

MANAGEMENT OF SEETAD OR GINGIVITIS

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ABSTRACT

Gingivitis (sheetad) an extremely common disease in which the gums become red and swollen and bleed easily. Gingivitis results most often from inadequate brushing and flossing but may result from medical disorders or the use of certain drugs. 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. It's important to note that gingivitis is reversible with proper oral hygiene. The most common cause of inflamed gums is plaque. Plaque is a thin film that is mainly made up bacteria and is hardly visible at first. It is mainly found where the tooth and gum meet, and may feel a bit "furry" when you run your tongue over it. The bacteria in the plaque "eat" sugars in food in your mouth, and their waste products can cause the gums to become inflamed and swollen. You can get rid of plaque by cleaning your teeth properly. In other words, good oral hygiene can reduce the risk of gingivitis and periodontitis.

KEYWORDS: The most common cause of inflamed gums is plaque.**Causes of Gingivitis**

1. Poor Oral Hygiene - Inadequate or inconsistent oral care, such as infrequent or improper brushing and flossing, can lead to the accumulation of plaque on teeth.

2. Tobacco Use - Smoking or chewing tobacco can contribute to gingivitis and negatively impact overall oral health.

3. Poor Nutrition- A diet lacking in essential nutrients can weaken the immune system and make it harder for the body to fight off infection, including gum infections.

4. Medical Conditions- Certain diseases and conditions such as diabetes, autoimmune disorders, and HIV can increase the risk of developing gingivitis.

5. Hormonal Changes - Hormonal changes during puberty, pregnancy, menstruation, and menopause can make gums more sensitive and more susceptible to gingivitis.

6. Certain Medications - Some medications, such as antihypertensives and certain anticonvulsants, can affect oral health and contribute to gum inflammation.

7. Genetic Factors:- Some people may be genetically predisposed to gum disease.

It's important to note that gingivitis, if left untreated, can progress to more severe forms of gum disease, known as periodontitis, which can lead to tooth loss. The good news is that gingivitis is usually reversible with proper oral hygiene practices, including regular brushing, flossing, and professional dental cleanings.

Signs And Symptoms of Gingivitis

Gingivitis is a common and mild form of gum disease characterized by inflammation of the gingiva, which is the part of the gums around the base of your teeth. It is important to be aware of the signs and symptoms of gingivitis so that it can be identified and treated early. Here are some common signs and symptoms of gingivitis.

Redness and Swelling: The gums may appear red or swollen, particularly along the gumline.

Bleeding Gums: One of the most common symptoms is bleeding gums, especially during or after brushing and flossing. Healthy gums should not bleed easily.

Tender Gums: The gums may feel tender to the touch.

Receding Gums: Gingivitis can cause the gums to pull away from the teeth, leading to the appearance of longer teeth.

Bad Breath (Halitosis): Persistent bad breath can be a sign of gingivitis due to the presence of bacteria in the mouth.

Painful Chewing: In some cases, gingivitis may cause discomfort or pain while chewing.

Increased Sensitivity: Gums may become more sensitive to hot or cold temperatures.

Formation of Pockets: Pockets or gaps may develop between the teeth and gums, creating spaces where bacteria can accumulate.

Risk factors

Gingivitis is common, and anyone can develop it. Factors that can increase your risk of gingivitis include.

1. Poor oral care habits.
2. Smoking or chewing tobacco.
3. Older age.
4. Dry mouth.
5. Poor nutrition, including not getting enough vitamin C.

Complications

Untreated gingivitis can lead to gum disease that spreads to underlying tissue and bone, called periodontitis. This is a much more serious condition that can lead to tooth loss.

Ongoing gum disease may be related to some diseases that affect the entire body, such as respiratory disease, diabetes, coronary artery disease, stroke and rheumatoid arthritis. Some research suggests that the bacteria responsible for periodontitis can enter your bloodstream through gum tissue, possibly affecting your heart, lungs and other parts of your body. But more studies are needed to confirm a link.

Trench mouth, also known as necrotizing ulcerative gingivitis or NUG, is a severe form of gingivitis that causes painful, infected, bleeding gums and ulcers. Trench mouth is rare today in developed nations, though it's common in developing countries that have poor nutrition and poor living conditions.

Treatment

1. Regular oral hygiene: brushing your teeth twice a day and flossing daily to remove plaque.
Professional Dental Cleanings: Regular dental check-ups and cleanings to remove plaque and tartar that may have built up.
2. Healthy Lifestyle Choices: Avoiding smoking and maintaining a healthy diet.
3. Antiseptic Mouthwash: Using an antiseptic or antimicrobial mouthwash as recommended by your dentist.

It's important to address gingivitis promptly to prevent it from progressing to more severe forms of gum disease. If you suspect you have gingivitis or are experiencing symptoms, it's advisable to consult with a dentist for a proper diagnosis and appropriate treatment recommendations.

Ayurvedic Medicine

1. Kavala.
2. Gandush.
3. Kalaka, Peetak Yog.
4. Dashan Sanskar Churna.
5. Khadiradi Vati.
6. Lavangadi Vati.
7. Triphla Churna.
8. Sphatika Bhasma etc.

CONCLUSION

Good oral hygiene is very important. If you don't clean your teeth properly, treatment for periodontitis won't be effective. People who have gingivitis or periodontitis will be shown in their dental practice how to take good care of their teeth. Adults usually have to pay for this patient education themselves. Before the periodontitis treatment is started, dentists often recommend having professional teeth-cleaning first. You also have to pay for this yourself.