



Clinical Research

A comparative study of *Dashana Samskara Choorna Pratisarana* and *Dashana Samskara* paste application in the management of *Sheetada* (Gingivitis)

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Abstract

Sheetada is the early stage of periodontal diseases. This occurs due to negligence of oral hygiene, changing life-style, habits, and addictions. It is *Kapha Rakta Pradhana Vyadhi*. In modern dentistry papillary or marginal gingivitis can be correlated with *Sheetada*, on the basis of similarities in symptoms, involvement of anatomical structure, etiology and prognosis. 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. In this clinical study, 106 patients were registered among them 103 completed the treatment and were randomly divided by lottery method into two groups. In Group-A, *Dashana Samskara* paste local application on gums and in Group-B, *Dashana Samskara Choorna Pratisarana* on gums was given. After enrollment of the patients in the study cardinal symptoms of *Sheetada* (gingivitis) such as *Raktasrava*, *Krishnata*, *Prakledata*, *Mriduta*, *Mukhadaurgandhya*, and also the objective criteria such as oral hygiene index, Gingival Index (GI-S), and Gingival Bleeding Index (GBI-S) were studied before and after the treatment. While considering comparative effect on subjective parameters such as *Raktasrava*, *Dantamamsa Shiryamanata*, *Shotha* and *Chalata* statistically significant results were obtained in Group-A than Group-B. In objective parameters such as, GI-S and GBI-S also showed statistically significant results in Group-A. Observations in follow-up study confirmed that the recurrence rate in the Group-A was significantly lesser than the Group-B.

Key words: *Dashana Samskara Choorna*, gingivitis, oral hygiene, *Pratisarana*, *Sheetada*

Introduction

The *Mukha* (oral cavity) is considered to be one of the most important parts of the *Urdhwajatra* (part above the clavicles). Being the gateway of the alimentary canal, it reflects the body health. *Acharya Sushruta* classified the diseases of *Mukha* according to the seven subsites – *Oshtha* (lips), *Dantamoola* (gingiva and tooth supporting structures), *Danta* (teeth), *Jihva* (tongue), *Talu* (palate), *Kantha* (throat) and *Sarvasara* (oral mucosa).^[1]

Sheetada is a disease described elaborately in Ayurveda as a type of *Dantamoolagataroga* (periodontal disease). The

symptomatology of *Sheetada* can be considered as general marginal and papillary gingivitis, which may progress into periodontitis if not treated properly. *Sheetada* occurs due to vitiated *Kapha* and *Rakta*. The clinical features of the disease are *Raktasrava* (bleeding gums), *Krishnata* (discoloration of gums), *Prakledata* (moistness), *Mriduta* (sponginess), *Shotha* (gingival swelling), *Mukhadaurgandhya* (halitosis) at the initial stage.^[2] In a later stage, *Paka* (suppuration), *Dantamamsa Shiryamanata* (gum recession) and *Chalata* (tooth mobility) may be seen. For the management of this disease systemic therapy, such as *Nasya* (insufflation), and local therapies such as *Raktavisravana* (blood letting), *Pratisarana* (local application), *Gandoosha* (mouthwash), *Kavala* (gargle), and *Pralepana* (paste) are advocated.

Gingivitis is a similar entity in modern dentistry and it was recognized as a clinical disorder in the mid-19th century.^[3] Gingivitis is non-destructive periodontal disease. If left untreated, it may progress to periodontitis, which is a destructive form.

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