

**A CLINICAL STUDY ON RAKTAVISTRAVAN AND BRUHATYADI GANDUSHA IN
KRIMIDANTA WITH SPECIAL REFERENCE TO DENTAL CARIES**¹*Dr. Utkarsha Gurunath Pashte and ²Dr. A. B. Deshmukh¹P.G. Student 3rd Year, Shalaky Tantra G.A.C. Nanded Vazirabad.²H.O.D. Shalaky Tantra Department Vazirabad Nanded.

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ABSTRACT

Dental caries is progressive destruction of enamel, dentine and cementum initiated by microbial activity at the tooth surface. It is one of the major problems in dentistry. On the basis of clinical features, it can be compared with *krimidanta* which is one among the eight diseases of tooth. All three *doshas* are prominent in *krimidanta*. In the management of *krimidanta*, *krimighna*, *vataghna* and *ushna veeya dravyas* are to be used which can relieve the toothache and discoloration. In this study, the trial drug used were *bruhatyadi gandusha* and *rakta vistravana* with *prachhhan karma*. Drugs which were used in *bruhatyadi gandusha* are *vataghna*, *ushna virya yukta* and *krimighna*. *Rakta vistravan* is effective in *pitta dosha* and *rakta dosha*.

KEYWORDS: *krimidanta*, dental caries, *bruhatyadi gandusha*, *rakta vistravan*, *dantashool*, *danta harsha*.**INTRODUCTION**

Teeth are very precious organs of the body, governing lot of functions like chewing, speech control, giving shape to the mouth and the most important of all is to maintain the beauty of the face, once they are destroyed, they cannot regrow. Eight *Danta Rogas* are described by *Acharya Sushruta*, of them *Krimidanta* is the one which gradually results in tooth loss, if not treated in time.

The disease, *Krimi Danta* is considered under *Danta roga* under the heading of *Mukha roga*. *Krimi Danta* is characterized by blackish discoloration of tooth with cavity formation, foul fluid discharges associated with pain and swelling due to vitiated *Vata* followed by *Pitta* and *kapha*. *Krimi Danta* can be correlated to dental caries in modern science, wherein bacterial process damage the enamel which is the hardest structure of tooth as well as dentine and cementum. These tissues progressively break down, producing dental cavities. Pain is the commonest symptom in caries.

Oral infections in patients with rheumatic or congenital heart diseases are particularly dangerous, as they can lead to the risk of infective endocarditis. In Ayurvedic texts a good number of medicaments are explained for strengthening the teeth and gums. In the management of *Krimidanta*, the drugs having *Krimighna* (antimicrobial), *Vranaghna* and *Ushna Veerya* are to be used which can relieve the toothache and *Krimi*. In the present study the trial treatment used include *rakta vistravan* and *bruhatyadi gandusha*.

Having *vatahara*, *pittahara*, *kaphahara* and *krimighna* action.

AIMS AND OBJECTIVES

1. To evaluate the efficacy of *rakta vistravana*, and *bruhatyadi gandusha* in signs and symptoms of *Krimidanta* (dental caries).

MATERIALS AND METHODS**Source of data**

In the clinical trial of *Krimidanta* (dental caries), the patients were selected from OPD and IPD of Shalaky Tantra department, Government Ayurvedic College and Hospital Nanded. A known case of *krimi danta* (dental caries) was taken from OPD. Detail history of patient was taken. Complete examination was done. *Rakta vistravana* is done and then followed by *gandusha karma*. Assessment was done after complete treatment.

CASE REPORT

A 17 years male patient visited to ENT OPD of shalaky tantra department, G.A.C Nanded and hospital, on 5/5/2021 with the chief complaint of pain at right upper 1st molar. *Danta shotha*, *danta harsha*, *krushnata*. The patient is suffering from all these symptoms since 4 months. He consulted a local hospital in his area and took medications but was not satisfied. Then patient came to G.A.C. Nanded hospital for ayurvedic treatment and consulted to us.

Personal History

Diet- non vegetarian, sweets, chocolates.

Appetite- normal.
 Bowel- regular.
 Micturation- normal.
 Sleep- disturbed.
 Habbits- sweet food, continue eating food.

Ashtavidha pariksha- *Nadi- vata pradhan pitta. Mala-prakruta*
Mutra- prakruta.
Jivha- sama.
Shabda- ruksha. Drika- prakruta. Akrti- madhyam.

Sr. No.	Subjective criteria	Objective criteria
1.	<i>Danta shool</i>	Radiograph-Iopar
2.	<i>Danta harsha</i>	
3.	<i>Shotha</i>	
4.	<i>Mukha daurgandha</i>	
5.	<i>Krushnata</i>	

- Local examination

Teeth Examination

- No. Of teeth presents - 30
- Carious teeth - Right first molar tooth in upper jaw
- Stage of carious Teeth - Decay invades pulp
- Color of teeth - Stain
- Occlusion – Malocclusion
- Food impaction - Present

Drug	Properties
<i>Bruhata</i>	<i>Ushna virya, ruksha, laghu, vata kapha shamaka, shulaghna, grahi.</i>
<i>Bhumi kadamba</i>	<i>Tikta, kashaya, vedana sthapana</i>
<i>Kantakari</i>	<i>Tikta, ushna virya, laghu, vedanasthapan, shothahara, krimighna, raktashodhak</i>
<i>Eranda</i>	<i>Ushna virya, snigdha, vataharan, krumighna, kapha vataghna.</i>

Follow up findings-1st day of treatment-

Rakta vistravana at 1st right upper molar by *Prachchhan karma* with needle no 26.
Bruhatyadi gandusha two times a day, for 7 days.

Follow up after 7 days

Danta shool was mild less, *danta shotha* and *danta harsha* were decrease. *Mukha daurgandhya* present. *Krushnata* of *danta* were as it is. Advice- *Rakta vistravana* at 1st right upper molar by *prachchhan karma* with needle no 26. *Bruhatyadi gandusha* two times a day, for 7 days.

Follow up after 7 days

Danta shool was much less, *Danta shotha* and *Danta harsha* were decrease. *Mukha daurgandhya* also markedly decreases. *Krushnata* of *Danta* were as it is.

Advice

Rakta Vistravana at 1st right upper molar by *Prachchhan karma* with needle no 26.
Bruhatyadi Gandusha two times a day, for 7 days.

- Mobility - 0°
 - Filled Teeth - No
 - Hypersensitivity - Present gums examination.
 - Consistency –Pain and occasionally bleeding
 - RADIOGRAPH
- IOPAR - Dental caries involved to the dentine tissue

Procedure administered to patient

Rakta vistravana by *prachchhan karma*.
 Followed by 45 ml *bruhatyadi gandusha* two times a day for 7 days.

↓
Rakta vistravan by *prachchhan karma*.
 Then 45 ml *bruhatyadi gandusha* two times a day for 7 days.

↓
Rakta vistravan by *prachchhan karma*.
 Then 45 ml *bruhatyadi gandusha* two times a day for 7 days.

Rout of adminisistration – Oral.

Drug

Bruhatyadi gandusha content- 40 ml *kwath* of *bruhati*, *bhumi kadamba*, *erandamula tvaka*, *kantakari*, in same quantity. Mixwith 5 ml *tila taila*.

Follow up after 7 days

Danta shool was completey absent, *danta shotha* and *danta harsha* were absent. *Mukhadaurgandhya* absent .
Krushnata of *danta* were as it is.

Symptoms	Before treatment	After treatment
Dantashool	+++	----
Dantashotha	++	---
Danta harsha	+++	---
Krushnata	+++	+++
Mukh daurgandha	+++	---
Radiograph IOPAR	Dental caries involved to the dentine tissue	Dental caries involved to the dentinetissue

DISCUSSION

Krimidant is very common to all over the world and involves all the age groups due to bad oral hygiene, lack of awareness about proper oral hygienic measures and bad habits like chewing tobacco, smoking, etc. *Krimidanta* is silently progressive in nature. Generally the disease *Krimidanta* is neglected by the patients till the pathogenesis become irreversible. It is observed that patients are worried of the time consuming and lengthy treatment like scaling, filling, root canal treatment and consulting the dentist regularly. Improper management in early stage leads the disease to the chronic phase. Dental caries is a problem related to the improper oral care, if at an early stage, the condition is neglected by the patients, the disease finally results in tooth loss. Dental caries affects mostly the population between the ages of 14 and 20 years, during which decay activity is the highest. Though many theories are put forth to understand the exact mechanisms of caries formation, still the exact mechanism is not known.

Dental caries is a microbial disease of the calcified tissues of the teeth, characterized by decalcification of the inorganic portion and destruction of the organic substances of the tooth. Here the drugs which we have used those are *Vatagna*, *Krimighna*, *Pittaghna*, and *Kaphaghna*, *Shothahara*, *Shoolaghna*. *Rakta vistravana* is effective in *Pitta Dosha*. Therefore treatment given by us is effective in *Krimi Danta*.

CONCLUSION

From the results and observation which were received from this study it can be concluded that *Brihatyadi Taila Gandusha* and *raktavistravana* was provided better results in *Dantasula*, *Durgandhya*, *Dantaharsa*, *Shotha* in *Krimidanta*, was found to be safe and effective in pain management of dental caries. So we can use this drug as best analgesic for dental caries in future and study can be carried out in large number of patients for better analysis.

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