



## A CASE STUDY: AYURVEDIC MANAGEMENT OF SHEETADA W.S.R TO GINGIVITIS.

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### ABSTRACT

Sheetada is one of the dantamoolagata roga occurs due to vitiation of Kapha and Rakta, characterized by Raktasrava from the gums. The gums become krishna, mrudu and there is jeernata of gums which leads to prakledana and durgandhata of oral cavity. Based on above symptoms it can be compared to gingivitis. In this study 28 year old male patient was selected based on signs and symptoms of sheetada. He was then administered scaling using dental scaler on the day of beginning of treatment followed by panchavalkala Kashaya gandoosha, dantashodhana churna pratisarana and khadiradi vati for chewing for 15 days. After completion of the treatment course, considerable improvement was observed in the symptoms of sheetada.

**KEYWORDS:** Sheetada, Gingivitis, Danta Shodhana Churna, Panchavalkala Kashaya, Khadiradivati.

### INTRODUCTION

Shalaky Tantra deals with the diseases of eye, ear, nose, oral cavity etc. The Mukha or precisely the Oral cavity acting as doorway of the gastrointestinal tract, works as an indicator of body health and is considered to be one of important part of the Urdhawanga (an organ above the clavicle). Gingiva is the part of the oral mucosa that covers the alveolar processes of the jaw and surrounds the neck of the teeth. Gingiva provides necessary rigidity to withstand the forces of mastication without being deflected away from the tooth surface. Periodontal diseases are mentioned in Ayurveda under Dantmoolagata Roga.<sup>[1]</sup> Among them on the basis of sign and symptoms Sheetada appears to match the condition known today as Gingivitis in which there is vitiation of Kapha and Rakta resulting in Raktasrava from the gums. The gums become krishna, mrudu and there is jeernata of gums which leads to prakledana and durgandhata of oral cavity.<sup>[2]</sup> Management of Gingivitis according to Modern Dentistry is by mechanical removal of plaque by professional dental cleaning. Many a times there will be persistent gingival inflammation even after repeated Scaling. Repeated Deep cleaning methods may cause nerve damage, tooth sensitivity and gum recession. The use of chemicals for mouth wash is known to have side effects if used continuously. Treatments in Ayurveda like Pratisarana, Gandoosha, and Kavala have been mentioned for the management of Sheetada.<sup>[3]</sup>

### CASE REPORT

A 28 year old male patient presented to *shalakya tantra* OPD of GAMC and Sri Jayachamrajendra Government ayurveda and unani hospital Bengaluru- 09 [OPD registration NO- 43654] with complaints of bleeding gums, foul smelling from mouth since 2 month. For the same complaint patient approached our hospital.

#### Chief complaints

Bleeding gums, foul smelling from mouth since 2 month.

#### Previous history

Patient was suffering from bleeding of gums 2 year back.

**Family history-** Nothing significant.

#### HETU

Intake of curd, not brushing properly.

#### SAMPRAPTI

In *sheetada* due to the *Nidana sevana* vitiates by these the doshas with the predominance of sleshma get aggravated and produce diseases inside mouth.<sup>[4]</sup>

#### SAMPRAPTI GHATAKA

Dosha: kapha

Dushya: rakta

Agni: jatharagni, dhatvagni

Srotas: annavaha

Srotodusti: atipravrutti, vimargagamana

Udbhavasthana: urdhva-amashaya

Sancharasthana: mukha  
 Vyaktasthana: dantamoola  
 Adhithana: dantamoola  
 Rogamarga: bahyarogamarga  
 Vyadhiswabhabha: ashukaari  
 Rogabhava: saadhya

### On Examination

Inflamed gingiva was present which was bleeding on probing. Tartar was present.

### DIAGNOSIS

*Sheetada.*

### INTERVENTION

Patient was treated on OPD basis at GAMC &H Bengaluru. treatment adopted includes tartar was removed using dental scaler followed by *Panchavalkala Kashaya gandoosha, danta shodhana churna pratisarana and tablet kahadiradi vati* for 15 days.

*Gandoosha with panchavalkala Kashaya for 15 days in the morning and night.*

*Danta shodhana churna pratisarana for 15 days in the morning and night.*

*Tab- Khadiradi vati TID chewable for 15 days.*

### OBSERVATION AND RESULTS

The patient was treated with following *Chikitsa, danta sharkara* was removed with dental scaler followed by *gandoosha, pratisarana* and *shamana aushadi*. On 15<sup>th</sup> day bleeding from the gums, halitosis was completely reduced, gingival inflammation was absent.

### DISCUSSION

1. Scaling was done using dental scaler, it removes all of irritants under gums to eliminate inflammation and infection.
2. *Panchavalkala Kashaya* is having *sheeta veerya, shodhana* and *vranapaha action*.<sup>[5]</sup> It is having antimicrobial, antibacterial properties hence *gandoosha* with this *Kashaya* helps in treating and prevention of infections of gums.
3. *Pratisarana with danta shodhana churna* done which contains *vyosha, trivarga, tejovati, saindhava, madhu, tila taila*. It removes bad smell from mouth and uncleanliness of teeth and it is *kaphahara*.<sup>[6]</sup> Most of the drugs possess anti-inflammatory, anti-bacterial activities and may be helpful in preventing recurrent infection and reduce inflammation of gums.
4. *Khadiradi Vati* contains of 35 drugs, is *Kashaya Rasatmak, Tridosha Shamak, Kanthya, Ruchikar, Dahashamak, Vranaropak, anti-inflammatory, anti-bacterial and antiseptic in nature*.<sup>[7]</sup>

### CONCLUSION

Dental scaling followed by *Panchavalkala Kashaya gandoosha* and *danta shodhana churna pratisarana* shown

better relief in reducing signs and symptoms of *sheetada* (gingivitis).

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