

APPLIED ASPECT OF SHEETAD W.S.R. TO GINGIVITIS

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ABSTRACT

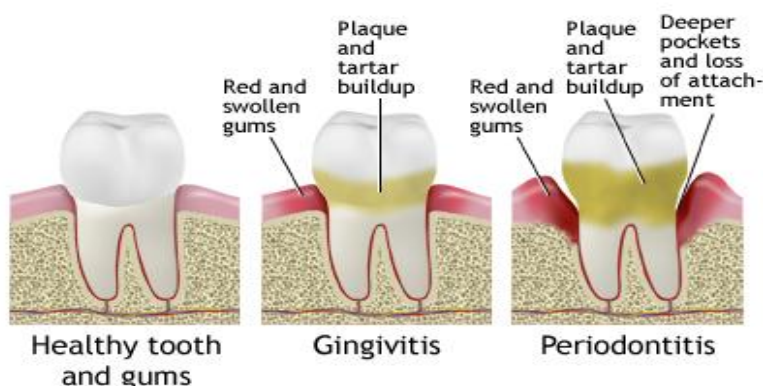
Ayurveda is to preserve the health of a healthy and normal person and also to treat and cure the sick person in such a way that the disease does not appear again. Oral health is most important factor of human health. Oral health plays an important role in every individual. According to Ayurveda Mukh is one of the complex structure which consists of 7 different parts (Adhisthan). like Oshtha, Dantamoola, Danta, Jivha, Talu, Gala & Sarvasaragata (oral cavity). Due to so many vitiating factors like tobacco chewing, smoking, stress, vitamin deficiency, allergies and trauma enhances imbalance in Vatadi Dosha & produce 65 Mukharogas. according to (Achayra shushrut)

KEYWORDS: Mukharog, gingivitis, seetad, kavala, kriyakalp.

INTRODUCTION

Bleeding occurs from the gums without any cause (on its own blood has bad smell, black color and is very moist and so become loose, fall off, with formation of pus. This disease known caused by aggravation of kapha and sonita (blood) is sheetad. in modern point of view sheetad correlated with Gingivitis.

Gingivitis is a common and mild form of gum disease (periodontal disease) that causes irritation, redness and swelling (inflammation) of your gingiva, the part of your gum around the base of your teeth. gingivitis is the earliest stage of gum disease It's important to take gingivitis seriously and treat it promptly. Gingivitis can lead to much more serious gum disease called periodontitis. It develops when plaque, tartar and bacteria build up on your teeth.



Causes of Gingivitis

Gingivitis is your body's inflammatory response to plaque and tartar on your teeth. When plaque and tartar remain on your teeth for too long, your gums become irritated, red and swollen.

- Pregnant or experience other hormonal changes tied to oral health.
- Don't take good care of your teeth or have crooked teeth that are hard to clean.
- Diabetes.
- Family history of gum disease.

- Smoke or chew tobacco.

Signs and symptoms of gingivitis

Healthy gums are firm and pale pink and fitted tightly around the teeth. Signs and symptoms of gingivitis include:

- Bad breath
- Receding gums
- Swollen or puffy gums
- Gums that bleed easily when you brush or floss
- Tender gums
- Dusky red or dark red gums
- Bad breath that doesn't go away, even after brushing.
- Gums that bleed easily, particularly when you brush your teeth.
- Red, swollen gums.
- Sensitivity to hot or cold foods.
- Tenderness or pain when you chew food.

Investigation

- CBC
- Pus culture
- X-ray

Treatment

In a case of gingivitis tepid watery solutions of pippali, Sarsapa, Nagara and Nicula fruits should be used as Kavala and also the use of clarified butter cooked with the drugs of the Kakolyadi group for Kavala is recommended.

In ayurvedic point of view - many kriyakalpa are use in sheetad rog like

1. Kavala
2. Gandush
3. Mukhlepa

Medicine

1. Khadiradi Vati, 2. Kaalak Churna, 3. Peetak Churna, 4. Triphala Churna

Treatment of gingivitis

1. Maintain the oral hygien
2. Mouth wash or gargle
3. Antibiotics
4. Antibiotics ointments

CONCLUSION

Oral hygien is very important for health. The importance of one of the Kriyakalpa 'Kavalagraha' as a local treatment is well explained in all the classics of Ayurveda. The medicine used for the Kavala show both local & systemic effect when used to treat the gingivitis or sheetad. The medicines which are moved within the oral cavity for a specific duration will create a specific pressure within the oral cavity and therefore it will be absorbed. Systematically performed Kavala causes elimination of vitiated Kapha from surrounding

structures which get mixed with fluids/pastes of Kavala and thrown out along with it. we should not take the lightly for mukhroga they should be treated soon so that no other disease should arise.

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