

## REVIEW ARTICLE

# Role of Ayurveda in the Management of *Mukhapaka* WSR to Oral Cancer – A Review

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### ABSTRACT

**Background:** Mouth ulcers known as “*Mukhpak*” or “*Sarvasar Rog*” frequently occur. Its signs and symptoms are comparable to those of oral cancer. The term “oral cancer” refers to cancer that affects the lips, tongue, palate, gingiva, alveolar mucosa, buccal mucosa, and oropharynx. In India, oral cancer is distinct from oral cancer in Western countries because it is more likely to be caused by tobacco use (70%) and is more likely to be discovered in its third or fourth stages. The habit of chewing betel nuts and tobacco, consuming large amounts of chiles and other spices, having a weak immune system, smoking, drinking alcohol, and having dietary deficits are all likely to contribute to the disease.

**Materials and Methods:** Both primary and secondary sources were used to gather the data for the current analysis, with literary studies of key Ayurvedic texts and Samhitas as well as commonly read research articles serving as particular examples.

**Results:** The Ayurvedic analysis of the disease situation suggests that it is more closely related to chronic *Sarvasara mukharoga*, a *Vata-pitta* dominant syndrome. This trait of mouth cancer, according to Ayurveda, is present in *Vata-paitik* people.

**Discussion:** To cure this condition, some medication that is described in the Ayurvedic classics has been collected.

## 1. INTRODUCTION

At present, the word “cancer” is one that is frequently used. It is a dreadful illness for which there is no known treatment or cure.<sup>[1]</sup> Many research projects from different medical fields are being conducted globally, yet the problem still presents a challenge to everyone. According to the World Health Organization’s most recent survey, cancer is the second biggest cause of death worldwide, and 9.6 million cancer-related deaths are expected to occur globally in 2018.<sup>[2]</sup> Cancer is the sixth leading cause of mortality worldwide. One of the top 10 malignancies found nowadays in the globe is cancer of the oral cavity.<sup>[3]</sup> Anatomically, the upper and lower lips, upper and lower gingiva (gums), tongue, buccal mucosa, and the retromolar trigone make up the oral cavity. Cancer of the buccal mucosa and tongue is the two most prevalent types of cancer of the oral cavity. According to Ayurveda, *Mukha paka* is associated to oral cancer. *Mukhapaka* is made up of the terms *Paka* (inflammation and ulcer) and *Mukha* (mouth). *Mukhapaka* is defined as in Ayurvedic texts as for *Mukhapaka*, there

are several different therapy regimens documented in Ayurveda. *Sarvasara roga* due to its spread in complete oral cavity.<sup>[4]</sup> In ancient Ayurvedic texts, disorders of the mouth cavity are described in detail under the term *Mukharogas*. According to their definition, “*Mukha*” refers to an organ that includes the *oshtha* (lips), *Dantamoola* (gums), *danta* (teeth), *jihva* (tongue), *talv* (palate), and *gala* (throat).<sup>[5]</sup> One of the *Mukharoga*, *Mukhapaka*, can be found throughout the oral cavity. *Pittaja nanatmaja vikara*, which translates as sickness created by only *Pitta dosha*, is how Acharya Charaka characterized it.<sup>[6]</sup> Since the *Mukha* is the area where *Pranavayu sanchara* occurs, *Mukharogas* should be treated right away since they could cause breathing obstruction, which could be fatally.<sup>[7]</sup> Since *Kapha* and *Rakta* are typically the main causes of mouth disorders, *Raktavisravava*, *Kayashirovirechana*, *Vamana*, *Kaval*, and *gandush* with *Katu tikta rasa dravyas* and *Kapha raktahara* therapy is advantageous.<sup>[8]</sup>

### 1.1. Aims and Objectives

- The study aimed to evaluate, elaborate, and discuss the management and prevention of *Mukha paka* with special reference to oral cancer.

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## 2. MATERIALS AND METHODS

Material related to review of *Mukhpaka* and *Cancer* is collected from Ayurvedic text and text book of modern medicine, respectively. The index, non-index medical journals have also referred to collect information of relevant topic.

## 3. REVIEW OF LITRETURE

### 3.1. *Mukhpaka*

*Mukhpaka* is the name for a disease that affects the buccal mucosa, which is part of the oral cavity. The four types of *Mukhpaka* stated by Acharya Sushruta are *Vataja*, *Pittaja*, *Kaphaja*, and *Raktaja mukhpaka*.

#### 3.1.1. *Vataja mukhpaka*

The vitiated Vata Dosha causes *Ruksha vrana* (rough ulcer), *Aruna Varna* (redness), *Tamra aushta* (redness in lips), *Sheetasha*, *Guru*, *Sphutita*, *Kantakachita jihwa* (heavy, broken, and thorny tongue), and *Vivranoti Krichha Mukha* (difficulty in opening of mouth).<sup>[9]</sup>

#### 3.1.2. *Pittaja mukhpaka*

*Daha* (burning sensation), *Ausha* (pain), *Rakta-peeta vrana* (red-yellow ulcer), *Tikta vakrata* (pungent mouth), and *Ksharokshitakshatasma vrana* (Vrana felt like *Kshara*).<sup>[10]</sup>

#### 3.1.3. *Kaphaja mukhpaka*

*Madhurasya* (sweetness in mouth), *Kandu* (itching), and *Pichchhila Vrana* (sticky ulcer).<sup>[11]</sup>

#### 3.1.4. *Raktaja mukhpaka*

Symptoms resemble *Pittaja mukhpaka*.<sup>[10]</sup>

## 3.2. Oral Cancer

### 3.2.1. *Definition*

A malignant neoplasia that develops on the lip or oral cavity is called oral cancer. Is typically referred to as a squamous cell carcinoma (OSCC) since 90% of malignancies in the dental area histologically begin in squamous cells. It exhibits varying degrees of lymph node metastatic propensity and levels of differentiation.<sup>[12]</sup>

### 3.2.2. *Status of oral cancer in India*

In India, oral cancer is one of the most prevalent cancers that affect a sizable portion of the population. Due to their wide exposure to risk factors, people with low incomes are most at risk. Oral cancer has historically been mostly caused by tobacco use. In both young and adult Indians, the continued use of tobacco in various forms – such as gutka, zarda, mawa, kharra, khaini, cigarettes, bidi, and hookah is a key contributor to the development of oral tumors.<sup>[3]</sup>

### 3.2.3. *Risk factors*

Smoking and drinking, two main risk factors for oral cancer, are present in 90% of cases, where they have a compounding influence on the disease.<sup>[13]</sup>

## 4. MANAGEMENT THROUGH AYURVEDA

The importance of any workable strategy to battling this terrible disease cannot be overstated. Many ancient Ayurvedic writings make mention of cancer. There are several different words used to characterize the disease, some of which are much more comprehensive than others. The cornerstone to Ayurvedic cancer treatment is prevention. Acharya Charaka discussed cancer preventive strategies that work. Maintaining a healthy diet and way of life is part of it, as is avoiding contact with known carcinogens. It can be avoided by adopting a healthy lifestyle

and eating habits, such as quitting smoking, eating more fruits and vegetables, exercising, avoiding direct sunlight, eating less meat, using whole grains, becoming immunized, and having frequent checkups. Ayurveda way of lifestyle focuses and management on all of these, under the following headings;

- *Nidan parivarjana chikitsa* is essential for preventing the disease's further progression.
- *Samanya chikitsa* – Acharya Charaka has detailed sarvadehik shodhana karma, which includes *shirovirechan* and *kayavirechana*, in *Mukhpaka*. He has also discussed local measures, such as *Mukhadhavan*, *Charwana*, *Pratisarana*, *Kashayapana*, and *Kavalagraha*.<sup>[14]</sup>
  - *Mukhadhavan* – Vagbhata has discussed *Mukhadhavan*, which can be performed with *Triphala*, *Patha*, *Mrudvika*, and *Jatiphala kashaya* combined with *Madhu*, in all sorts of *Mukhpaka*. *Panchapallava kashaya*, which includes *Patol*, *Nimba*, *Jambu*, *Amra*, and *Malati*, has been described by Yogratnakar.
  - *Charwana* – Yogratnakar has regularly explained *Krushnajirak*, *Kushta*, and *Indrayava* for *Charwana* purposes.
  - *Pratisarana* – By applying fresh juice of *daruharidra* mixed with honey and *Gairik* will get cure for *Mukharoga*, *Mukhpaka*, *Raktadosha*, and *Nadivrana*.
  - *Kashayapana* – Yogratnakar has described the *Saptacchada's kashayapana*, which includes the herbs *ushir*, *Patol*, *Musta*, *Haritaki*, *Rohini*, *Yashtimadhu*, and *Chandana*.
  - *Kavalagraha* – The *Kawalgrahana of dugdha*, *ekshurasa*, *gomutra*, *dadhimastu*, *kanji*, *taila*, and *ghrita* has been elucidated by Acharya Shushrut.
- *Abhyantar chikitsa* – *Khadiradi gutika*, which consists of *Khadir*, *jati*, *karpoor*, *tamalpatra*, and *nagkeshar* to treat problems of the tongue, lip, tooth, throat, and palatine, has been described by Acharya Yogratnakara. Several overseas studies have shown that certain herbs have anti-cancer potential.
  - *Garlic* (*Allium sativum*)
  - *Ashwgandha* (*Withania somnifera*)
  - *Basil* (*Ocimum basilium*)
  - *Ginger* (*Zingiber officinalis*)
  - *Turmeric* (*Curcuma longa*)
  - *Green tea* (*Camellia sinensis*)
  - Anti-cancer activity of cow urine
  - *Aleo vera*, saffron, and tomatoes (*solanum lycopersicum*)

## 5. DISCUSSION

*Mukhpaka* is an oral cavity disease that causes ulcers in the mouth. It is the Paka of the oral mucosa. The symptoms of *mukhpaka* can be compared to those of oral cancer. Since oral cancer is a chronic supraclavicular disease, holistic management of oral cancer should start with *Kosthashuddhi* (mild purgation) and *Shiroshuddhi*. Acharya Vagbhata has also stated that the first line of treatment in *Mukharogas* should be the purification of the body and head using *Kosthashuddhi* and *Shiroshuddhi*. *Shiroshuddhi* removes *Srotorodha* (channel obstructions) and opens the channels for absorption in the supraclavicular region, which may have boosted the effects of all the employed medications and treatments. *Kosthashuddhi* causes *Anulomana* of Doshas and prepares the organ for greater absorption. The local treatments that are most frequently utilized in *Mukharogas* are *Pratisarana* (external application) and *Kavala* (gargling)/*Gandusha* (holding oil or decoction in the oral cavity). In this case, local therapy aims to stop and stop the fibrosis. The *Kavala* method also uses mouth movement as a physiotherapeutic approach to reduce stiffness. Poor dietary and lifestyle choices lead to

*Mukhapaka*. Ayurveda mostly focuses on *Nidan parivarjana* to stop the disease's future progression and recurrence. A healthy, balanced diet and way of life are also encouraged in addition to medication. It is similarly crucial for cancer prevention. A healthy body will help to maintain *Aahar* (diet) and *Dincharya* (lifestyle), which can lower the risk of various oral cancers. A portion of it is altering your diet to include more fruits, vegetables, organic grass-fed meats, and less processed food. In addition, getting enough sleep, practicing yoga, meditation, reducing stress, developing excellent habits, and taking high-quality supplements are all beneficial for health. Many plants have a high promise for treating cancer. That can be used in food and medicine, such as tomatoes, ginger, cow urine, basil, garlic, and turmeric. They possess anti-cancer qualities. Simple dietary and lifestyle modifications can prevent oral cancer.

## 6. CONCLUSION

The reviews show that as stated in Ayurveda, nutrition and lifestyle play a significant impact in preventing and reducing the incidence of oral cancer. We came to the conclusion that modifying our food and lifestyle can lower the risk of cancer and increase our ability to prevent it.

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There is only one author in the manuscript.

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## 11. CONFLICTS OF INTEREST

None.

## 12. DATA AVAILABILITY

This is an original manuscript and all data are available for only review purposes from principal investigators.

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