

**APPLICATION OF YASHTIMADHU GHRITA IN MANAGEMENT OF HERPANGINA  
IN HAND FOOT MOUTH DISEASE (HFMD)****Dr. Harshada Dipanshu Patange<sup>\*1</sup>, Dr. Mithila Amin<sup>2</sup>, Dr. Kalpana Dhuri<sup>3</sup>**<sup>1</sup>Final Year PG Student, Department of Kaumarbhritya, D. Y. Patil School of Ayurveda, Nerul.<sup>2</sup>Associate Professor, Department of Kaumarbhritya, D. Y. Patil School of Ayurveda, Nerul.<sup>3</sup>Head of Department and Professor, Department of Kaumarbhritya, D. Y. Patil School of Ayurveda, Nerul.**\*Corresponding Author: Dr. Harshada Dipanshu Patange**

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**ABSTRACT**

Hand foot mouth disease is highly contagious. It is common infection in children, mostly seen in rains. HFMD is a short term and resolves mostly in days to weeks. It presents with clinical features of Low to high grade fever, cold, cough, sore throat, along with rashes on hands, palms, soles, buttocks and painful oral ulcers. In case of adult inability to take enough food for a couple of day may not be considered as a big issue, but in children it decreases the nourishment due to lesser intake of food during painful oral ulcers (Mukhapaka) in HFMD, does result in dehydration, therefore it is very important that Mukhapaka in children be cured at the earliest possible. Yashtimadhu is a medicine which acts on this oral ulcers and helps to cure at earliest due to its guna.

**KEYWORDS:** HFMD, Contagious, mukhpak, yashtimadhu, dehydration.**INTRODUCTION**

HFMD is a clinical syndrome characterised by an oral ulcer (mukhpak) maculo popular / vesicular rash over hands, feet, mouth and buttocks. It is commonly caused by Coxsackievirus A 16. Herpangina is a benign clinical syndrome characterised by fever and papulo- vesicular ulcers.

**Transmission**

Humans are the only carrier. The disease is spread by feco-oral, oroal-oral and respiratory droplet infection. Incubation period is of 3 to 7 days. Patient is most infectious during first week but virus remains in stools for 4-6 weeks.

**Clinical features**

It presents with low to high grade fever, sore throat, maculopapular or vesicular rash over hands, feet, mouth and buttocks. Oral ulcers are painful typically affect posterior oral cavity including soft palate, tongue, buccal mucosa. Pain may cause dehydration in children.

**Diagnosis**

The diagnosis of hfmd is usually made clinically.

**Management**

Irritability, poor oral intake in children results dehydration hence Application of Yashtimadhu Ghrita is seen effective. After studying the content of Yashtimadhu Ghrita it was observed that the drug has

Katu, Tikta, Kashaya Rasa. Prabhava of the drugs used in Preparation of Yashtimadhu ghrita are Raktashodhak, Vranaropak, Kushtaghna, Putihar, Durgandh-Har, Vednasthapan, Vyavayi, Shothahar, Krumighna, Kandughna, Stambhan, Dahaprashaman, Mukha shodhan.

**DISCUSSION AND CONCLUSION**

According Acharya Dalhan, Mukhpak appear almost always in areas of the mouth and found on the mucosal lining inside of the cheeks, inner lips, soft palate, ventral tongue, and floor of the mouth. The lesions are initiated by inflammatory oral thrushes or ulcers in the form of painful erythematous macules. The types of Mukhpak as per Acharya Sushrut are Vataj, and Kaphaj Mukhpak. Mukhpak can be correlated to Aphthous Ulcer or recurrent ulcerative stomatitis. The reference about Mukhpak is found in both Bruhtrayees and Laghutrayees in details in concern with Ayurvedic Texts. Lakshana's of Mukhpak described are Red and Yellowish ulcer in mouth, Daha (burning sensation), Osh (bitter taste in mouth), Pain in mouth or at lesion, inflammation etc. According to Ayurveda in this disease there is pak inside the mukha. Due to pak there are symptoms like mukh dah (burning sensation), vedana (pain) at the site, and mukhpak (mouth ulcers). Due to pitta prakopak aahar like spicy, oily, junk food, fast food, and pitta prakopak vihar i.e. late night sleeping, irregular timings of meals pitta prakop occurs & this prakupit pitta is the main pathological factor for causing the mukhpak. Due to

Guna of Yashtimadhu ghrita i.e. tridoshghna, shothhar, shoohar and most importantly vranropan, It's application is recommended in mukhpak associated with HFMD.

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