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 Vagghbat also considered it as Dantamoolagat Roga.[2] The symptoms of Shitada such as Akasmata Raktasrava (spontaneous bleeding), Daargvandhy (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

1. Shitada is derived from two word which are ‘Sit’ and ‘Aad’. Sit 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, Iksharasa (sugarcane juice) and Phanitita.

- Vihara: Excessive indulgence in Avak Shaya (sleeping in prone position), Dwishato Dantadhavana (improper dental hygiene), Dhuma (improper Dhupamanita), Chhardana (improper vomiting), Gandusha (improper gargling), Siravyadhita (improper venesection).

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 Dushita. This leads to Sthana Samshraya of Doshas in Dantamoola which leads to disease Shitada.

Table 1: Rasapanchaka of Triphaladi Churna.

<table>
<thead>
<tr>
<th>Drugs</th>
<th>Rasa</th>
<th>Guna</th>
<th>Virya</th>
<th>Vipaka</th>
<th>Doshagnatha/Karma</th>
</tr>
</thead>
<tbody>
<tr>
<td>Haritaki</td>
<td>Pancharasa</td>
<td>Rugsha, Laghu</td>
<td>Ushna</td>
<td>Madhura</td>
<td>Tridosha-shamaka, Sothohara, Rasayana</td>
</tr>
<tr>
<td>Bibhitak</td>
<td>Kashaya</td>
<td>Rugsha, Laghu</td>
<td>Ushna</td>
<td>Madhura</td>
<td>Tridosha-samaka, Sothohara, Raktastambhaka</td>
</tr>
<tr>
<td>Amalaki</td>
<td>Pancharasa</td>
<td>Guru, Rugsha, Sheeta</td>
<td>Madhura</td>
<td>Tridosha-Shamaka, Rasayana, Balya</td>
<td></td>
</tr>
<tr>
<td>Sunthi</td>
<td>Katu</td>
<td>Laghu, Snigdha</td>
<td>Ushna</td>
<td>Madhura</td>
<td>Vata-Kaphahara, Shoolhara, Sothohara</td>
</tr>
<tr>
<td>Sarsapa</td>
<td>Katu</td>
<td>Laghu</td>
<td>Ushna</td>
<td>Katu</td>
<td>Kapha Vata Shamaka, Vedanasthapan</td>
</tr>
<tr>
<td>Musta</td>
<td>Tikta, Kafu</td>
<td>Rugsha, Sheeta</td>
<td>Katu</td>
<td>Kapha-Pittahara, V-ropana Lekhaniya</td>
<td></td>
</tr>
<tr>
<td>Rasanjana</td>
<td>Tikta, Kasaya</td>
<td>Laghu, Rugsha</td>
<td>Ushna</td>
<td>Katu</td>
<td>Kapha-Pittasamaka, Raktastambhaka, Sothohara</td>
</tr>
</tbody>
</table>


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,
Raksha 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, Kaika, or Avaleha with the finger for a short time is called the Pratisarana.\textsuperscript{[31]}

Table 2: Rasapanchaka of Priyangwadi Churna.

<table>
<thead>
<tr>
<th>Drugs</th>
<th>Rasa</th>
<th>Guna</th>
<th>Virya</th>
<th>Vipaka</th>
<th>Doshagnatha</th>
</tr>
</thead>
<tbody>
<tr>
<td>Priyangu</td>
<td>Tikta, Kasaya, Madhura</td>
<td>Guru, Raksha</td>
<td>Sheeta</td>
<td>Katu</td>
<td>Tridosha-samaka, Raktasodhak, Vedanasathapana</td>
</tr>
<tr>
<td>Musta</td>
<td>Tikta, Kaţu</td>
<td>Laghu, Rukşa</td>
<td>Sita</td>
<td>Katu</td>
<td>Kapha- Pittahara, Lekhaniya,</td>
</tr>
<tr>
<td>Haritaki</td>
<td>Pancharasa, Alavama</td>
<td>Raksha, Laghu</td>
<td>Ushna</td>
<td>Madhura</td>
<td>Tridosha-shamaka, Rasayanam,Sothohar</td>
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<td></td>
</tr>
<tr>
<td>Amalaki</td>
<td>Pancharasa, Alavama, Rug, Daksha, Sheeta</td>
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<td></td>
</tr>
</tbody>
</table>

Priyangu has Tikta-Kasaya Rasa, Raksha Guna, Tridosha Samaka, Vedanasathapana and Raktastambhaka properties. Tikta-Katu Rasa, Laghu-Raksha Guna, Katu Vipaka and Kapha Pitta Samaka along with Shoithohara and Lekhaniya properties are found in Musta. Triphala having mainly Pancha Rasa and Kasaya Rasa, Raksha Guna, Usna Virya, Tridosha Samaka and Shoithohara, 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.\textsuperscript{[32]} Laghu-Raksha Guna is Kaphashamaka. Usna 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 Raksha Guna and Trioshahara 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 clear 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 contain 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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