

## A REVIEW ON MUKHA ROGAS; ETIOLOGY-PATHOGENESIS, SYMPTOMS AND COMMON LINE OF MANAGEMENT

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### ABSTRACT

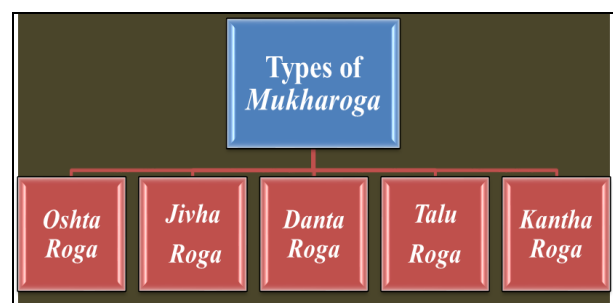
Oral health is interconnected with overall physiology of human body and Ayurveda put great emphasis on the disease of oral cavity mainly refereed as *Mukharoga*. The different types of diseases related to the tongue, lips, palate, throat, teeth and gums such as stomatitis, gingivitis, bad breath, cavity and ulcer comes under the umbrella of oral diseases. Treatment of oral diseases in Ayurveda is focused on preventive approaches such as *Dantadhavana*, *Kavala* and *Gandusha* with the use of various herbs such as *Yashtimadhu*, *Haridra* and *Nimba*. The Ayurvedic approaches offers antimicrobial, anti-inflammatory and wound healing properties thus helps in the treatment of *Mukharoga*. In general, Ayurvedic approaches towards oral diseases include combination of diet, lifestyle, herbal medicine and antibiotics treatment. This article highlights etiology, pathogenesis, symptoms and common line of management of *Mukharoga*.

**KEYWORDS:** *Ayurveda, Mukharoga, Oral Cavity, Gingivitis, Stomatitis.*

### INTRODUCTION

Oral cavity diseases occur among the most common health problems in the world, affecting both the quality of life of people and their nutrition. In modern dentistry, microbial control and chemical mouthwashes are primarily used to maintain oral hygiene. Ayurveda provides a comprehensive description of oral diseases under the general term of *Mukharoga*. The well-defined classification of disorders based on the anatomical location, including the tongue, lips, teeth, gums, palate, and throat. Preventive measures such as *Dantadhavana*, *Gandusha*, dietary behaviors and daily healthcare practices, represent the most important components of Ayurvedic approaches towards the health restoration of *Mukharoga*.<sup>[1-3]</sup>

According to Ayurvedic literature, there are many types of *Mukharoga*, which are based on the anatomical site of occurrence (**Figure 1**). These include *Oshta Roga*, *Jivha Roga*, *Danta Roga*, *Talu Roga* and *Kantha Roga*.



**Figure 1: Types of Mukharoga.**

The development of the above-mentioned disorders is related to the variations in the *Dosha*, with some forms of the condition being caused by alterations in *Rakta*. Manifestations are expressed in the form of pain, ulcerations, swelling, inflammation, dryness and burning sensations.<sup>[4-6]</sup>

### Etiology (Causes)

*Mukharoga's* causes can be outlined according to four major categories: dietary, behavioral, systemic, and local factors. Lack of oral hygiene leads to the buildup of food remnants, plaque and harmful bacteria, which results in the possibility of having caries, gingival disease and bad breath, etc. Bad dietary habits, i.e., excessive consumption of sour, sweet, heavy, clinging, or incompatible food, disrupt the balance of *Doshas* and result in the deterioration of digestive and oral health. Unhealthy habits, such as the use of tobacco, betel nut and smoking, etc. lead to the destruction of oral tissues and causes inflammation and oral lesions. Imbalances in the digestive system such as indigestion, constipation, weakened *Agni* and accumulation of *Ama* are major contributors to systemic processes according to Ayurveda and may lead to the diseases of the mouth. Local trauma such as the injury caused by broken or sharpened dentition can also triggers pathogenesis of *Mukharoga*.<sup>[5-7]</sup>

### Pathology of *Mukharoga*

The process of disease formation in *Mukharoga* can be explained by the sequential involvement of *Dosha*, *Dushya*, and *Srotas* in the oral cavity and in the area of the head and neck region. The process begins with bad eating habits and/or poor oral hygiene, leading to the disturbance of *Dosha* and sometimes *Rakta*. After the *Doshas* have been disturbed, they travel to the *Urdhvajatru Pradesh*, especially to the head, neck and mouth area. At the stage of *Sthana Samshraya* the disturbed *Doshas* come in contact with certain vulnerable local tissues such as *Mamsa*, *Rakta*, *Meda* and *Lasika*. The disturbance of local *Srotas* and their functions leads to disturbances in circulation, inflammation and secretion. As a result, the interaction between the disturbed *Doshas* and local tissues produces common symptoms of illness including swelling, redness, pain, bleeding and ulcers, etc. Consequently, the clinical manifestation of *Mukharoga* is caused by the predominant *Dosha*, the vulnerable tissues and the site of ailment.<sup>[6-8]</sup>

### Symptoms

The *Lakshana* of *Mukharoga* merely depends upon the predominance of *Dosha* as mentioned below.

- ✓ *Vataja Mukharoga* usually has signs like *Sphota*, *Toda*, ulceration, roughness, cracking of the tongue and lips, intolerance for cold and dryness, etc.
- ✓ In the case of *Pittaja Mukhapaka*, the clinical presentation includes yellow discoloration, bitter taste, ulcer that appearing likes wounds and burning sensation.
- ✓ *Kaphaja* symptoms include itching, colored lesions, sweet taste, profuse salivation and ulcers.
- ✓ *Sannipataja Mukharoga* gives a mixture of signs and symptoms of *Vata*, *Pitta*, and *Kapha* and hence it is more serious and complex in nature.
- ✓ *Raktaja Mukhapaka* manifests signs of burning, bitterness and ulceration along with bleeding tendency.<sup>[4-6]</sup>

### Ayurvedic Management of *Mukharoga*

In the principles of Ayurveda, management of *Mukharoga* involves *Nidana Parivarjana* and proper conduction of *Dinacharya*. Preventive dental care involves *Dantadhavana* through the use of herbal twigs such as *Neem*, *Khadira* and *Karanja* that are intended to provide mechanical cleaning and possessing antimicrobial actions. *Gandusha* and *Kavalagraha*, especially with sesame seed oil or coconut oil has been traditionally recommended as good practices for maintaining dental hygiene and is believed to reduce plaque, gingival inflammation and bad breathe. *Pratisarana* also has been recommended using herbal mixtures containing *Triphala*, *Lavanga* or *Haridra* for dental and gingival health purposes.<sup>[5-7]</sup> Therapeutic management of the disease involves topical application as well as gargling with medicines like *Jatyadi* and *Triphala Kwatha*. Internal ingestion of herbs like *Yashtimadhu*, *Haridra*, *Guduchi* and *Amalaki* provide anti-inflammatory and antimicrobial properties. In some selected cases of severe or systemic nature, *Shodhana* procedures like *Virechana* and *Raktamokshana* might help according to Ayurveda principles. Oil pulling helps to lessen plaque formation and gingival inflammation, while *Triphala* and *Neem* works against oral microorganisms. Ayurveda also suggested some formulations (**Table 1**) which offers symptomatic as well as therapeutic relief in various conditions of *Mukharoga*.<sup>[8-10]</sup>

**Table 1: Ayurvedic formulations suggested for the management of *Mukharoga*.**

| Ayurvedic Formulation        | Descriptions                                                                                                                                                |
|------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <i>Triphala Kashaya</i>      | It is commonly used as a mouthwash to promote oral hygiene, reduce inflammation and cleanse the oral cavity.                                                |
| <i>Arimedadi Taila</i>       | It is considered beneficial for maintaining healthy gums, supporting the healing of oral lesions and reduces harmful microbial activity in the oral cavity. |
| <i>Panchavalka Kashaya</i>   | Due to its astringent, soothing, and healing properties, it is traditionally used in inflammatory and ulcerative conditions of the mouth.                   |
| <i>Khadiradi Vati</i>        | It is traditionally used for oral ulcers, sore throat, and halitosis.                                                                                       |
| <i>Yashtimadhu</i> and Honey | It is traditionally used to relieve burning sensations and support the healing of injured oral tissues.                                                     |

## CONCLUSION

The *Mukharoga* occurs primarily due to the imbalance of *Dosha* but sometimes also involves *Rakta*. The symptoms include pain, ulcers, inflammation, dryness, swelling and burning. The causes of *Mukharoga* include unhygienic practices, unhealthy diet, tobacco, smoking, digestive disturbances, accumulation of *Ama* and local trauma. The pathogenesis of *Mukharoga* involves disturbance of *Dosha* targeting the region of the *Urdhvajatru*, with an impact on local tissues and *Srotas*, leading to inflammation and tissue destruction. The clinical manifestation depends on the type of *Dosha* involved. Ayurveda offers a multi faceted and unified approach to the prevention and treatment of *Mukharoga* by combining different factors such as oral hygiene, diet, lifestyle and the use of herbs. Measures like *Dantadhavana*, *Gandusha*, *Kavalagraha* and *Pratisarana* have been adopted as traditional methods of maintaining oral health. Certain herbal ingredients such as *Triphala*, *Yashtimadhu*, *Haridra* and *Neem* exhibits antimicrobial and anti-inflammatory effects thus helps in healing oral ulcer and related symptoms. The astringent, soothing and healing properties of Ayurvedic formulations offers therapeutic benefits in various conditions of *Mukharoga*.

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