INTRODUCTION
A poor oral health may have a profound effect on general health & several oral disease are related to chronic oral disease. In modern life style, excessive intake of fast food, cold drinks, spicy food, mixed type of food, acidic food, etc andaddictions of chewing betel nut, gutkha, tobacco, smoking, drinking alcohol, etc which are characterised as asthyakar in Ayurveda disturb the normal physiology of the body & causes many oral disease worldwide characterised by redness, ulceration in oral cavity with burning sensation, salivation & pain. Stomatitis occurs anywhere in the mouth including inside of the cheeks, gums, tongue, lips & palate. The symptoms degree from presence of mouth ulcer, redness & erosion of buccal mucosa, burning sensation, difficulty in chewing pungent & hot things & enlargement of sublingual & submandibular lymph nodes. In allopathic system of medicine various vitamins, systemic antibiotics, tetracyclines mouth wash, local application of thick layer of triamcinolone acetonide, local anti-inflammatory like orabase etc are being recommended in this disease. However ayurvedic treatment for this disease are safe, effective, cheap & non-toxic. Mukhapaka often called as “Sarasara roga” is disease of oral cavity characterised in Ayurveda as the paka-avastha of oral mucosa & produces ulcer in oral cavity. Pitta dosha, Bodhak kapha, rakta & mamsa are the main dushya in Mukhapaka. According to Shushrutha there are 65 mukharoga, which occurs at 7 locations such as lips, gums, teeth, tongue, palate, throat & oral cavity. The clinical symptoms of mukhapaka are comparable with stomatitis. To break this samprapti pitta dosahara, rakta prasadak, vranashodhak, vranaropak, shothahar chikitsa is essential.[1]

Mukhapaka
Mukhapaka is one of the mukharoga & occurs in all over the oral cavity. Acharya Kashyapa, charak has described it as mukhapaka, while acharya shushruta & vagbhata have described it as sarvasara. Sarasara means the disease which have capacity to spread all over the buccal mucosa.

Causes
1. Dosh dushtikar hetu
2. Sthan vaigunyakar hetu

Dosh dushtikar hetu
It includes aharaj hetu which causes aggravation of pitta dosha in amashaya & causes mukhapaka. Hetus like mansahar, dugdhahar, ikshuvikrut causes vitiation of doshas in amashaya & there by causing mukhapaka. These food factors causing pitta-kapha dosha vitiation & rakta dhatu dushti.

Sthan vaigunyakar hetu
It mainly consists of viharaj hetu, these causes aggregation of doshas in mukha. In case of sleeping in prone position, collection of prakupit doshas in oral cavity. Same like that in kawal & gandusha atiyoga irritates oral mucosa & further may lead to mukhapaka.

Types of Mukhapaka
Shushruta, Bhavaprakash & Yogratnakar has explained 3 types of mukhapaka
1. Vataj sarvasara
2. Pittaj sarvasara
3. Kaphaj sarvasara.[2]

Where as, Vagbhata explained 8 types of mukhapaka
1. Vataj sarvasara
2. Pittaj sarvasara
3. Kaphaj sarvasara
4. Raktaj sarvasara
5. Sanipataj sarvasara
6. Urdhvagada / Urdhbaguda
7. Arbuda
8. Puti-aasyata.[3]

Types of Stomatitis
It is the inflammation of oral mucosa.

Causes
Local- injury- mechanical, chemical, thermal
Systemic- malnutrition, vitamin deficiency, haematological disorders like pernicious anaemia, leukamias, granulocytosis.

1. Infective stomatitis
   a. Viral stomatitis
      It is causes by herpes simplex or herpes zoaster virus. It is characterised by small, multiple, painful vesicles on the lips, buccal mucosa & palate.

   b. Bacterial stomatitis
      Vincent angina- it is also called as ulcerative stomatitis & also acute ulcerative gingivitis.

   Causative organisms- borrelia vencentii & borrelia fusiformis

   Clinical features- Early adult individuals are more often involved. This rarely seen after the age of 12yrs.

   Acute conditions starts with prodromal symptoms like malaise, pyrexia, increased salivation.

   After about a couple of days of such prodromal symptoms patients complain of dull toothache & gum bleeding.

   c. Fungal stomatitis
      It is prototype of oral infection caused by yeast like fungus. It is the superficial infection of upper layer of oral mucous membrane & results in formation of patchy white plaque or fleckson mucosal surface.

2. Angular stomatitis
   Cracks or superficial ulceration at the corners of the mouth is known as angular stomatitis. It is also called as cheilosis.

3. Aphthous stomatitis
   Aphthous stomatitis is also called as recurrent ulcerative stomatitis. It is common disease characterized by development of painful, recurrent, solitary or multiple ulceration of the oral mucosa.

4. Traumatic stomatitis
   It is mainly caused by ill fitting dentures, tooth brush injury, jagged tooth, thermal & radiation injury.

   The lesions are painful, mucosa is hyperaemic & ulcerated with increased salivation.

5. Stomatitis with malnutrition
   Various types of stomatitis often remain associated with malnutrition. The mucosa of the tongue may undergo atrophy.

6. Drug allergy related stomatitis
   Stomatitis can be caused by administration of systemic antibiotics, barbiturates, phenytoin, etc while contact stomatitis can be caused by items like lozenge, tooth paste, dental prosthesis & mouth wash.

Chikitsa
   A. Nidan parivarjana
      Nidan parivarjana chikitsa is of prime importance to arrest further progress of disease.

   B. Samanya chikitsa
      In mukhapaka, acharya charaka has explained sarvadehik shodhana karma which include shirovirechan, kayavirechana then in local measures he explained mukhadhavan, charwana, pratisarana, kashayapan, kavalagraha & some internal measures.

1. Mukhadhavan
   In all types of mukhapaka, vagbhata has explained mukhadhavan which can be done with triphala, patha, mrudvika, jatiphala kashaya added with madhu.

   Yogratnakar has explained pamchapatallava kashaya which contains patol, nimba, jambu, amra, malati.

2. Charwana
   For charwana purpose yogratnakar has explained krushnajirak, kushta, indrayava for regular basis. By having so will get cured for mukhapaka, vrana, kleda, foul smell in just 3 days.

3. Pratisarana
   By applying fresh juice of daruwaridra mixed with honey & gairik will get cure for mukharoga, mukhapaka, raktadosha, nadivrana.

4. Kashayapan
   Yogratnakar has explained kashayapan of saptacchada including ushir, patol, musta, haritaki, rohini, yashimadhu, chandana.

5. Kavalagraha
   Acharya shushrut has explained kawalgrahana of dugdha, ekshurasa, gomutra, dadhimastu, kanji, taila, ghrita.

   Acharya yogratnakar has explained “haridra taila” for kawalgraha which includes haridra, nimba, yashimadhu, nil-uptula for mukhapaka.

C. Abhyantar chikitsa- Khadiradi gutika
   Acharya yogratnakara has explained khadiradi gutika for internal measures which constitutes khadir, jati, karpoor, tamalpatra, nagkeshar to cure tongue, lip, tooth, pharynx & palate disorders.

REFERENCES
3. Ashtang sangraha, uttartantra, chapter no-21, verse, 64.
4. PL dhingra’s Disease of Ear, Nose & Throat, chapter 43, 245.
5. Charak samhita, chititsasthana, chapter 26, 204.
8. Ashtanga sangraha, uttartantra, chapter 22, verse, 105.
10. Shushrut samhita, Uttartantra, chapter 22, chaukhamba Sanskrit sansthan, verse-68, 127.