

AYURPATRA

Your monthly health e-newsletter

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SERIES URDHWAJATRUGATA XIX – MAY 2006

This monthly e-feature "Ayurpatra" is a sincere effort for the welfare of the mankind through Ayurveda. Our web site (www.ayurplanet.com) has helped millions of people. Ayurpatra is loaded with lots of information, events and happenings related to Ayurveda including featured articles, details of very useful herbs, beauty tips and various herbal products and health supplements. The aim of this Newsletter is to serve humanity from health aspect by natural means.

FEATURE HEALTH ARTICLE: MUKHAPAKA (STOMATITIS)

The most annoying complaint of mouth is 'mouth ulcer' and it is the most common complaint often left untreated.

Mouth ulcer is an inflammatory and ulcerative condition of the mouth. It is medically termed as stomatitis or aphthous mouth or canker sores. It is mostly superficial, shallow and non contagious. The sores are usually small, occurring in the oral mucosal lining, due to irritants or infection. It often has the tendency to recur with the precipitating factors. They can appear on the tongue, the lips, the gums, or the insides of the cheeks as oval or round whitish or yellowish or grayish ulcer surrounded by reddish mucous membrane. The ulcers, on treating with medicines, or on its own go off in a week, without leaving any scar. Canker sores do not form blisters as cold sores (fever blisters) do. The cold sore, commonly confused with the canker sore, is caused by the herpes simplex virus type 1. The canker sore, on the other hand, is an inflammation, rather than an infection. Canker sores may range in size from the size of a pinhead to as large as a quarter. They are usually about an eighth of an inch in diameter-the size of a pencil eraser.

Ayurveda suggests that canker sores manifest in people with high pitta and disturbed Agni. Generally Pitta and Agni go hand in hand. Sometime if Agni is subdued due to Ama or some other psychological reason, but Pitta keep moving in its peak especially in [Pitta people](#) and Pitta dominant season, it disturbs the acids in the body and the entire mucus membrane of the upper Gastro intestinal tract gets irritated. This gets manifested in the form of mouth ulcer. The site of ulcer is related to the organ of the body or where the system is getting irritated. This can be assessed by an Ayurveda physician.

As per Sushrut diseases located in entire mouth are caused by vata, pitta, kapha and rakta. The generalised disease in which mouth is covered with red – yellow, burning and small blisters is caused by pitta and is known as Mukhpaka (stomatitis).

Causes of mouth ulcer – In many cases, the causes remain unknown. Stress is supposed to be the major causative factor. Nowadays fast foods, carbonated drinks and preservatives-added, tinned foods add fuel to a hurried life to produce ulcers. Some relate it to the moon's phases and some with exams, some with sleeplessness and some with menses. The bacterial infections (fever of scarlatina), viral infection – Herpes Simplex

(gingivo stomatitis) and fungal infection – Candida (thrush) - can also resemble mouth ulcers in its initial stages.

Symptoms – Clinical presentation of mouth ulcers may be usually single or clusters of shallow, whitish or pale or yellowish punched out ulcers with surrounding reddish swollen mucous membrane. The common symptom is burning and throbbing pain in the ulcers with difficulty in mastication and speaking. There will also be excessive salivation with foul odour. Fatigue, fever, burning eructations, constipation or diarrhoea may also follow mouth ulcers. **Character** – The ulcers are mostly superficial, and they are painful only during intake of food. But sometimes they will be deep and very painful all the time. **Duration** – Most ulcers heal within 5-7 days or at the maximum get cleared within 14 days. If it persists longer, it should be seriously investigated to rule out other serious illnesses.

MANAGEMENT

Topical Remedies

1. Honey and Turmeric: Mix together 1 teaspoon honey with 1/4-teaspoon turmeric, and rub it on the sore. It will burn a little at first, but the sore area will heal quickly.
2. Similarly a paste of Honey mixed with Shudha Tankan (Purified Borax) is rubbed gently over the affected part and mouth is kept open for 2-3 minutes before gargling.
3. Aloe Vera Juice: Rinse mouth several times a day with a little aloe vera juice.
4. Aloe Vera Gel: Apply aloe vera gel, 2 tablespoons at the canker sore. Repeat the application 3 times a day.
5. Kama Dudha: Mix 1/4 teaspoon of kama dudha with 1 teaspoon fresh cream. Mix together and rub it on the sore.

Internal Remedies

Ayurveda suggests that canker sores manifest in people with high pitta. Follow a pitta-soothing diet, avoiding hot, spicy foods and fermented food. Also avoid strong alcoholic drinks, as they may aggravate the sores. Emphasis should be laid on removing the excess of disturbed Pitta and to balance the Agni.

Several herbs are useful in the treatment of canker sores. Most of them contain tannins and have other wound healing properties. Tannin, the common name for tannic acid, is a constituent of many plants and gives foods an astringent taste.

- Start taking Pathyadi Kwatha 10 ml diluted with 20 ml water first thing in the morning. And 1 Teaspoon of Triphala at bed time with luke warm water. This helps in even long history of ulcers.
- Eat a mixture of rock candy powder (1/2 teaspoon) and cumin powder (1/2 teaspoon). This will help stop the pain, as well as reduce inflammation and irritation
- Chewing of leaves of Jasminum officinale (Jati) is very effective.
- **Myrrh:** Myrrh contains high amounts of tannins. Powdered myrrh is useful for the treatment of mild inflammations of the mouth. Myrrh had been used as a traditional remedy for mouth and gum irritations. Mix 200-300 mg of herbal extract or 4 ml of myrrh tincture with warm water and swish it in the mouth two to three times per day.
- **Tea:** Regular beverage tea also has a rich supply of tannins. Try placing a spent tea bag on canker sores. Or make tea from some of the other herbs that are high in tannin, such as bearberry, eucalyptus, St.-John's- wort, sage, raspberry, peppermint and licorice.

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- **Aloe Vera:** Aloe Vera is used in Ayurvedic medicine to treat canker sore. An extract from aloe vera has been shown to be beneficial in one preliminary study. Some doctors of natural medicine recommend 1-3 tablespoons of aloe vera juice be used as a mouthwash then swallowed three times daily.
- Place 1 tsp. fenugreek seeds in 1 cup cold water. After six hours, bring to a boil and strain immediately. When cooled to lukewarm, add 1 tsp. honey. Use to gargle and swallow a little.

Kawala and Gandusha - Holding herbal decoction or oil or ghee in buccal cavity for a specific period of time. Kawala or Gandusha with following decoctions and mixtures is beneficial in stomatitis.

- **Licorice.** Licorice (Yashtimadhu) contains tannin, and the compounds glycyrrhetic acid and glycyrrhizin. All of these help speed the healing of sores. In one study that looked at the power of licorice to heal canker sores, a mouthwash containing this herb provided relief for 75 percent of the people who used it. Those who got relief noted substantial improvement within one day and complete healing by the third day.

Mixture of Licorice with warm water should be held in the mouth for two to three minutes and then spit out. This is found to shorten the healing time for mouth ulcers. Continue this on each morning and evening for one week.

Licorice can also be used to sweeten the herbal teas recommended above.

- Decoction of Katphal should be used with Dalchini.
- Glycyrrhiza glabra (Yashtimadhu) decoction is also a very effective remedy.
- Decoction of Berberis aristata (Daruharidra) & Alum powder.
- Decoction of Acacia catechu (Khadir).

HERB OF THE MONTH: DARUHARIDRA (Berberis aristata)

Daruharidra – Berberis spp. Berberis arista: Indian Barberry

Rasa: Tikta, Kashaya

Guna: Laghu, Ruksha

Virya: Ushna Vipaka: Katu

Doshic Action: Kapha Pitta pacifying – Vata aggravating

Daruharidra reduces kapha, checks excess secretions and helps to alleviate inflammation of the liver and spleen. It is ama-pachana in action, metabolizing toxins whilst pacifying pitta due to its tikta rasa. Its energetic properties all indicate that it aggravates vata as its action is drying and catabolic. It stimulates and corrects meda dhatu agni and alleviates excess body secretions often experienced when kapha is aggravated. This is seen in conditions of the vagina as in leucorrhea and from weeping wounds experienced when suffering ulcerated skin disorders. This action relates directly to drying rasa dhatu and reducing the formation of the mala of rasa being poshaka kapha. Thus the decoctions of the root bark of Indian Barberry were used in folk medicine to treat inflammations, sores, abrasions, wounds, ulcerations of the skin, hemorrhoids, acne, and other skin problems/disorders.

The fresh juice used for mouthwash to strengthen gums or gargle. The root-bark contains berberine, a bitter alkaloid, that aids in the secretion of bile and is good for liver problems, acts as a mild purgative, and helps regulate the digestive processes, dyspepsia. Possible beneficial effect on the blood pressure by causing a dilatation of the blood vessels. Good for hepatitis, colic, jaundice, diabetes, consumption.

The powder made into a paste with water and honey is used to treat blemishes and pimples. Add Daruhaldi to facials, masks, and herbal hair rinses. A strong tea can also be made with Daruhaldi and neem powders to be used as a facial toner for acne-prone skin.

BEAUTY TIP OF THE MONTH: TO PREVENT SUNBURN

People can get sunburn from overexposure to the ultraviolet sun rays. Lighter skinned and sensitive skinned persons are more at risk. Also, [Pitta body type](#) people are also more likely to develop sunburn. To prevent sunburn try not to spend more than ½ hour in direct sunlight. Apply neem oil (cooked/diluted in sesame oil) to the skin as a natural sunblock. If one develops sunburn, aloe vera gel can be applied to the skin to soothe sunburn. An alternative method is to apply crushed lettuce pulp to the sunburn. Coconut oil may also be applied to soothe the skin while indoors. For personalized beauty related queries mail to: beauty@ayurplanet.com

FORTHCOMING EVENTS: HEALTH AND BEAUTY EXPO

Dates – July14 - 16
Venue: Chenna Trade Centre
For details: contact +91.98410.14508 / 91.98406.07589
E-mail: exhibitor@smartexpos.in
WEB: www.smartexpos.in
www.smartexpos.in/HealthAndBeauty

NEWS: Ayurveda India clinic in UK

In the Light of spreading Ayurveda throughout the world we have started with another Ayurveda clinic project in Europe this month . This centre provides the consultation, Ayurveda treatments and Ayurveda education. Dr.Raghunandan Sharma is in UK for the developments of this endeavour. He can be reached at ayurplanet@gmail.com

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