



**AN ANALYTICAL REVIEW OF MUKHAROGA SAMANYA NIDANA W.R.T
PRESENT DAY SCENARIO**

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ABSTRACT

The oral cavity is an essential part of the body and contributes to total health and well-being. Oral health is recognized as an essential component of quality of life. Thus, the presence of oral diseases can affect a person's growth and development, as well as their psychic, productive and social capacity. Recent research indicates that poor oral health affects general health and that some systemic diseases can affect oral health. Majority of oral problems are due to Lifestyle modification. If the causative factors are not treated this can lead to complication and more serious disease. Arrest the causative factor itself is a treatment. Thus assessment was made to invest knowledge of ancient science for fulfilling the growing demand of mankind in new era. Any knowledge in our literature if assessed to present life style, it becomes easy for understanding, analyzing and treating diseases. Hence there is a need to analyze the mukha roga nidanas (causative factors of oral disorder diseases) in present day scenario and modify the urban life s style into conventional preventable mode.

INTRUDUCTION

Good health is a major resource for social, economic and personal development. The majority of oral health conditions are: dental caries (tooth decay), periodontal diseases, oral cancers, oral manifestations of HIV, orodental trauma, cleft lip and palate, and noma (severe gangrenous disease starting in the mouth mostly affecting children). These diseases share common risk factors with other major non communicable diseases.^[1] Most oral health conditions are largely preventable and can be treated in their early stages.

The *Global Burden of Disease Study 2017* estimated that oral diseases affect close to 3.5 billion people worldwide, with caries of permanent teeth being the most common condition. Globally, it is estimated that 2.3 billion people suffer from caries of permanent teeth and more than 530 million children suffer from caries of primary teeth.^[2]

Mukharoga Samanya Nidana explained by Sushruta in Nidanasthana 16TH chapter. If one understands the causative factors in detail, then it is easy to understand the involved Dosha and it help to understand what kind of treatment is required. If causative factors are understood to present life style, then it is easy for a physician to analyze Pathophysiology of disease and convey about its effects. Thus an attempt is made to analyze samanya mukha roga nidana as to present life style.

Various nidana explained by Acharya Sushruta and its assessment to present life style are as follows;

1. Matsya (intake of fish) – An Accidental ingestion of fish bone causes foreign body impaction in oral cavity specially pharynx.^[3]

Present era-watching mobile and television while taking fish, not proper mouth wash after taking fish dishes due to busy schedule

Vitiation of Dosha – Pitta and Raktha

Probable Diseases – Foreign body impact in oral cavity, halitosis, Mukha paka

2. Mahisha and varaha pishitha sevana (consuming meat of buffalo and pig)-both Buffalo and Pig meats are heavy for digestion so it causes coating over the tongue and variation of ph of oral cavity.

Present era-due to modification of food style and lack of exercise –consuming high caloric food like buffalo and pig meats causes GI disorder. its indirectly causes to various systemic disorder. ex-Diabetic .Periodontitis is one the 6th complication of Diabetic.

Vitiation of Dosha -Kapha

Probable Diseases – Periodontitis, Dental Caries, Coating Tongue and ph variation of oral cavity.

3. Ama moolaka (uncooked raddish) - Raddish is one of the unpleasant odor vegetable.

Present era-due to concept of diet the working people and obese people taking raw vegetables without cooking. Radish has diuretic properties that stimulate the

production of urine. But consumption of too much radish will lead excess loss of water from our body and may lead to dehydration. Excess radish consumption may also lead to low blood pressure and also cause hypoglycemia. Both hypoglycemia and hypotension lead to dryness of oral mucosa.

Vitiation of Dosha – Pitta

Probable Disease-Dryness of mouth and halitosis

4. Masha soup (black gram soup)-Excessive intake of black gram soup causes kapha vruddi

Present era-Excessive consumption of black gram causes Gallstone. Halitosis is one of the complications of gallstones. One of the main issues of consuming high amounts of black gram is that it increases the amount of uric acid in your blood. As a result, it can stimulate the calcification stones in the kidney.^[4]

Vitiation of Dosha – Pitta

Probable Disease-Halitosis

5. Dhadi (curd) and Ksheera (milk) –Excessive use of milk products

In Ayurveda -Dhadi is one of the abhishyandi and excessive intake causes Pitta vruddi. Excessive use of Ksheera causes kapha vruddi. Vitiated kapha is the main reason for formation of mukharoga

Present era-Diary product is good for oral health because presence of lot of nutrients but now a day's using more sugar content in diary product ex-chocolate milk shake, yogurt added sugar, different types of Ice cream etc...these foods are causes cavity formation.

Certain forms of dairy products can be harmful for oral health. These include processed forms of dairy products that may contain sugared flavors, artificial essence, flavoring agents, preservatives and taste enhancers. Proper oral hygiene practices must be followed after consuming dairy products. Negligence like bottle feeding of milk for long duration can be harmful and cause tooth decay on the upper anterior teeth. Dairy products can have immense benefits if consumed in adequate quantities and proper cleaning and rinsing of teeth after consumption is followed.^[5,6]

Vitiation of Dosha – Pitta and kapha

Probable Disease-cavity, caries, calculus of tooth

6. Ikshu (sugarcane) – Glycemic index of sugarcane-between 30-40.

In Ayurveda-Excessive use of Ikshu cause kaphavuddi and after intake of Ikshu not cleaning oral cavity causes krimi formation. According to Charaka Sutra 27chapter, sugar cane pressed juice with machines can cause burning sensation (vidaha).

Present era-Sugarcane juice is extracted by machine. Unhygienic machine will causes serious health issue and using ice cubes also triggers infection in the body. Mainly sensitivity of tooth.

Vitiation of Dosha – kapha

Probable Disease-cavity and caries of tooth

7. Phanitha (jaggery)

In Ayurveda- Excessive use of phanitha cause kaphavuddi and after intake of phanitha not cleaning oral cavity causes krimi formation.

Present era-Different types of candy is made by jaggery and sugar and also added color and additives, which acts as a chelating agent to the dental enamel, this will impact children's health and dental cavity problems.

Vitiation of Dosha – kapha

Probable Disease-cavity and caries of tooth

7. Avakshayya (improper sleeping position)-Increased cranial pressure

Present era-due to night work and hectic work, person lying on a working table or flat surface can worsen respiratory disorders, including sleep apnea and snoring

vitiation of Dosha – Pitta

Probable Disease-mouth breathing leads to dryness of oral cavity, Mandibular joint dislocation and Grinding teeth

8. Dvishatho dantadhavana (improper brushing)-

In Ayurveda-cause danta and Dantamoolagatha roga

In present era- vigorous tooth brushing or using the wrong type of brush for the technique often leads to cervical tooth abrasion, gingival irritation, and gingival recession, or all of these problems.

Vitiation of Dosha – Tridosha

Probable Disease-Gingivitis, Periodontitis, Cavity, Caries

9. Dhooma (smoking) - Excessive exposure to smoke.

In Ayurveda-Excessive medicated dhooma causes Raktha pitta, Murcha, Trushna and Mada, Moha

In present era-Tobacco smoking is a trend now a days in adolescent age group. People who smoke are at a higher risk of developing mouth cancer (oral), gum problems, losing teeth, decay on the roots of teeth, and complications after tooth removal and gum and oral surgery.

Vitiation of Dosha – Pitta

Probable Disease-Oral cancer

10. Chardi (vomiting)-Excessive vomiting

In Ayurveda –causes Trushna and Aruchi

Present era-consuming the junk food, fast food and different types unhealthy drinks causing abdomen disturbances. The acid content of the stomach that comes into contact with the enamel erodes and damage the teeth. The digestive enzymes in vomit also damage the gums which lead to dental complications.^[5] causes dehydration in the body it leads to dryness of oral cavity and halitosis.

vitiation of Dosha – Vata

Probable Disease-Dryness of oral cavity and halitosis

11. Anuchitha Gandusha-Improper practice of mouth rinsing methods.

In Ayurveda-Mukha paka, Trushna and Aruchi^[6]

In Present era- Excessive mouth rinsing causes dryness of mouth, mouth ulcer and gingival bleeding because, one of the main ingredients in mouthwash is **alcohol**. Alcohol destroys bacteria, but it can also cause harm to gums, inner cheeks and tongue if over used. The alcohol itself has a drying property that will absorb the moisture from mouth and cause the affected areas to dry out.

Vitiation of Dosha – Tridosha

Probable Disease- Dryness of mouth and damage to the oral mucosa

12. **Anuchitha Siravyadha** -improper vein section

In Ayurveda- causes Trushna, Datukshaya, Pakshagatha, Pandu, Kasa and finally leads to Marana.^[7]

Present era- Siravyadha we can consider as Phlebotomy. Improper procedures leads to Hematoma, **Allergy, Hyperventilation, Air embolism, Anemia and Thrombosis.**^[8]

Vitiation of Dosha – Pitta and Raktha

Probable Disease – Excessive blood loss cause anemic then leads to complication like mouth ulcer, gingivitis and dryness of mouth etc.

DISCUSSION

The success of treatment depends upon physician skill in diagnosis and prognosis. Hence very much importance is given in Ayurveda for the diagnosis of diseases from a consideration of their etiology, symptoms and prognosis. Knowledge of Nidana is not only for diagnosis of disease it also gives information about prognosis, treatment and differential diagnosis of the disease.

Frequent consumption of junk food can lead to heart problems, diabetes or obesity. Diabetes affects the overall health. Carbonated drinks are a rich source of sugars and have an acidic PH, which is harmful for our gums and teeth. Too much consumption can lead to oral cavities, tooth erosions and periodontal health problems. Tobacco is carcinogenic in nature. Smokeless tobacco or chewing tobacco especially increases the risk of oral cancer, Alcohol drinkers have more chances for plaque accumulation, and Insomnia is also a common result of stressful lifestyle. Lack of sleep causes Bruxism or grinding of teeth. Each component of Nidana helps a physician for better understanding of disease process and treatment.

CONCLUSION

Our lifestyle influences every aspect of our life, be it our food habits or our sleeping pattern. Everything we do has its effects, either good or bad. Oral hygiene is vital to an individual's overall health and well-being. Studies have shown that untreated oral diseases may increase the risk of adverse health conditions. Healthy lifestyle is an answer to all the above mentioned problems. Incorporating Dinacharya like Dantadavana, Kavala, Gandusha, Pratimarsha Nasya with Anutaila, Prathisarana and Yoga following a proper Patya Apathya and sleep pattern can all lead to a healthy and stress-free lifestyle.

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