



“A REVIEW ARTICLE ON *SHEETADA* (*DANTAMOOLAGATA ROGA*)”

Shraddha Chaudhary¹, Dr. D.B. Vaghela²

¹2nd year Ph.D. Scholar, Shalakyia Tantra department, ²I/C HOD & Associate Professor,
Department of Shalakyia Tantra, ITRA, Jamnagar, Gujarat, India

Contact information:

Shraddha Chaudhary: 7016419716; shraddhachaudharyayu43@gmail.com

ABSTRACT:

In developing countries, the diseases related with *Dantamoola* (Periodontium) are a major problem of oral health as well as cause for tooth loss. Prevalence of gingivitis is 50% and this is due to poor oral health care. The disease conditions like *Sheetada* (Gingivitis) will lead to tooth mortality by altering the contour and position of it. *Sheetada* is an early stage of periodontal disease. It is caused by vitiated *Kapha* and *Rakta* which produces spontaneous bleeding from gums with halitosis and gum recession. In this study an effort is made to understand the concept of *Sheetada* and its management with mode of action mentioned in Ayurveda with special reference to Gingivitis.

KEYWORDS: *Sheetada*, Gingivitis, *Raktamokshana*

INTRODUCTION:

Shalakyia Tantra deals with the diseases of eye, ear, nose, oral cavity etc. The *Mukha* or precisely the Oral cavity acting as doorway of the gastrointestinal tract, works as an indicator of body health and is considered to be one of important part of the *Urdhawanga* (an organ above the clavicle). Gingiva is the part of the oral mucosa that covers the alveolar processes of the jaw and surrounds the neck of the teeth. Gingiva provides necessary rigidity to withstand the forces of mastication without being deflected away from the tooth surface. Periodontal diseases are mentioned in Ayurveda under *Dantmoolagata Roga*.¹ Among them on the basis of sign and symptoms *Sheetada* appears to match the condition known today as Gingivitis. According

to sign and symptoms *Sheetada* can be mentioned as early stage or diseased condition of *Dantamoolagata Roga* which affects the gums. Timely diagnosis and potential management will provide a better prognosis.

MATERIAL AND METHODS

The review focused on studies which highlighted aetiological and pathological components of disease, as well as potential therapeutic targets and interventions.

NIDANA (ETIOLOGY)^{2,3}

The particular or specific aetiology of *Sheetada* is not mentioned in classics. The general causative factors of *Mukharoga* can be considered as the causes of *Sheetada*. The common etiological factors of *Dantamulagata Roga* listed in classics are: (Table 1)

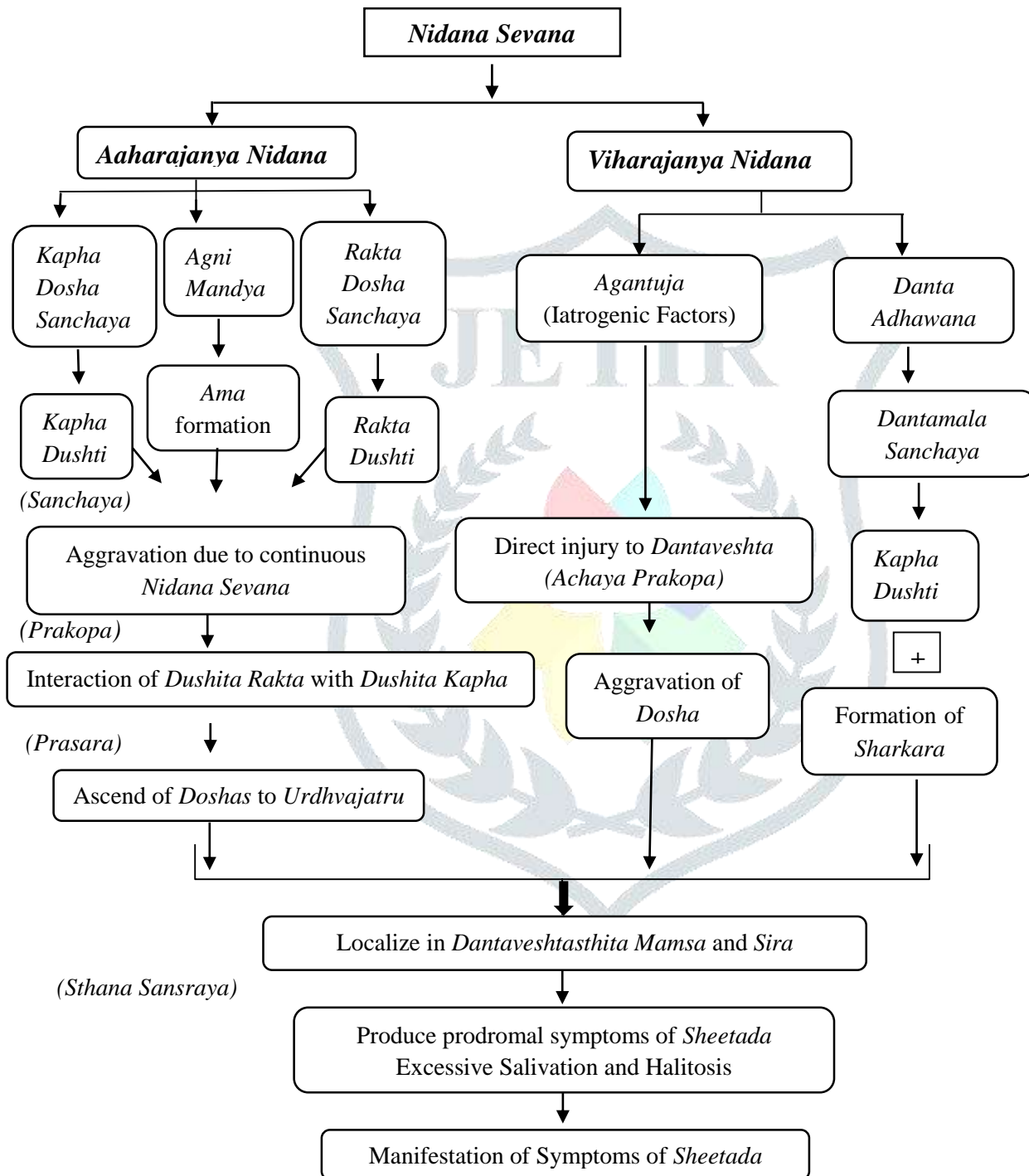
Table 1: *Aaharaja Nidana* and *Viharaja Nidana*

<i>Aharaja Nidana</i>	<i>Viharaja Nidana</i>
<i>Matsya Sevana</i> (Intake of fish)	<i>Avaka Shayya</i> (Sleeping in prone position)
<i>Atimamsa Sevana</i> (Excessive intake of meat)	<i>Ati Parshwa Shayana</i> (Excessive sleeping laterally)
<i>Balamulaka</i> (Raw raddish)	<i>Anuchita- Dhuma</i> (Improper smoking), <i>Chardana</i> (Improper emesis), <i>Siravedha</i> (Improper venesection)
<i>Masha, Dadhi, Ksheera</i> (Black gram, curd, milk), <i>Ikshu</i> (Sugarcane juice), <i>Shukta, Phanita</i>	<i>Danta Dhavana Dwesha</i> (Improper dental hygiene)
<i>Guru, Madhura, Shita- Ruksha Aahara Sevana</i> (Heavy, sweet, cold, dry items food intake)	<i>Avrita Mukhashayana</i> (Sleeping with head covered by pillow)
<i>Ati Shitambu Sevana</i> (Excessive cold water)	

Most of the *Aaharaja Nidana* mentioned are *Kaphavardhaka* and the majority of them are *Ajirnakaraka* which also ultimately result in *Ama Kaphotpatti*. Consumption of *Ati amla, Katu, Lavana, Kshara* intake leads to vitiate the *Pitta Dosha* and ultimately leads to *Rakta Dushti*. *Kapha* is the main *Dosha* associated in *Samprapti* of *Mukharoga* and especially in *Sheetada*. *Viharaja Nidana* in one or another way which change the structure of gums, is the prime cause for swelling and *Mukha Durgandhya*. Improper *Vamana, Virechana, Dhumpana, Siravedhana*, etc. can be considered as iatrogenic causes of *Kapha* and *Rakta Prakopa*. Above all of *Viharaja*

Nidana, improper oral hygiene measures and *Ushna* as well as *Tikshna Aahara* can be considered as the main cause of *Sheetada*.

SAMPRAPTI OF SHEETADA



SAMPRAPTI GHATAKA

Dosha: Kapha, Rakta

Dushya: Rasa, Rakta, Mamnsa

Srotas: Rasavaha, Raktavaha, Mamnsavaha

Srotodushti: Sanga, Atipravritti

Agni: Jathragnimadhya, Dhatwagnimandhya

Rogamarga: Bahya

Udbhavasthana: Amashaya

Adhishthana: Dantaveshtagata Mamnsa

Pratyatma Lakshana: Akasmata Raktasrava

Sadhyata- Asadhyata: Sadhya

PURVARUPA OF SHEETADA

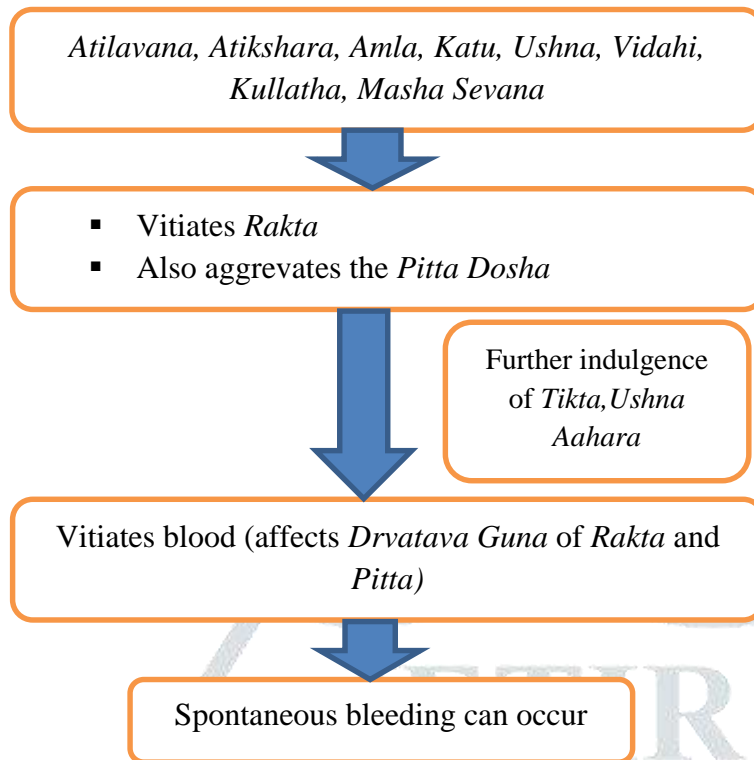
No specific *Purvarupa* has been mentioned in *Sheetada*. Therefore, here insignificant appearance of the manifestations can be taken as *Purvarupa* of *Sheetada*, such as excessive salivation, halitosis and lack of particular taste.

ROOPA OF SHEETADA⁴⁵

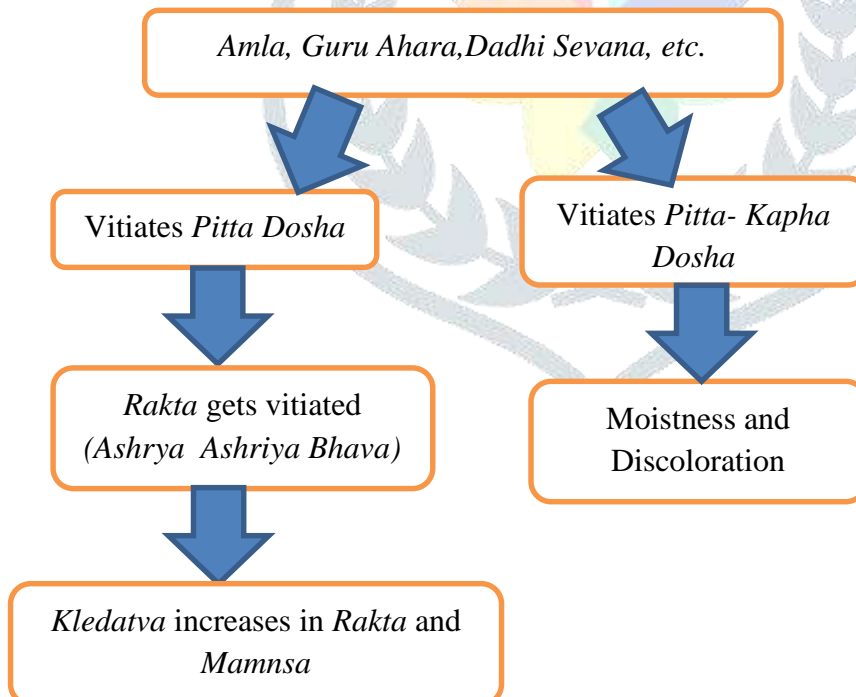
The main symptoms of *Sheetada* (Gingival Bleeding) are *Akasmata Raktasrava* (Gingival Bleeding), *Mukha Daurgandhya* (Hallitosis), *Dantmamnsa Prakledana* (Moistness), *Dantmamnsa Mriduta* (Sponginess), *Krishnata* (Discoloration), *Paka, Shirayamana Danta Mamnsa* (Gum recession). As this is a early stage if not treated efficiently than may lead to *Paridara* and further into *Upkusha*. According to modern, Periodontal disease begins as gingivitis and if not treated properly or left untreated; it converts into destructive chronic periodontitis which affects the other structures of tooth. Ultimately they leads to tooth loss. In gingivitis, there occurs a change in colour, contour, consistency, position and surface texture due to vascular and cellular responses. Gum recession may occur due to immune response.

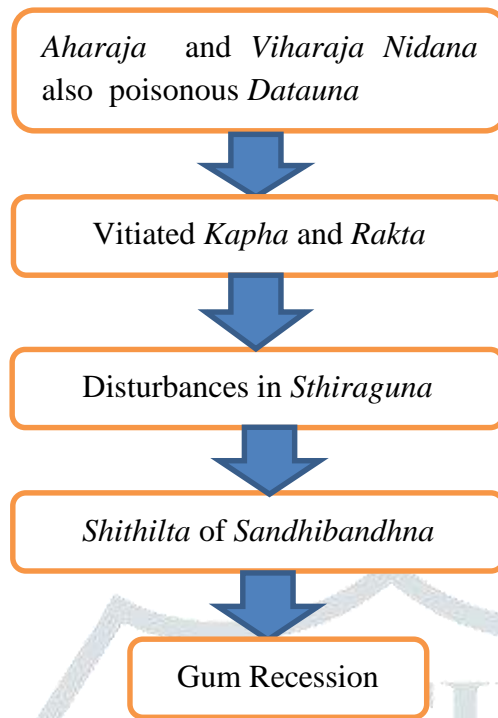
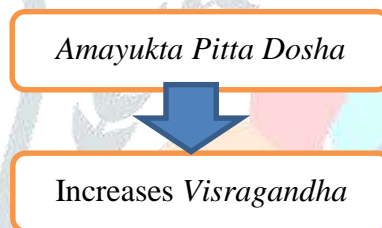
Acharya Sushruta and *Acharya Vagbhatta* both have described the following *Lakshanas* of *Sheetada*.

a. Akasmata Raktasrava:



b. Prakledata, Mriduta, Discoloration of gums:



c. *Shiryamanta*:d. *Hallitosis*:**TREATMENT OF SHEETADA⁶⁷**

Management of *Sheetada* can be broadly classified into two measures local and general measures. The local measure of *Sheetada* are

Raktamokshana (~blood letting), *Pratisarana* (~rubbing medicine over gums), *Pralepa* (~applying medicines locally), *Gandusha* (~oil pulling), *Kavala* (~gargles) and *Nasya*. Management of *Sheetada* commences with *Raktamokshana* to cure *Rakta Dushti*. *Pracchanna Vidhi* is applied for *Raktmoshana* in *Sheetada*. The main aim of doing *Raktamokshana* is to remove impure blood from the affected area followed by *Pratisarana* (~local application of drugs). Here, for *Pratisarana* and *Pralepa* drugs used are of *Kashaya Rasa* (~astringent), *Sheeta Guna*; like *Musta* (*Cyperus Rotundus* Linn.), *Arjuna Twaka* (*Terminalia arjuna* Roxb.), *Triphala* (*Embllica officianalis* L., *Terminalia Chebula* Retz, *Terminalia bellerica* Roxb.), *Priyangu* (*Callicarpa macrophylla* Vahl.), *Rasanjana*, *Shunthi* (*Zingiber officinale* Mill.), *Shuddha Manahshila* and *Kasisa* with honey are used for *Pratisarana* and *Pralepa*.

Gandusha and *Kavala* are given to reduce inflammation of gums. Drugs mainly used here are *Babula Twaka Kwatha* (*Vachellia nilotica* L.), *Musta*, *Arjuna Twaka*, *Triphala*, *Priyangu*, *Rasanjana*, *Shunthi Kwatha*. As *Sheetada* is *Kapha* dominant disease, for better absorbtion of drugs and for *Sirashuddhi Nasya* is

administered with *Triphala*, *Yashtimadhu* (*Glycyrrhiza glabra* L.), *Utpala* (*Nymphaea stellate* Willd.), etc. According to *Acharya Yogratnakra*, *Vatanashaka Ghrita* and oil are very effective in *Sheetada Vyadhi*.⁸

As general measure *Nidana Parivarjana*⁹ (~avoidance of aetiological factors) is the most important. *Deepana Pachana* should be the most prior line of treatment. In excessively vitiated *Doshas*, *Vamana* and *Virechana* shall be administered. The utmost part of any treatment is to follow *Pathya* and *Apathya*¹⁰. *Ahara* to be taken by the patient of *Sheetada* is *Yava* (~barley), *Mugda* (~green gram), *Kullatha* (~Horse gram), *Mamnsarasa*, *Karvellaka* (~Bitter gourd), *Patola* (~Sponge gourd), *Ushnodaka* (~luke warm water), *Tambula*(~betel leaves), *Ghrita* (~cow ghee), *Khadira* (~*Acacia catechu*), *Katu- Tikta Dravya*. *Aahara* patient shouldnot take is *Amla Drvya* (~excessive sour items), *Matsya* (~fish), *Dadhi* (~curd), *Ksheera* (~milk), *Aanupa Mamnsa*, *Guda* (~jaggery), *Masha* (~kidney bean), *Rukshana*, *Kathina Dravya* (~hard items), *Guru- Abhishyandi Ahara* (~heavy and sticky items), *Atishita* (~excessive cold items), *Atiushna* (~excessive hot items), *Atilavana Rasa* (excessive salty items). *Vihara* to be followed by patient of *Sheetada* is *Dantadhavana* to be done atleast twice a day, *Trina* should be used (specially to clean the interdental spaces), *Asya Prakshalana* (~Gargles), *Sukhoshnodaka* (~luke warm water), consumption of adequate volume of water. *Vihara* not to be followed by patient is *Avaka Shira Shayana*, *Divaswapna* (~day sleep), *Manjana* with *Alavana*, Excess pressure application in cleaning of teeth, Scratching *Dashana Vivara* (cavity of tooth), Consumption of betel nut, pan etc.

DISCUSSION:

Raktamokshana:

For the convenience of patient *Prachchhana Vidhi* is adopted by 26 no. needle. *Prachchhana Karma* is adopted when *Doshas* are situated in *Twaka* and *Rakta* remaining in vitiated state. *Raktamokshana* expels the impure blood and increase the fresh blood flow which regenerates the gingiva.

Pratisarana:

By *Pratisarana* mechanical pressure is exerted on gums in the direction of the gingival sulcus which remove food debris, plaque and some part of calculus too. By pressure, it clears sticky bio-film on tooth surface which is responsible for growing micro-organism. Due to gingival massage during *Pratisarana* gingival epithelial cells are stimulated which leads to regeneration of the gingiva thus helping in keratinization and this process may help in retarding the inflammation at vascular, cellular and immune level. It may increase the defence mechanism of gingiva. Drugs to be used here should be of *Katu- Kashaya Rasa*¹¹, *Laghu Ruksha Guna*, *Ushna Virya* because of which it acts as *Shodhana*, *Lekhana*, *Kleda shoshaka*, *Raktasthambaka*, *Shothahara*.

Nasya:

After the drugs of *Nasya* spreads in the *Murdha*, it scrapes out the morbid *Doshas* and expel them out through the nose. Mainly *Kapha* is involved in *Sheetada* and so by *Nasya Karma* vitiation of *Kapha* may decrease and thus symptoms of *Sheetada* may subside. By its *Shodhana* property it clears the micro

channels (*Srotasa*) of supraclavicular part involving *Dantamoola* and by *Snehana* it nourishes the structures of supraclavicular part including *Mukha*.

Gandusha: ^{12,13,14,15}

Gandusha is the process of holding any medicated liquid in the mouth to its full capacity for a specific time without making any movement inside and then asked to spit it out. Holding the medicated liquid up to its full capacity exerts mechanical pressure on the gums. As a result of this pressure, impacted foods particles get removed and biofilm get mixed with reserved fluid. Also these mechanical pressures stimulate of salivary secretion and maintain the pH level of oral cavity. The normal pH helps in healing and reduces inflammation, halitosis, moistness and sponginess of gums.

CONCLUSION

Hence, by considering the classics and previous research works *Raktmokshana* (with *Prachchana Vidhi*) along with local therapies are much more effective for complete cure. Effect of the *Raktamokshana* followed by *Priyangavadi Churna Pratisarana* has been proved by the research for their anti-inflammatory, anti-bacterial and anti-microbial properties. As the main cause for the disease is abundance of oral bacteria and dental plaque, *Triphala Churna* internally can reduce bleeding, inflammation and consequently aid in tissue regeneration. Along with this patient should follow modified Bass method for adults which include brushing in forward, backward, upward, downward directions This will help in proper removal of food debris and control plaque. *Acharya Charaka* has quoted that the new beneficial or better things from any field should be accepted and followed. So, adopting brushing technique and administration of Ayurvedic treatment protocol can solve the condition. Here it can be concluded that Ayurvedic management is useful in *Sheetada* (Gingivitis).

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