



EFFECT OF GANDUSHA AND PRATISARANA IN THE MANAGEMENT OF SHITADA (GINGIVITIS)

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ABSTRACT

Shitada is one of the *Mukharoga* which comes under *Dantamoolagata Roga* according to different *Acharyas*. The symptoms of *Shitada* such as *Akasmata Raktasrava* (bleeding), *Krishnatwa* (discoloration), *Mriduta* (Softness) are more similar to Gingivitis. Gingivitis is one of the most common disease in children and adolescence. About 89.6 percentages of people in the age group of 35-44 years has been suffering most from Gingivitis according to national oral health survey (2002-2003). The management of gingivitis in modern medical science is not satisfactory due to mechanical removal of cause by scaling or use of chemicals which has several side effects if it is use for long duration and ultimately leads option for surgery. The present study is aimed to find a better treatment modality through Ayurveda. *Raktamokshana*, *Gandusha*, *Pratisarana*, *Nasya* are the line of treatment mentioned in ancient Ayurvedic classics. *Acharya Sushruta* also mentioned these treatment modalities in the management of *Shitada*. Considering of the effectiveness of *Gandusha*, *Pratisarana* and pharmacological properties of drugs contents used in *Gandusha* and *Pratisarana*, i.e, *Triphaladi Churna* and *Priyangwadi Churna*, it is unique, suitable and effective in *Shitada* (Gingivitis).

KEYWORDS: *Shitada*, Gingivitis, *Gandusha*, *Triphaladi Churna*, *Pratisarana*.

INTRODUCTION

Shitada is one of the *Mukharoga* which *Acharya Sushruta* has mentioned under *Dantamoolagat Roga*.^[1] *Acharya Vagbhat* also considered it as *Dantamoolagat Roga*.^[2] The symptoms of *Shitada* such as *Akasmata Raktasrava* (spontaneous bleeding), *Daugandhya* (halitosis), *Shofa* (inflammation), *krishnatwa* (blackish discoloration), *Mriduta* (Softness) are more similar to Gingivitis.^[3] Gingivitis is a very common prevalent disease seen especially in children and adolescence.^[4] It is one of the diseases of gingivae which compel the patient to feel uneasy, foul smelling along with bleeding from mouth & sometime bed-ridden condition if complication occurs. In India, prevalence of Gingivitis is different in different age groups. According to National oral health survey (2002-2003) maximum No. of patients i.e., 89.6% in the age group 35-44 years has been suffering most from Gingivitis.^[5] If it is not treated in time it may lead to complication like Periodontitis in which there is a probability of loss of tooth structure.

Need of the Study

In Modern science the treatment of Gingivitis is not satisfactory due to mechanical removal of cause by scaling or use of chemicals like mouth wash, irrigation which has several side effects like staining of mouth, loss

of taste sensation, supragingival calculus, oral mucosal erosion etc. if it is use for long duration.^[6] Sometimes there is an also need for surgical intervention.

In contrast to that, Ayurveda has a variety of natural medications in the treatment for *Shitada* (Gingivitis) which are free from systemic disturbances and also enhances the immunity power which decreases the chance of recurrent infection. *Raktamokshana*, *Gandusha*, *Pratisarana* and *Nasya* are the line of treatment mentioned in ancient ayurvedic classics. *Gandusha* by *Triphaladi Kwath* along with *Pratisarana* by *Priyangwadi Churna* has been a very good effect in the management of *Shitada* as mentioned by *Acharya Sushruta*. *Gandusha* having *Shodhana*, *Ropana* effect and *Pratisarana* having *Lekhaniya* property. All these collectively effective in the management of *Shitada*(Gingivitis).

AIM AND OBJECTIVE

To evaluate the efficacy of Ayurvedic treatment in the management of *Shitada* (Gingivitis).

DISEASE REVIEW

Etymology Of Shitada^[7]

1. *Shitada* is derived from two word which are 'Sit' and 'Aad'. *Shit* means-

- i) Cold or frigid,
- ii) Dull or sluggish

And *Aad* means- to eat or diseased condition. A disease, manifests due to very cold diet.

Nidana

There is no specific *Nidana* described for the disease *Shitada* in classics. But there is a reference of the general *Nidana* of *Mukha Rogas*.

- **Aharaja:** Excessive ingestion of *Matsya* (fish), *Mahisha Mamsa* (buffalo's meat), *Varaha Mamsa* (pig's meat), *Amalaka*, *Mulakam* (raw radish), *Masha* (black gram), *Dadhi* (curd), *Kshira* (milk), *Shukta*, *Ikshurasa* (sugarcane juice) and *Phanita*.
- **Viharaja:** Excessive indulgence in *Avak Shayya* (sleeping in prone position), *Dwishato Dantadhavana* (improper dental hygiene), *Dhuma* (improper *Dhumapana*), *Chhardana* (improper vomiting), *Gandusha* (improper gargling), *Siravyadha* (improper venesection).^[8]

Samprapti

Improper oral hygiene either due to intake of excessive *Madhura*, *Amla*, *Lavana Rasa Ahara*, *Snigdha*, *Abhishyandi Ahara* or due to improper dental hygiene or on sleeping in prone position leads to *Agnimandya*, *Kaphadosha Prakopa*, and *Rakta Dushti*. This leads to *Sthana Samshraya* of *Doshas* in *Dantamoola* which leads to disease *Shitada*.

Sampraptighataka

- **Dosha:** *Kapha, Rakta*
- **Dushya:** *Rasa, Rakta, Mamsa*
- **Srotasa:** *Rasavaha, Raktavaha, Mamsavaha*
- **Agni:** *Jatharagni, Dhatvagni Mandya*
- **Srotodushti:** *Vimargagamana*
- **Roga Marga:** *Bahya*
- **Udbhava Sthana:** *Amashaya*
- **Adhithana:** *Dantavestagata mamsa*
- **Sadhya-Asadhyata:** *Sadhya*
- **Vyaktisthana:** *Talu or Kantha*

Purvarupa

No specific *Purvarupa* has been mentioned in *Shitada*. Hence; here slight appearance of the manifestation can be taken *Purvarupa* of *Shitada*, which includes excessive salivation, halitosis and lack of particular taste.

Rupa

The *Rupa* of *Shitada* is spontaneous bleeding from the gums, foul smelling, black soft and sodden gums mentioned by *Acharya Sushruta*.^[9]

Drugs

Gandusha by Triphaladi Kwath

It is the process of holding any medicated liquid like *Kwatha*, *Swarasa*, *Madhu*, *Ghrita*, *Taila*, *Gomutra*, *Usnodaka* etc. in the mouth to its full capacity for a specific time without any movement inside and then asked to spit it out.

Table 1: Rasapanchaka of Triphaladi Churna.

Drugs	Rasa	Guna	Virya	Vipaka	Doshagnatha/Karma
Haritaki	Pancharasa Alavana	Ruksha, Laghu	Ushna	Madhura	Tridosha-shamaka, Sothohara, Rasayana
Bibhitak	Kashaya	Ruksha, Laghu	Ushna	Madhura	Tridosha-samaka, Sothohara, Raktastambhaka
Amalaki	Pancharasa Alavana	Guru, Ruksha, Sheeta	Sheeta	Madhura	Tridosha-Shamaka, Rasayana, Balya
Sunthi	Katu	Laghu, Snigdha	Ushna	Madhura	Vata-Kaphahara, Shoolhara, Sothohara
Sarsapa	Katu	Laghu	Ushna	Katu	Kapha Vata Shamaka, Vedanasthapana
Musta	Tikta, Kaṭu	Laghu, Rukṣa	Sheeta	Katu	Kapha-Pittahara, V-ropana Lekhaniya
Rasanjana	Tikta, Kasaya	Laghu, Ruksha	Ushna	Katu	Kapha- Pittasamaka, Raktastambhka, Sothohara

Gandusha having *Shodhana* property as well as it absorption of drugs takes place by its oral mucosa which helps in cell regeneration i.e *Ropana*. The drug *Triphaladi Kwatha* contains predominantly, *Katu* and *Kasaya Rasa*, *Laghu*, *Ruksha Guna*, *Usna Virya* and *Madhura Vipaka*. *Katu Rasa* acts as *Shodhana*, *Lekhana*, *Kleda Shoshaka*, *Vrananasaka*, and *Kaphanashak*. *Acharya Caraka* has described *Katu Rasa* as *Vaktra*

Shodhaka.^[10] *Laghu-Ruksha Guna* is *Kaphashamaka*. *Ushna Virya* exhibits *Vata-Kaphashamaka* activities. *Katu Vipaka* normalizes vitiated *Kapha*.

Majority of the ingredients of *Triphaladi Churna* are having *Kasaya*, *Katu Rasa* which decreases the *Kapha* and stops bleeding. It dries up the excessive fluid and decreases the inflammation. The drugs by their *Laghu*,

Ruksha properties help in *Chhedana* of vitiated *Kapha* that can also be correlated with plaque. Most of the drugs possess anti-inflammatory and anti-bacterial activities. Due to these it can prevent recurrent infections and reduces inflammation.

By virtue of these properties the *Kwatha* is *Kapha-Pittasamaka*. Thus the *Kwatha* increases the efficacy of *Triphaladi Churna* and help to disintegrate the pathology

of *Shitada*. Due to anti-bacterial and anti-inflammatory property it may act on microorganism and might be helpful in alleviating the disease *Shitada*.

Pratisarana by Priyangwadi Churna-

A gentle massage on the teeth, tongue, and buccal cavity by *Churna*, *Kalka*, or *Avaleha* with the finger for a short time is called the *Pratisarana*.^[11]

Table 2: Rasapanchaka of Priyangwadi Churna.

Drugs	Rasa	Guna	Virya	Vipaka	Doshagnatha
Priyangu	Tikta, Kasaya, Madhura	Guru, Ruksha	Sheeta	Katu	Tridosha-samaka, Raktasodhak, Vedanasthapana
Musta	Tikta, Kaṣu	Laghu, Rukṣa	Sita	Katu	Kapha- Pittahara, Lekhaniya,
Haritaki	Pancharasa, Alavana	Ruksha, Laghu	Ushna	Madhura	Tridosha-shamaka, Rasayana, Sothohar
Bibhitak	Kashaya	Ruksha, Laghu	Ushna	Madhura	Tridosha samaka, Raktastambhak
Amalaki	Pancharasa, Alavana	Guru, Ruksha, Sheeta	Sheeta	Madhura	Tridosha-shamaka, Rasayana, Balya

Priyangu has *Tikta-Kasaya Rasa*, *Ruksha Guna*, *Tridosha Samaka*, *Vedanasthapana* and *Raktastambhaka* properties. *Tikta-Katu Rasa*, *Laghu-Ruksha Guna*, *Katu Vipaka* and *Kapha Pitta Samaka* along with *Shothohara* and *Lekhaniya* properties are found in *Musta*. *Triphala* having mainly *Pancha Rasa* and *Kasaya Rasa*, *Ruksha Guna*, *Usna Virya*, *Tridosha Samaka* and *Shothohara*, *Raktastambhaka*, *Rasayana* properties.

Katu-Kasaya Rasa acts as *Shodhana*, *Lekhana*, *Kleda Shoshaka*, *Vrananasaka*, *Raktastambhaka* and *Kaphanashak*. *Acharya Caraka* has described *Katu Rasa* as *Vaktra Shodhaka*.^[12] *Laghu-Ruksha Guna* is *Kaphashamaka*. *Ushna Virya* exhibits *Vata-Kaphashamaka* activities. *Katu Vipaka* normalizes vitiated *Kapha*. With these properties it not only prevents inflammation of gums and bleeding but also helps in reducing plaque formation.

Majority of the ingredients of *Priyangwadi Churna* are having *Kasaya*, *Pancha Rasa* along with *Ruksha Guna* and *Tridosahara* property. It helps in decreases the vitiated *Kapha* and *Pitta*. Most of the drugs possess anti-inflammatory and anti-bacterial activities. Due to its *Katu*, *Kasaya Rasa* and *Usna Virya* it act as a *Lekhaniya* property which help in bleeding and decreases inflammation and thus helps in tissue regeneration.

CONCLUSION

Shitada (Gingivitis) is the one of the most common clinical condition in routine *Shalakya* (Dental) practice. People are embraced or feel uneasy in day to day life due to this disease as it causes bad breath and bleeding. For the management of *Shitada* through *Ayurveda*, we should know properly the etiopathogenesis and also select the drug which can break the etiopathogenesis. By

Gandusha which is having the *Shodhana* and *Ropana* property by which it clears the *Srotas* and helps in regeneration. Due to *Lekhaniya* property of *Pratisarana* it increases the blood flow to the damage area as well as it reduces inflammation. Both the drugs contains *Triphala* which is having anti-inflammatory and anti-bacterial property. Thus collectively all these have enough potency to break down the etiopathogenesis of *Shitada* and will be beneficial in the management of *Shitada* (Gingivitis).

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