

CLINICAL PERSPECTIVE ON PANCHAVALKA KWATHA W.S.R. TO DENTAL PROBLEMS; AN AYURVEDA REVIEW

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ABSTRACT

Ayurveda the oldest system acquired great place amongst the medical science fraternity. Ayurveda considered as an Upaveda of Rigveda or Atharvaveda by some ancient philosopher. Panchavalka an important formulation made by Nyagrodha (*Ficus bengalensis* Linn.), Udumbara (*Ficus glomerata* Roxb.), Ashvatha (*Ficus religiosa* Linn.), Parisha (*Thespesia populanea*) and Plaksha (*Ficus lacor*) offers different therapeutic advantages in various health related issue such as; dental problem. Considering this aspect present article described clinical perspective on Panchavalka Kwatha W.S.R. to dental problems.

KEYWORDS: Ayurveda, Panchavalka, Kwatha, Dentistry.

INTRODUCTION

The oldest system of medicine Ayurveda provides safe, skillful and evidence based approaches to maintain health. It not only described principle related to disease treatment but also suggests concepts related to diagnosis and prevention of diseases. Medicinal substances obtained from natural origin such as; herbs, minerals, metals and animal products offers several health benefits in different health problems including dental problems. Dentistry is branch of medical science that deals with dental care and in Ayurveda the dental care not considered as separate stream however most of dental problems generally dealt by principles and approaches of *Shalakya Tantra*. The presence of disease condition may leads teeth eruption such as; diarrhea, fever, vomiting, headache, cough and abdomen pain. The vitiation at *Dantasaya* (jaws and gums) can produces irritation. The vitiation of *Kapha* situated at gums can causes itching sensation similarly vitiated *Vayu* along with *Pitta* sometimes produces complications related to dentations.^[1-6]

It is believed that traditional medicine possesses properties to manage various problems related to the dentistry. *Panchavalka Kwatha* is one such formulation that offers beneficial effects in the management of dental

problems. The combination of astringent drugs in *Panchavalka* offers specific *Guna & Karma* that provides antiseptic, immune-modulatory, anti-inflammatory, antibacterial, wound healing and antioxidant actions. The major components of formulation depicted in Figure 1:



Figure 1: Major components of formulation Panchavalka formulation.

Traditionally *Panchavalka* formulation reported to possess beneficial effects on female reproductive system. The formulation recommended for burn, wound-healing, *Mukharog*, *Kshudra roga* and *Sthaulya*.

Role in dental problems

Panchavalka Kwatha offer *Vrana ropana* actions thus helps in *Mukhadushika*. The most of the problem associated with mouth or teeth possess vitiation of *Kapha* and *Vata* and ingredients of *Panchavalkala* offers *Kapha-Vata Hara* properties thus help in the management of such types of problem. The *Dushya Rakta* also involve in dental problems associated with bleeding thus *Rakta Shodhaka* properties of *Panchavalkala* offers beneficial effects. It clears ducts/vessels and imparts *Varna Prasadana* effects. The antimicrobial effect of *Kwatha* reduces infection caused by bacteria and prevents decay of teeth due to the microbial infections. The anti-inflammatory effect offers relief from pain and burning sensation. The local properties of formulation like; *Lekhana*, *Sandhaniya*, *Shothahara*, *Ropana*, *Vedana Sihapana* and *Rakta stambana* boost repair mechanism and relief from dental ailments.^[6-8]

Role of phyto-constituent of formulation in dental issues

The phyto-constituent present in plants ingredient of formulation reduces tenderness, swelling, fragility and improves strength of growing teeth. Tannins and phytosterols promote increases capillary formation, increase collagen content, promote epithelialization and give analgesic effects.

Tannins present in formulation purify blood and having anti-inflammatory actions thus help to decrease swelling.

The phytosterols and flavonoids present in formulation suppress dental pain due to their anti-inflammatory effect.

The antimicrobial property of tannins reduces dental infections, gums problem and discharge.

The *Panchavalkala kwath* contains phenolic groups; tannins and flavonoids which known to have anti-inflammatory, antiseptic, immune-modulatory, antibacterial, antioxidant, antimicrobial and astringent properties therefore gives health benefits in many dental ailments.

Panchavalka Kwatha; properties of component that affect dental health

The *Katu & Kashaya Rasa*, *Laghu & Ruksha*, *Teekshna Guna*, *Ushna Veerya* and *Katu Vipaka* helps *Samprapti* of diseases related to teeth or oral cavity. Other than this the individual component offers following actions:

- ✓ *Nyagrodha* (*Ficus bengalensis* Linn.) has *Varnya*, *Yonidoshhruta*, *Visarpadaahagna*, *Vyanga naashanama* and *Raktapittavinashana* properties.
- ✓ *Udumbar* (*Ficus glomerata* Roxb.) offers *Raktapittaghna*, *Vranashodhana* and *Ropana* action.
- ✓ *Ashvathha* (*Ficus religiosa* Linn.) gives *Yonivishodhana*, *Varnya* and *Raktadaaha shaman* effects.

- ✓ *Plaksha* (*Ficus lacor* Buch-ham.) posses *Raktapittahruta*, *Vranayonigadaapaha* and *Murcha-pralaapbhramanaashana* properties.
- ✓ *Parish* (*Thespesia populnea*) shows *Raktadoshahara*, *Vranayonigadaapaha* and *Raktapittahruta* effects.

Panchavalka Kwatha offers following beneficial effects in dental problems

- The use of *Kwatha* improves oral hygienic
- It removes deposited toxins from mouth cavity
- Its suppress bacterial infection due to its antibacterial action
- Pacify bleeding problems related to decay of teeth and gums
- Its antioxidant action suppress radical induces damage of internal tissue and organs
- Enhances local immunity and improves resistance towards the sensitive perception
- The *Kasaya rasa* of ingredients relief *Sotha*
- *Vrana* and *Sodhana* effect enhances healing of damage teeth and reduces gum problems
- The soothing effects impart calmness and relief from burning pain
- Effect of therapy on individual symptoms

General effect of *Panchavalka Kwatha* on specific dental symptoms

➤ Pain

The *Panchavalkala* gives relief from dental pain may be due to its *Guru Guna* that imparts *Vatahara* action through which it decreased *Ruja* and relief symptoms of pain.

➤ Discharge/bleeding

Panchavalkala posses *Kashaya Rasa* (astringent taste) thus offers *Stambhaka* (arresting) and *Grahi* (holding) effects that help to prevent *Srava* (discharge) and bleeding. The *Sheeta Veerya* of formulation enhances *Stambhaka* effects therefore action attributed to both *Kashaya Rasa* as well as *Sheeta Veerya*.

➤ Inflammation and sensitivity

Panchavalkala liquefies accumulated toxins thus gives *Shothahara* action (reduces swelling), its *Kashaya Rasa* act by squeezing, the *Rooksha* and *Kaphahara* effect control *Shopha*. The *Lekhana* (scraping), *Kledahara* (arresting), *Chedana* (removing) and *Raktashodhaka* (blood purifier) properties of *Panchavalkala* facilitate anti-inflammatory and desensitizing effect.

➤ Prevention of oxidative damage

The oxidizing radical can deteriorate healing process and causes oxidative damage of tissue and cells. The ingredient of formulation contains flavonoids, tannins and phytosterols which provides excellent anti-oxidant action thus prevent oxidative damage of tissue and cells.^[6-10]

CONCLUSION

Panchvalkal Kwath posses antiseptic, astringent, antioxidant, anti-inflammatory, antimicrobial and healing properties due to its components such as; tannins and flavanoids. The formulation support gums connective tissues and prevent loosening of teeth. It suppress bacterial action thus protects teeth from decay, cavities and bad smell. Its *Kashaya Pradhana Rasa* offers *Rakta Shodhaka*, *Pitta Shamana* and *Varnya* actions thus improves strength and colour of teeth.

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