

9. MUKHAPAKA (STOMATITIS)

A. Single formulations

Sl. No.	Name of the formulation (Botanical/ Mineral/ Metallic preparations)	Auṣadha kalpanā (Dosage form)*	Mātrā (Daily dose)	Anupāna (Vehicle)	Textual reference
1.	Vāsā Swarasa (Adhatoda vasika)	Swarasa (For gaṇḍūṣa)	Q.S	-	A.H.U. 22/106

B. Compound formulations

Sl. No.	Name of the formulation	Auṣadha kalpanā (Dosage form)*	Mātrā (Daily dose)	Anupāna (Vehicle)	Textual reference
1.	Khadirādi vatī	Vatī	500 mg (chewable) TDS	-	B.R. Mukha roga Cikitsā
2.	Irimeḍādyā Taila	Taila	Q.S (for	-	B.R. Mukha

			gaṇḍūṣa)		roga cikitsā
3.	Triphalā Kaṣāya	Kwātha	Q.S (for gaṇḍūṣa)	-	C.D. Mukha roga 33
4.	Pañcavalkala Kaṣāya	Kwātha	Q.S (for gaṇḍūṣa)	-	C.D. Mukha roga 33

C. PATHYAPATHYA (Do's and Don'ts)

	Pathya (Do's)	Apathya (Don'ts)
Cereals		
Pulses		Black gram (Uḍada)
Fruits & vegetables		
Others		Milk, curd, jiggery, rough and hard food substance, heavy and channel obstructing food
Life style	Therapeutic emesis (Vamana)	Teeth cleaning, bathing, sour substance, fish, Meat

		of marshy animal, sleeping in dorsal position (adhomukha śayana), day sleeping
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Note:

1. The above are certain suggested choices only.
2. The Pañcakarma and other procedures if any required may be rationally adopted by Physician on case to case basis.
3. The above mentioned dose is for the use of adults. However, dose and duration of therapy, pathya & apathya may be conveniently decided by the Physician on case to case basis on Āyurvedic principles.