

ABSTRACT

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**A study on the efficacy of a herbal mouthwash in the management of
Sheethada and *Upakusha***

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Sheethada and *Upakusha* are two periodontal diseases caused by aggravation of *shonitha* with *kapha* and *pitta*. *Sheethada* and *Upakusha* can be considered mild and severe forms of the same condition rather than two separate diseases. According to modern medicine, *Sheethada* and *Upakusha* are similar to Gingivitis and Periodontitis. According to a study done on "Periodontal status and associated factors in 15 year old Sri Lankans" the prevalence of the disease was 86% with 11% having moderate inflammation and the prevalence of chronic periodontitis was nearly 7%. Although there are treatments for *Sheethada* and *Upakusha* mentioned in Ayurveda, they are not commonly used due to various practical issues. Therefore, a convenient and safe-to-use preparation is sought. An open trial was conducted at the out patients department of Bandaranayeka Memorial Ayurveda Research Institute, Navinna, Sri Lanka. The eligible patients were provided with the mouthwash and were treated with the mouthwash for 5 consecutive days. It was observed that the herbal mouthwash was effective in controlling the bleeding from gums, inflammation, pain, halitosis and ulcers. At the end of the trial all participants had shown improvements in all variables at different levels. Conclusion was drawn that the selected herbal mouthwash can be used in the management of *Sheethada* and *Upakusha*.

Key words: Mouthwash, Gingivitis, Periodontitis, *Sheethada*, *Upakusha*

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