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Evaluation of the effect of *Spatikadi Prathisarana* in the management of *Sheetada*

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Abstract

Sheetada is one of the *dantha moolagatha roga* mentioned in *Susruthasamhitha* under the headings of *Mukha roga*. It occurs due to vitiation of *Kapha Raktha*. In modern medicine *Sheetada* can be correlated with marginal gingivitis on the basis of similarities of symptoms. Marginal gingivitis occurs widely in most populations, affecting both children and adults. The epidemiological studies conducted by American Academy of Periodontology shows that gingivitis of varying severities is nearly universal. It is estimated that over 80% of the world's population suffers from gingivitis. This study was carried out to evaluate the effectiveness of *Spatikadi Prathisarana* mentioned in *Rajaushadasaraya* in the management of *Sheetada*. 30 patients were selected with written consent from *Shalakya* OPD at Gampaha Wickramarachchi Ayurveda Teaching Hospital by using a proforma. They were randomly divided into two groups; group A and B irrespective of their sex, age, habitat ect. In group A- *Spatikadi Prathisarana* local application on gums and in group B, *Triphala choorna* on gums was given. After the enrollment of the patients clinical features of *Sheetada* such as *Rakthasrawa*, *Krishnatha*, *Shotha*, *Mukha Dauragandya*, *Mrudutha*, *Prakledatha* were studied and also objective criteria such as Gingival index (GI-S), and Gingival bleeding index (GBI-S) were studied before and after treatment. *Rakthasrawa*, *Krishnatha*, *Shotha*, *Mukha Dauragandya*, *Dantha mansa mrudutha* were statistically more significant in Group A than group B. Objective parameters such as GI-S and GBI-S also showed statistically significant results in both groups. Observation in follow-up study confirmed that the recurrence rate in the group A was significantly lesser than group B.

Keywords: *Spatikadi Prathisarana*, *Sheetada*, Gingivitis, *Triphala choorna*

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