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Comprehensive study of *Sheetada*, *Dantavesta*, *Upakusha*, *Dantapupputa*

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ABSTRACT

According to Ayurvedic perspective of diseases related to oral cavity Acharyas have explained *Nidana*, *Samprapti*, *Lakshana*, *Chikitsa* of all the *Avayava* of *Mukha* in detail. According to *Sushruthacharya's* classification of *Dantamoolagata Roga*, he had enumerated 15 *Rogas* and among them, *Sheetada*, *Dantaveshta*, *Upakusha* and *Dantapupputa* are commonly encountered diseases in the clinical practice. *Kapha Dosha* and *Rakta Dhatu* are the main factors involved in the pathology of these diseases and management of these conditions includes, *Stanika Upakramas* such as *Pratisarana*, *Kavala*, *Gandoosha*, *Lepa* and systemic therapies like *Vamana*, *Virechana* and *Nasya* are advocated. The above said 4 clinical conditions can be co-related to different stages of periodontal diseases. Gingivitis is the inflammation of gum & periodontitis is inflammatory disease of the supporting tissues of the teeth. If left untreated, it may progress to periodontitis (destructive form). In our classics, each *Mukha Avayava* is described with its clinical features and treatment measures indicating their significance in maintaining *Swasthya*. In early detection, it is fairly simple to help, treat and prevent.

Key words: *Dantamoolagata Roga*, *Periontal Diseases*, *Chikitsa*

INTRODUCTION

According to Ayurvedic perspective of diseases related to oral cavity Acharyas have explained *Nidana*, *Samprapti*, *Lakshana*, *Chikitsa* of all the *Avayava* of *Mukha* in detail. Acc, to *Sushruth Acharya's* classification of *Dantamoolagata Roga*, he had enumerated 15 *Rogas*^[1] and among them, *Sheetada*, *Dantaveshta*, *Upakusha* and *Dantapupputa* are

commonly encountered diseases in the clinical practice. *Kapha Dosha* and *Rakta Dhatu* are the main factors involved in the pathology of these diseases and management of these conditions includes, *Stanika Upakramas* such as *Pratisarana*, *Kavala*, *Gandoosha*, *Lepa* and systemic therapies like *Vamana*, *Virechana* and *Nasya* are advocated.^[2]

The above said 4 clinical conditions can be co-related to different stages of periodontal diseases. Gingivitis is the inflammation of gum & periodontitis is inflammatory disease of the supporting tissues of the teeth. Gingivitis is non-destructive periodontal disease. If left untreated, it may progress to periodontitis (destructive form).^[3] Plaque, a soft sticky deposit around gum margin is the root cause of many oral health issues including periodontal disease. Lack of awareness about proper oral hygiene measures, change in food habits, smoking, excessive chewing of tobacco, etc are the main contributing factors for periodontal diseases. In modern dentistry basic line of treatment includes mouth wash, scaling, root

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planning, and curettage and in advanced condition surgery is adopted. Periodontal disease is widely regarded as the second most common oral disease in world-wide after dental decay. It is prevalent in 30-50 % of the population, but only about 10% have severe forms. Incidence - no specific age group (except in very young infants) for it to occur -80% in 13-15 yrs and 95% at the age of 60yrs.^[4]

Mukha Rachana Shaarira

Synonyms - Vaktra, Aasya

- *Pramana- Panchangulam Asyam* (Ref- Cha. Vi. 8/117)^[5]

Mukha Swaroopa - Mukha contains *Saptanga's* (seven *Angas*), *Osta* (lips), *Dantamoola* (periodontium), *Danta* (teeth), *Jiwha* (tongue), *Talu* (oropharynx), *Kanta* (laryngopharynx).^[6]

- *Kapha Dosh*a predominant
- *Dosha* relation- *Prana Vata*, *Udana Vata*, *Kledaka Kapha*, *Bodhaka Kapha*
- *Mukha* is one among 9 *Bahirmukha Srotas*
- The **Mukha** (oral cavity) is considered to be one of the most important parts of the **Urdhwajatru**. Being the gateway of the alimentary canal, it reflects the body health. Being a part of *Urdhwa Jatru*, it gives shelter to *Rasanendriya* (taste sense) and *Vagindriya*.
- **Dantavesta** - *Vestana* = *Bandhana* means covering by wrapping / binding around (It refers to the structures that binds the tooth).
- Muscles (*Mamsa*), veins (*Sira*) and ligament (*Snayu*) are supported by the bones (*Asthi*) they do not either get broken or fall off from their place.^[7]

Periodontium – Peri = around, Odont = tooth

- The tissue that surrounds and support the teeth are known as the Periodontium. It includes- Gingiva, Periodontal ligament, cementum Alveolar bone.
- Gingiva is part of oral mucosa that covers the alveolar processes of jaw and surrounds the neck of the teeth.

- Composed of thin outer epithelium & underlying connective tissue.

Consist of 4 anatomical portions - 1) Gingival sulcus 2) Free gingival 3) Interdentally gingival 4) Attached gingiva.

Colour - coral pink, **Texture** - stippled (orange peel appearance), **Contour** - scalloped and knife edge margin, **Size**- correspond with sum total of the cellular and intercellular elements & their vascular supply.

Functions - It is the external covering for oral cavity which gives resistance to invasion of the irritants and bacteria into underlying connective tissue.

Periodontal ligament: It is a soft, richly vascular, dense fibrous connective tissue attached to cementum on one end and alveolar bone on the another end.

Function: 1) It helps for tooth anchorage. 2) Fibrous tissue development and maintenance.3) Calcified tissue development and maintenance.4) Nutritive and metabolic transport and innervations.

Cementum

- It is a mineralised tissue covering the root surface of the tooth.
- **Function** - To attach fibres of the periodontal ligament to the root and to repair the damaged root surface.

Alveolar bone

- It is a part of maxilla and mandible containing sockets, in which tooth resides.
- **Function** - protects and support the tooth distribute & resorb forces generated by mastication.^[8]

Samanya Nidana of Mukharogas - *Mamsa* of *Masty*a, *Mahisha*, *Varaha*, *Amaka Moolaka*, *Masha* soup, *Dadhi*, *Sukta*, *Ikshu Rasa*, *Phanit*, *Avakshayam*, *Dantadhavana Dwesha*, *Anuchita Dhooma*, *Chardana*, *Gandoosha*, *Siravyadha*.^[9]

Samprapti

Due to *Nidana Sevana* → *Ama Utpatti* → *Kapha* and *Rakta Prakopa* → *Sthana Samshraya* in *Dantamamsa* → *Lakshana's* of *Sheetada* → If left untreated → Spreads to other surrounding tissues → Causes *Dantavesta, Upakusha, Dantapuppata*

Sheetada^[11]

Sheetada is a disease described in Ayurveda as a type of *Dantamoolagataroga* (periodontal disease). The *Laxanas* of *Sheetada* can be considered as gingivitis,^[12] *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 / soft gums), *Shotha* (gingival swelling), *Mukha Daurgandhya* (halitosis) at the initial stage. In a later stage, *Paka* (suppuration), *Dantamamsa Shiryamanata* (gum recession) and *Chalata* (tooth mobility) may be seen and it is *Sadhya*.

Dantavesta^[13]

Sheetada is left untreated it leads to *Dantavesta*. The symptomology can be considered as chronic periodontitis,^[14] *Dantavesta* is mainly due to vitiation of *Rakta Dosha*. This condition is characterized by pus discharge, bleeding from gums (*Puyarudhirsrava*) and teeth becomes loose (*Chala Danta*). If treated in time it is *Sadhya*.

Upakusha^[15]

Dantavesta is left untreated it leads to *Upakusha*. The symptomology can be considered as Aggressive periodontitis. It is mainly due to vitiation of *Pitta* & *Rakta*. It is characterized by burning sensation (*Daha*), due to suppuration of gums leads to bleeding on movement of teeth, and the tooth becomes loose. Gums gets distended (*adhmayante*) after cessation of bleeding and mouth emits foul smell (*Mukha Pooti*) & it is *Sadhya*.

Dantapuppata^[16]

The symptomatology can be considered as periodontal abscess. It is mainly due to vitiation of *Kapha, Rakta Dosha*. It is characterized by a big sized

dense swelling (*Svayatu*) resembling a seed of *Badara* develops at two to three gums. It is associated with severe pain (*Teevra Ruk*) and gets suppured quickly & it is *Sadhya*.

Samanya Chikitsa: *Swedana, Virechana, Vamana, Gandoosha, Pratisarana, Kavala Asruksruti, Nasya, Dhooma, Shatrakarma, Agni Karma (Yogaratanakar).*^[17]

Vishesha Chikitsa^[18,19,20]

Sheetada	Dantavesta	Upakusha	Dantapuppata
Raktamokshana	Raktamokshana	Sanshodya ubhayata	Taruna – raktamoshana
Gandoosha pralepa	Pratisarana Gandoosha	Raktamoshana	Swedana, Chedana, Bedana,
Nasya	Nasya	Lekhana	Bedana,
Pratisarana	Snigda bhojana	Pratisarana	Lekhana
		Kavala	Pratisarana
		Nasya	Nasya
			Snigda Bojana

Raktamokshana^[21]

Raktamokshana is indicated in all 4 diseases

Raktamokshana → Drains vitiated blood from the site → Increases blood flow → Helps to eliminate toxins and allows nutrients → Reduces inflammation & promotes healing

Lekhana^[22]

- Instruments used: (1) *Mandalagra* (2) *Shakadipatra* (3) *Dantashanku*
- Indication: (1) *Upakusha* (2) *Dantapuppata*

Pratisarabna^[23]

SN	Conditions	Pratisarana Dravya
1.	Sheetada	Kasisadi Choorna, Triphala Choorna, Babulatwak, Kustadi Choorna.
2.	Dantavesta	Kanadi Churna (Pippali Saindava, Lodra Yasti, Laksha Chandana, Madhu.

3.	Upakusha	Grhitamanda Madhudruta Trikatu Lavana Madhu, Marichadi Choorna
4.	Dantapuppata	(1) Panchalavana, Kshara, Madhu (2) Swrjika Madhuka, Shunti, Shaindava

Kavala /Gandoosha [24],[25]

SN	Conditions	Dravyas
1.	Sheetada	Khadiradi Kashaya, Panchaval Kala Kashaya, Triphala Kashaya, Mustadi Kasyaya, Shunti + Parpataka
2.	Dantavesta	Ksheerivrukshya Kashaya + Madhu + Ghrita
3.	Upakusha	Sahacharadi Taila, Irimedadi Taila, Madhura Varga Sidha Ghrita, Sukosna Ghrita Manda

SN	Conditions	Yoga
1.	Raktasrava / Shotha / Ruk / Kandu	Lodradi Choorna Jeerakadya Choorna (Yo.Ra) Kanadya Choorna (Yo.Ra) Tejohvadi Choorna Peetaka Choorna (Ga.Ni) Kustadi Choorna (Bhai. Ra) Jatipatradi Churna (Yo. Ra) Kakodumbarikamula Yoga (Ga. Ni)
2.	Chala Danta	Dashamooladi Taila & Ghrita (Yo.Ra) Mustadi Vati (Bha.Pra) Khadiradi Vati/ Taila (Cha.Chi) Bakula Charvana (Yo.Ra) Tilogra Charvana (Bhai.Ra) Lakshyadi Taila (Yo.Ra) Sahakara Vati (Bhai.Ra) Sahacharadi Taila Bakuladya Taila

Pathya and Apathya[26]

	Pathya	Apathya
Ahara	Trunadhānya, Yava, Mudga,	Matsya, Anupa

	Tambūla, Khadira, Nimba Katu Tikta Rasa Pradhāna Dravya Ghrita, Ushnajala,	Pashupakshi Māmsa, Dadhi, Dugdha, Guda, Māsha, Rukshāna, Kathina Padārtha Sevana, Guru and Abhishyandi Padārtha Sevana.
Vihara	Dantadhāvan, Swedana, Jihwanirlekana, Gandūsha - Kavaladhārana, Pratisārana, Nasya Karma, Dhūmapana. (Yo Ra)	Adhomukha Shayana Divāswapna

DISCUSSION

Mukha is the beginning of gastro-intestinal system, Mukha swasthya is very essential to remain healthy. As per literary source orodental care was practiced by our Acharya's at 3 levels;

1. Prophylactic measures as a part of daily routine (Kavala, Gandoosha, Dantadhavana, Jivha Nirlekhana, Tambula Sevana).
2. Alleviation of orodental disease by using medicines.
3. Application of surgical measures in serious orodental disorders.

Poor oral hygiene is the main cause behind oral disease, which has a great impact on quality of life of an individual. Oral diseases persist to be a major health problem around the world. If the periodontal disease left untreated, it leads to progressive destruction of supporting structures and finally end up in loss of tooth. Patient will have social stigma due to halitosis, discolored teeth, & loss of teeth.

If Dantamulagata Rogas are secondary to other systemic illnesses, first we should take care of the primary disease. Sthanika Chikitsas are essential part of Dantamulagata Rogas and Mukha Swasthya Rakshana, which can be easily implemented in our daily life.

Kavala, Gandusha, Pratisarana are unique contribution in Ayurveda mainly for oral cleansing, through which we can attain both Nidana Parivarjana and Samprapti Vighatana.

Depending upon the *avasta* (stage) of *Roga, Rogi Bala* and *Roga Bala*, one has to select these *Chikitsa Upakramas*.

CONCLUSION

In our classics, each *Mukha Avayava* is described with its clinical features and treatment measures indicating their significance in maintaining *Swasthya*. Gingivitis and periodontitis represent periodontal diseases with different degree of clinical manifestation. A thorough understanding of these diseases will help in treating the patient. In present life however due to lack of time and negligence, oral hygiene is not properly maintained. In early detection, it is fairly simple to help, treat and prevent it by getting oral hygiene routine back on track.

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