *Mukhapaka is a common disorder of the oral cavity characterized by ulceration, pain, burning sensation, and difficulty in food intake. In Ayurveda, it is described as a Pittaja Mukharoga with involvement of Rakta. Due to frequent recurrence and discomfort, effective local management is essential. Jatyadi Gutika is a classical Ayurvedic formulation widely used in oral disorders due to its Dahashamana, Vedanasthapana, and Vranaropana properties. This case study evaluates the effect of local administration of Jatyadi Gutika for 7 days in the management of Mukhapaka with systematic follow-up.*

Keywords: Mukhapaka, Oral ulcer, Jatyadi Gutika, Mukharoga, Ayurveda

I. INTRODUCTION

The oral cavity (Mukha) is an important functional and sensory organ. Disorders affecting it cause significant discomfort and interfere with daily activities. Mukhapaka is described in Ayurvedic classics as inflammation and ulceration of the oral mucosa caused mainly due to vitiation of Pitta and Rakta Dosha.

Etiological factors include excessive consumption of spicy and sour food, stress, improper digestion, and poor oral hygiene. Modern medicine provides symptomatic relief, but recurrence is common. Ayurveda emphasizes local application of drugs possessing cooling, healing, and anti-inflammatory properties. Jatyadi Gutika is one such formulation beneficial in oral ulcerative conditions.

AIM

To evaluate the efficacy of Jatyadi Gutika in the management of Mukhapaka.

OBJECTIVES

- To assess reduction in pain and burning sensation
- To observe healing of oral ulcers
- To evaluate recurrence during follow-up

CASE REPORT

A 24-year-old female patient presented with complaints for 6 days.

Chief Complaints:

- Painful ulcer in the oral cavity
- Burning sensation while eating
- Difficulty in consuming spicy food

History:

- Frequent intake of spicy food
- Irregular meal timings
- Recurrent episodes of oral ulcers



Clinical Examination:

- Single ulcer present on buccal mucosa
- Red margins with whitish base
- Tenderness present

Ayurvedic Assessment:

- Dosha – Pitta predominance
- Agni – Tikshnagni

MATERIALS AND METHODS

Drug Used: Jatyadi Gutika

Ingredients Used in the Formulation:

Jayatri, Kapoor, Supari, and Kankol

Mode of Administration:

One gutika was gently rubbed over the ulcer and allowed to dissolve slowly in the mouth.

Dose: 1 Gutika

Frequency: Twice daily

Duration: 7 days

Pathya:

- Cold, soft diet
- Adequate hydration
- Proper oral hygiene

Apathya:

- Spicy, sour, and hot food
- Tobacco and alcohol

AYURVEDIC PROPERTIES OF JATYADI GUTIKA

The drugs present in Jatyadi Gutika possess Tikta–Kashaya Rasa, Sheeta Virya, and Pitta–Rakta Shamaka properties. They are known for Vedanasthapana, Dahashamana, Krimighna, and Vranaropana actions, making the formulation suitable for oral ulcerative conditions.

PROBABLE MODE OF ACTION

Jatyadi Gutika acts locally by pacifying vitiated Pitta and Rakta Dosha. The cooling action reduces burning sensation, while the analgesic and anti-inflammatory properties relieve pain and swelling. Slow dissolution ensures prolonged contact with the ulcer, promoting faster healing and preventing secondary infection.

FOLLOW-UP OBSERVATIONS

Day

Clinical Findings

Day 0 (Before treatment)

Severe pain and burning sensation with active oral ulcer

Day 3

Pain reduced, burning sensation significantly decreased

Day 5

Ulcer size reduced, surrounding redness subsided

Day 7 (End of treatment)



Complete healing of ulcer, no pain or discomfort

Day 15 (Follow-up)

No recurrence, healthy oral mucosa

RESULTS

Gradual improvement was observed from Day 3 onwards. Complete ulcer healing was achieved by Day 7, which was maintained till Day 15 without recurrence.

DISCUSSION

Mukhapaka is a Pittaja disorder requiring cooling and healing therapy. Local application of Jatyadi Gutika provided targeted treatment, reducing inflammation and pain while promoting ulcer healing. The formulation effectively managed symptoms and prevented recurrence during follow-up.

II. CONCLUSION

The present case study concludes that Jatyadi Gutika is effective in the management of Mukhapaka. It is a safe, economical, and patient-friendly formulation providing rapid relief and complete healing. Further studies on a larger sample size are recommended.

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