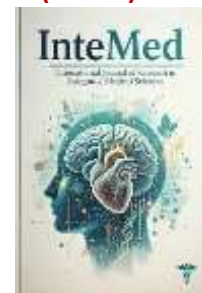




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Review Article

ROLE OF AUDUMBAR AVALEHA IN THE MANAGEMENT OF STOMATITIS: A REVIEW ARTICLE

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Abstract

Stomatitis is an inflammatory condition of the oral mucosa characterized by pain, burning sensation, erythema, ulceration and difficulty in eating or speaking. In Ayurveda, oral mucosal disorders can be understood through the involvement of Pitta, Rakta, Kapha and Vata according to the clinical presentation. Conditions associated with burning, redness, tenderness and ulceration may particularly reflect Pitta-Rakta predominance. Audumbar (*Ficus racemosa* Linn.) is traditionally recognized for its Kashaya rasa (astringent taste), Sheeta virya (cool potency), and Pitta-Kapha shamaka and Vranaropana properties. Classical and Ayurvedic pharmacological sources describe Udumbara preparations in conditions involving burning, inflammation, bleeding and tissue injury. Local use of Udumbara bark preparations has also been described for stomatitis and pharyngitis.

Audumbar Avaleha is a semisolid Ayurvedic formulation traditionally associated with conditions involving Daha (burning sensation), Pitta aggravation and gastrointestinal manifestations. Its ingredients and the properties of Udumbara provide a theoretical

basis for investigating its role in inflammatory disorders of the oral mucosa. Modern experimental evidence on Udumbara-containing preparations has demonstrated biological activities including anti-ulcer effects, while evidence directly evaluating Audumbar Avaleha in stomatitis remains insufficient.

This review discusses the Ayurvedic rationale, possible pharmacological basis, proposed mechanism, clinical relevance and future research requirements concerning Audumbar Avaleha in stomatitis.

Keywords: Audumbar Avaleha, Udumbara, *Ficus racemosa*, stomatitis, oral ulcer, Pitta, Ayurveda, mucosal healing.

1. Introduction

Stomatitis refers to inflammation of the oral mucosa and may present with erythema, swelling, burning, pain and ulceration. It can occur because of local trauma, nutritional deficiencies, infections, systemic disorders, medications or immune-mediated conditions.

Painful oral lesions can interfere with food intake, speech and oral hygiene, thereby affecting quality of life. Conventional management depends upon the underlying cause and may include symptomatic treatment, nutritional correction, oral hygiene measures and appropriate treatment of infection or systemic disease.

Ayurveda approaches oral diseases through assessment of Dosha, Dushya, Agni, dietary factors and local pathology. Burning, redness and inflammatory ulceration are commonly considered manifestations with a Pitta-Rakta component.

Audumbar, botanically identified as *Ficus racemosa* Linn., is an important Ayurvedic drug traditionally characterized by astringent and cooling properties. Ayurvedic pharmacological descriptions attribute Pitta-Kaphahara and Vrana-ropana actions to Udumbara.

2. Aim

To review the possible role of Audumbar Avaleha in the management of stomatitis based on Ayurvedic principles, traditional therapeutic applications and available experimental evidence.

3. Objectives

1. To describe stomatitis from an Ayurvedic perspective.
2. To review the pharmacological properties of Udumbara.
3. To discuss the Ayurvedic rationale for using Audumbar Avaleha in stomatitis.
4. To explore the possible mechanisms responsible for symptomatic improvement and mucosal healing.
5. To identify the existing evidence gap and propose areas for future clinical research.

4. Ayurvedic Perspective of Stomatitis

Stomatitis can be correlated conceptually with various oral disorders described under Mukha Roga. Depending on the clinical presentation, different Doshas may be involved.

Pitta predominance

Features may include:

- Daha (burning)
- Raga (redness)
- Tenderness
- Inflammatory changes
- Ulceration
- Increased sensitivity

Vata predominance

Pain, dryness and roughness may predominate.

Kapha predominance

Heaviness, excessive secretions, swelling and mucosal coating may be more prominent.

Thus, management should ideally be individualized according to the dominant Dosha and underlying cause.

5. Audumbar – Ayurvedic Pharmacological Profile

Udumbara (*Ficus racemosa* Linn.) is traditionally described with the following properties:

Parameter| Description

Botanical name| *Ficus racemosa* Linn.

Family| Moraceae

Rasa| Kashaya

Guna| Guru, Ruksha

Virya| Sheeta

Vipaka| Katu

Dosha action| Pitta-Kapha shamaka

Important actions| Vrana-ropana, astringent, cooling

Commonly used parts| Bark, fruit, latex, root

The astringent and cooling properties are particularly relevant when considering inflammatory and ulcerative mucosal conditions. Ayurvedic pharmacological sources describe Udumbara in relation to wound healing, burning disorders and bleeding conditions.

6. Audumbar Avaleha

Audumbar Avaleha is an Ayurvedic avaleha formulation centered on Audumbara and traditionally associated with disorders involving Daha, Pitta aggravation and digestive manifestations. Available descriptions identify the formulation as a cooling, predominantly Pitta-oriented preparation.

The relevance of the formulation to stomatitis may be understood through two complementary approaches:

A. Local mucosal action

The astringent properties of Udumbara may theoretically help reduce excessive mucosal exudation and support tissue contraction.

B. Systemic Pitta-oriented action

When stomatitis occurs with prominent burning and other Pitta-associated symptoms, a formulation traditionally used for Daha may have a rationale within Ayurvedic therapeutics.

7. Possible Mode of Action

The possible role of Audumbar Avaleha can be proposed through the following mechanisms:

7.1 Pitta shamana

The Sheeta virya and Kashaya rasa of Udumbara provide an Ayurvedic rationale for reducing Pitta-associated burning and inflammatory manifestations.

7.2 Astringent effect

Kashaya rasa is traditionally associated with Sangrahi and tissue-stabilizing effects. This may be relevant to ulcerated and inflamed mucosal surfaces.

7.3 Vrana-ropana

Udumbara is traditionally described as having wound-healing activity. This provides a theoretical

basis for its investigation in ulcerative lesions of the oral mucosa.

7.4 Anti-inflammatory and antioxidant potential

Experimental studies of *Ficus racemosa* and Udumbara preparations have reported biological activities that may be relevant to inflammation and tissue protection. However, these findings should not be interpreted as proof of clinical efficacy of Audumbar Avaleha in human stomatitis.

7.5 Mucosal protective potential

Experimental work on Udumbara-containing preparations has demonstrated anti-ulcer activity, providing preliminary support for investigating mucosal protective effects.

8. Proposed Ayurvedic Samprapti

A conceptual pathway may be represented as:

Nidana sevana



Pitta/Rakta dushti



Daha + Raga + Shotha



Mucosal involvement



Ulceration / Stomatitis

Audumbar Avaleha may theoretically act through:

Pitta shamana + Daha shamana + Kashaya action + Vrana ropana



Reduction in burning and inflammation

↓

Improved mucosal healing

9. Potential Clinical Outcomes

If evaluated in a properly designed clinical study, relevant outcomes could include:

1. Reduction in pain intensity.
2. Reduction in burning sensation.
3. Reduction in ulcer size.
4. Improvement in erythema and mucosal inflammation.
5. Reduction in duration of lesions.
6. Improvement in eating and speaking comfort.
7. Reduction in recurrence during follow-up.

Validated oral-ulcer or oral-mucositis assessment scales should preferably be used in future clinical trials.

10. Evidence and Limitations

The Ayurvedic rationale for Udumbara in mucosal disorders is supported by its traditional pharmacological profile and descriptions of local use in stomatitis.

Experimental research has also investigated Udumbara preparations for biological activities such as anti-ulcer effects.

However, an important limitation is the lack of strong clinical evidence specifically demonstrating that Audumbar Avaleha is effective for stomatitis in humans. Therefore, claims of efficacy should remain cautious.

The formulation should not be presented as a proven replacement for diagnosis and treatment of infectious, nutritional, autoimmune or medication-related causes of oral ulcers.

11. Future Research

A prospective clinical study could be designed to evaluate Audumbar Avaleha as an adjunctive Ayurvedic intervention in patients with appropriately diagnosed stomatitis.

A randomized controlled trial could compare:

Group A: Standard oral-care treatment + Audumbar Avaleha

Group B: Standard oral-care treatment + placebo/control

Possible assessment parameters could include:

- Pain score
- Burning sensation score
- Ulcer dimensions
- Number of ulcers
- Healing time
- Oral intake
- Recurrence rate
- Adverse events

Such research would help determine whether the traditional rationale translates into measurable clinical benefit.

12. Conclusion

Audumbar possesses Ayurvedic properties—particularly Kashaya rasa, Sheeta virya, Pitta-Kapha shamana and Vrana-ropana—that provide a plausible traditional rationale for its investigation in stomatitis. Traditional Ayurvedic sources also describe local Udumbara preparations in stomatitis, while experimental research provides preliminary evidence for biological effects relevant to mucosal protection.

Nevertheless, the current evidence does not establish Audumbar Avaleha as a clinically proven treatment for stomatitis. Well-designed clinical trials are required to evaluate its efficacy, safety, appropriate patient selection and comparative effectiveness. Audumbar Avaleha may therefore be considered an interesting candidate for evidence-based Ayurvedic

research in stomatitis, rather than a therapy whose effectiveness is already conclusively established.

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