

A Literary Review on Ayurvedic Aspect of Oral Cavity Disorders in Pregnancy

T.K.N.C Gunathilake¹, K.P.P Peiris²

1) Department of Shalya Shalakyas, Gampaha Wickramarachchi Ayurveda Institute, University of Kalaniya

2) Department of Shalya Shalakyas, Gampaha Wickramarachchi Ayurveda Institute, University of Kalaniya

Pregnancy is a dynamic state leading to several physiological transient changes in the body systems including oral cavity. Published studies have shown that the prevalence rates of dental disorders like (Gingivitis), Krimidantha (Dental caries) during pregnancy, range between 30% -100%. Calcium loss and hormonal changes in the body during pregnancy make them more susceptible to oral infections. According to Ayurveda, doshic imbalance is the main course for this condition. Management of oral cavity disorders of pregnant patients involves special considerations because they not only affect expectant mothers but also the developing baby. The objective of the present study is to discuss the Ayurveda Aspect of oral cavity disorders in pregnancy with the relevant treatment implications. Books (samhithagrantha and oral cavity disorders related books), Journals, research articles were selected and qualitative data were analyzed by manually. According to gathered information the most suitable external treatment procedures like Gandusha, Prathisarana and kawaladharana and preventive measures were found out which have no any side effects for the developing baby.

Key Words – Pregnancy, Oral Cavity Disorders, Sheethada (Gingivitis), Krimidantha (Dental caries)