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CASE REPORT

A Clinical Evaluation of Ayurvedic Management in Aphthous Stomatitis: A Case Report

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Abstract

Aphthous ulcers, or canker sores, are non-contagious, recurrent oral mucosal lesions that can significantly affect eating, speaking, and quality of life. Although the exact etiology of this condition remains uncertain, several contributing factors have been identified, including hereditary predisposition, nutritional deficiencies, stress, hormonal imbalance, and immune impairment. In Ayurvedic practice, this condition is associated with Mukhapaka and is primarily attributed to the vitiation of Tridosha and Rakta Dhatu. This case report assesses the therapeutic effectiveness of an Ayurvedic treatment regimen consisting of oral herbal preparations and local application (Pratisarana) in a patient presenting with a 10-day history of recurrent aphthous ulcers. The patient experienced significant symptomatic relief within seven days and remained ulcer-free for three months following treatment. Clinical assessment demonstrated a reduction in pain, ulcer size, and frequency of recurrence, along with improvement in daily functioning. The findings highlight the therapeutic potential of individualized Ayurvedic treatment in the management of recurrent aphthous stomatitis through both systemic and topical approaches.

Keywords: Aphthous Stomatitis, Mukhapaka, Pratisarana, Sarvasaramukharogas

Introduction

Oral health is a vital part of systemic health and is intimately associated with many chronic illnesses such as diabetes mellitus and cardiovascular diseases the world health organization stresses that although there are significant advances in dental care worldwide oral infections continue to be a significant public health issue especially among disadvantaged populations in high- as well as low-income settings¹ prevalent oral diseases like dental caries periodontitis mucosal lesions and recurrent aphthous ulcers account for a major portion of morbidity and decreased quality of life² in Ayurvedic literature recurrent aphthous stomatitis is similar to *Pittaja Mukhapaka* a variety of *Sarvasara Mukharoga* which is caused by vitiated *Pitta Dosha* and *Rakta Dhatu* producing aching burning ulcerations on various regions of the oral cavity like lips tongue palate and throat ancient ayurvedic texts *Sushruta Samhita* and *Ashtanga Hridaya* explain therapeutic modalities like *Gandusha* medicated oil retention *Kavala* gargling *Pratisarana* local application and *Dhoomapana*

History of Present Illness: The patient complained of sudden onset painful ulcerations at the base of the

medicated smoking for successful treatment of mukharogas.^{3,4} In this case report Shaman medicine like *Yasthimadhu Churna*, *Avipatikkar Churna*, *Triphala Churna* and local application of *Yasthimadhu Gairika* powder *Pratisarana* included for the *Mukharoga* treatment.⁵

Aims and Objectives

To evaluate the effectiveness of Ayurvedic treatment for managing aphthous stomatitis.

Case Presentation

A 52-year-old male patient visited the *Shalakya Tantra* department ENT OPD dated 22/05/2025 presented with complaints of persistent ulcerations on the base of tongue with severe burning sensation and pain in the oral cavity from the past 10 days.

Basic information of the patient

- Age: 52 years
- Gender: Male
- Religion: Hindu
- Occupation: Labour
- Socioeconomic status: Lower class

tongue about 10 days before his presentation. The ulcers were also accompanied by an intense burning sensation,

which was also worse on eating and speaking. He had no history of fever, trauma, or such previous episodes. He complained of a generalized oral discomfort and some mild mouth dryness in the previous weeks.

Past Medical History: No major systemic disease described. No history of diabetes, hypertension, or autoimmune diseases.

Personal and Dietary Habits:

- Mixed diet
- Regular consumption of spicy, oily foods
- Irregular eating habits

Table 2. Dashavidha Pareeksha

S.N.	Parameters	Findings
1.	<i>Prakriti</i>	<i>Vata-Pittaja</i>
2.	<i>Vikriti</i>	<i>Madhyabala</i>
3.	<i>Sara</i>	<i>Tvakasara</i>
4.	<i>Samhanana</i>	<i>Madhyama</i>
5.	<i>Satmya</i>	<i>Madhyama</i>
6.	<i>Satva</i>	<i>Avara</i>
7.	<i>Ahara Shakti</i>	<i>Samanya</i>
8.	<i>Vyayama Shakti</i>	<i>Madhyama</i>
9.	<i>Vaya</i>	<i>Madhyama</i>
10.	<i>Pramana</i>	<i>Madhyama</i>

Table 3. Treatment Plan

Date	Drug	Dose	Route of administration	Anupana
22/05/25 (For 7 days)	1. <i>Avipatkar Churna</i> 5gm with 500 mg <i>Shanka Bhasma</i>	Twice a day before meal	Oral	Lukewarm water
	2. Kaishore Guggulu	2 Tab. Twice day after meal	Oral	Lukewarm water
	3. <i>Yasthimadhu Churna</i> 5gm with <i>Gairika Churna</i> 1gm	twice a day after meal	<i>Pratisaran</i> (locally)	<i>Goghrita</i>
	4. <i>Yasthimadhu Ghan vati</i>	Three to four times a day	Orally for sucking	-
	5. <i>Triphala churna</i>	5gm at night	Oral	Lukewarm water
22/05/25	<i>Satva Repeat of medicine 1,5 for 7 days Samanya</i>			

Assessment criteria [6]

Table 4. Grading of Subjective Symptom Parameters

S.N.	Symptoms	0	1	2	3
1.	Pain in the affected area	No pain	Mild pain on touch	Moderate pain without touch	Pain causing difficulty in opening mouth
2.	Burning sensation	No complaint	Mild with hot beverages	Moderate felt on taking spicy, acidic, salty food	Throughout the day without any aggravating factor
3.	Difficulty in chewing/ingestion	Can eat easily	Mild – can eat solid food	Moderate – can eat liquid food only	Severe – cannot eat liquid or solid food
4.	Excessive salivation	No complaint	Complaining of salivation	Must spit saliva	Dribbling of saliva

Table 5. Grading of Objective Symptom Parameters

S.N.	Symptoms	0	1	2	3
1.	Inflammation	No hyperemia	On ulcer margin only	Floor of ulcer	Centre of ulcer necrosed/ slough seen
2.	Size of ulceration	No ulceration	< 3 mm	3 mm – < 1 cm	> 1 cm
3.	Number of ulcerations	No ulceration	< 1	2 – 10	> 10

- Mild work-related stress
- Non-smoker; does not drink alcohol or consume tobacco

Table 1. Rogi Pareeksha

S.N.	Parameters	Findings
1.	<i>Nadi</i>	<i>Vata Pradhan Pitta Anubandha</i>
2.	<i>Mala</i>	<i>Prakruta</i>
3.	<i>Mutra</i>	<i>Prakruta</i>
4.	<i>Jihwa</i>	<i>Lipta</i>
5.	<i>Shabda</i>	<i>Prakruta</i>
6.	<i>Sparsha</i>	<i>Prakruta</i>
7.	<i>Druk</i>	<i>Samanya</i>
8.	<i>Akruti</i>	<i>Madhyama</i>

Clinical Examination:

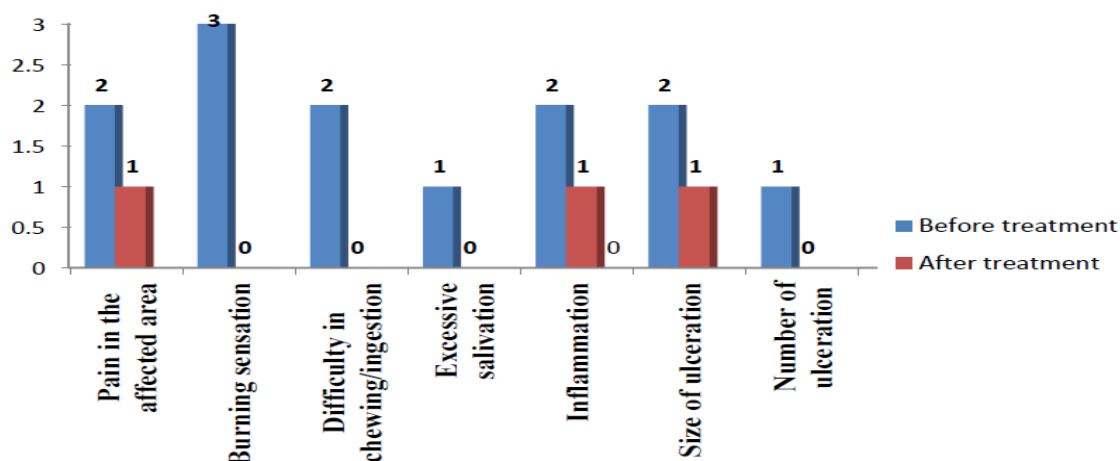
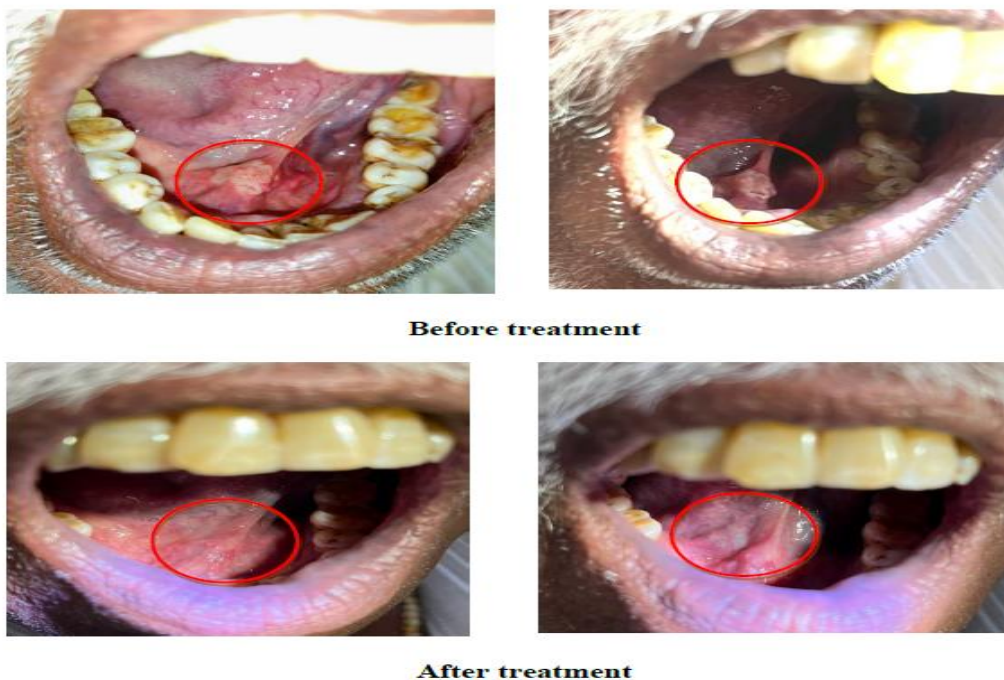
Localized round ulcers at the base of the tongue (lingual frenulum), shallow in nature with a yellowish base in size 1-2 cm. Surrounding mucosa was mildly inflamed. No lymphadenopathy detected

Results

The patient experienced significant relief within seven days, and there were no recurrences observed for three months after treatment. Assessment was based on reduced pain and burning, smaller ulcer size and number, healing time, recurrence rate, and the impact on daily activities.

Table 6. Effect of Treatment Before and After in Symptoms

S.N.	Symptoms	Before Treatment	After Treatment
A.	Subjective Symptom Parameters		
1.	Pain in the affected area	2	1
2.	Burning sensation	3	0
3.	Difficulty in chewing/ingestion	2	0
4.	Excessive salivation	1	0
B.	Objective Symptom Parameters		
5.	Inflammation	2	1
6.	Size of ulceration	2	0
7.	Number of ulcerations	1	0

Graph 1. Effect of treatment before and after in symptoms**Pic 1. Picture of ulcer before and after treatment**

Discussion

Yashtimadhu (*Glycyrrhiza glabra*) belongs to *Kantya*, *Varnya*, and *Vishaghna dravya*. In *Bhavaprakasha Nighantu*, *Yashtimadhu* belongs to the *Haritakyadi*

*Varga*⁷ and is extolled for its *Sheeta*, *Madhura*, and *Snigdha* qualities and hence is best suited to pacify *Pitta* and *Vata doshas*, which are primarily responsible for *Mukhapaka*. Its *Shothahara*, *Ropana*, and *Daha-*

shamana properties render it especially useful in curing the painful and inflamed ulcers of Aphthous Stomatitis. *Yashtimadhu* is applicable both locally-as *Pratisarana* (application on the lesions) and internally, as part of *Shamana* therapy. The property was also suggested in recent studies to have antimicrobial, anti-inflammatory, and mucoprotective activities, justifying its conventional employment in the treatment of oral ulcers.⁸ Gairik (Red ochre) a silicate of Alumina and oxide of iron. In Ayurveda know as *Geru*, it is used for medicinal purpose after purification. It is sweet, astringent, anti-phlegmatic, anti-bilious and cooling. It shows beneficial medicine that is used for the treatment of skin disease, ulcerating sores, gingivitis, eczema, cough etc.⁹

Avipattikara churna is also given in *Amlapitta* (gastroesophageal reflux disease) because it has *Trivritta* (*Operculina turpethum* (L.) which have *Tridoshopapana* and *Tridosahara* virtues of balancing *Pitta* and *Kapha*. Such *Pittashamaka* virtues of *Avipattikara churna* reduce acidic eructation.¹⁰

Triphala is combined with all three of them and which are reported to have vitamin C, ellagic acid, gallic acid, tannins, flavonoids, etc., which are anti-inflammatory, analgesic, anti-cancer, and many activities.¹¹ It act as laxative and *Tridoshasahamak* properties.

Conclusion

From the above case discussion, it can be inferred that the patient of Aphthous Stomatitis (*Mukhapaka*) was successfully treated by a holistic *Ayurvedic* management plan. This consisted of the local use of *Pratisarana*, internal *Shamana* treatment, along with dietary changes (*Pathya-Apathya*) and stress management techniques.

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Conflicts of Interest

There are no conflicts of interest.

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