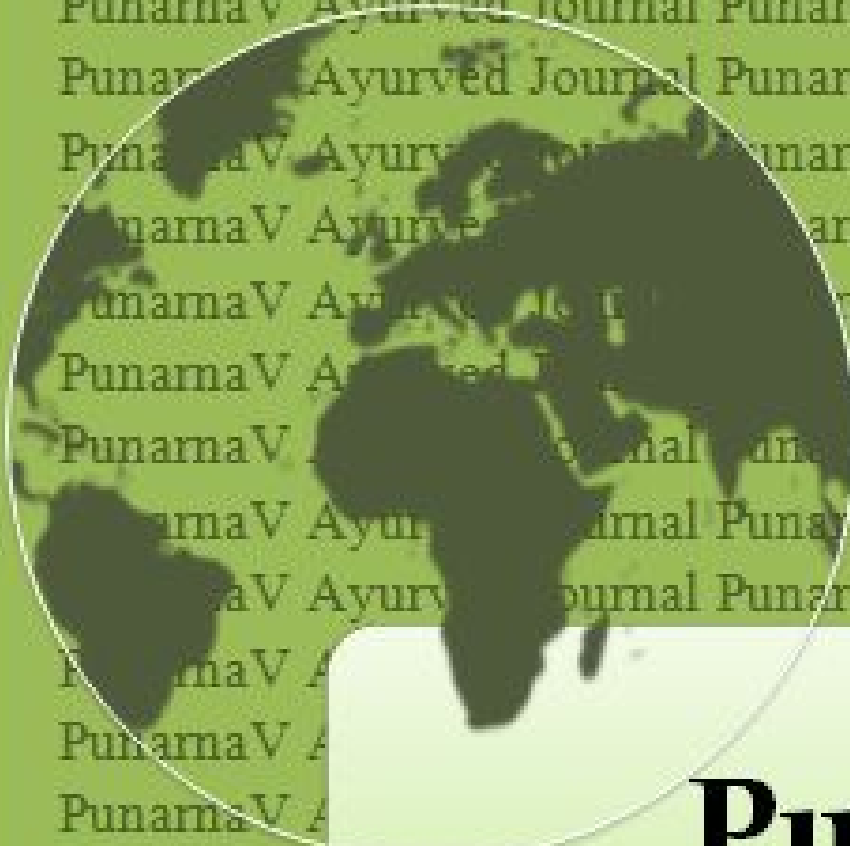


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# **Punarna V**

**TITLE**

**ROLE OF “MUSTADHI KWATHA KAVALA” IN SHEETADA**

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**ROLE OF “MUSTADHI KWATHA KAVALA” IN SHEETADA****DR.SATISH .S .HADIMANI<sup>1</sup>****<sup>1</sup>ASSOCIATE PROFESSOR, DEPARTMENT OF SHALAKYA TANTRA, ASHWINI  
AYURVEDA MEDICAL COLLEGE, TUMKUR ,KARNATAKA, INDIA.****ABSTRACT:**

*The oral hygiene is an essential part in the life healthy human, it is the responsibility of an individual to maintain it, but sometimes due to illiteracy, negligence , pragyaparada, Abhigata, malnutrition etc causes the derangement occurs in the gums due to the vitiation of kapha, Rakta dosha and manifests the diseases like sheetada. Sheetada is one among the dantamoolagata roga the clinical features of the disease are soft gums, blackish discoloration of gums, pain, foul smell and destruction of gums. Different researches were conducted on it but no remedy proved to be effective to treat this condition. Different treatment principle is suggested in the classics like lepa, pratisarana kavala gandusha, kshara karma etc. Kavala is a simple procedure which can be performed in OPD level hence I have inspired to do this clinical research .To assess this, a clinical trial was conducted on 20 patients with administration of mustadi kwatha kavala in S. D. M. C. A. & H. Hassan. The results were assessed in pre and post treatment designed Performa. The detail description of the study, related data will be presented in full paper.*

**KEY WORDS:** Sheetada, Gingivitis, Mustadi kwatha, Kavala.

**INTRODUCTION**

**CORRESPONDENT:**  
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**KARNATAKA**  
**INDIA**

- a) Akasmat Raktha Srava Spontaneous bleeding
- b) Mrudu Dantamula Softness of gums
- c) Durgandha mukha Bad odor
- d) Prakleda Exudation
- e) Krishna varna dantamula Discolouration
- f) Sheerya dantamula Destruction or Recession of gums

**NIDANA**

**SHEETADA**

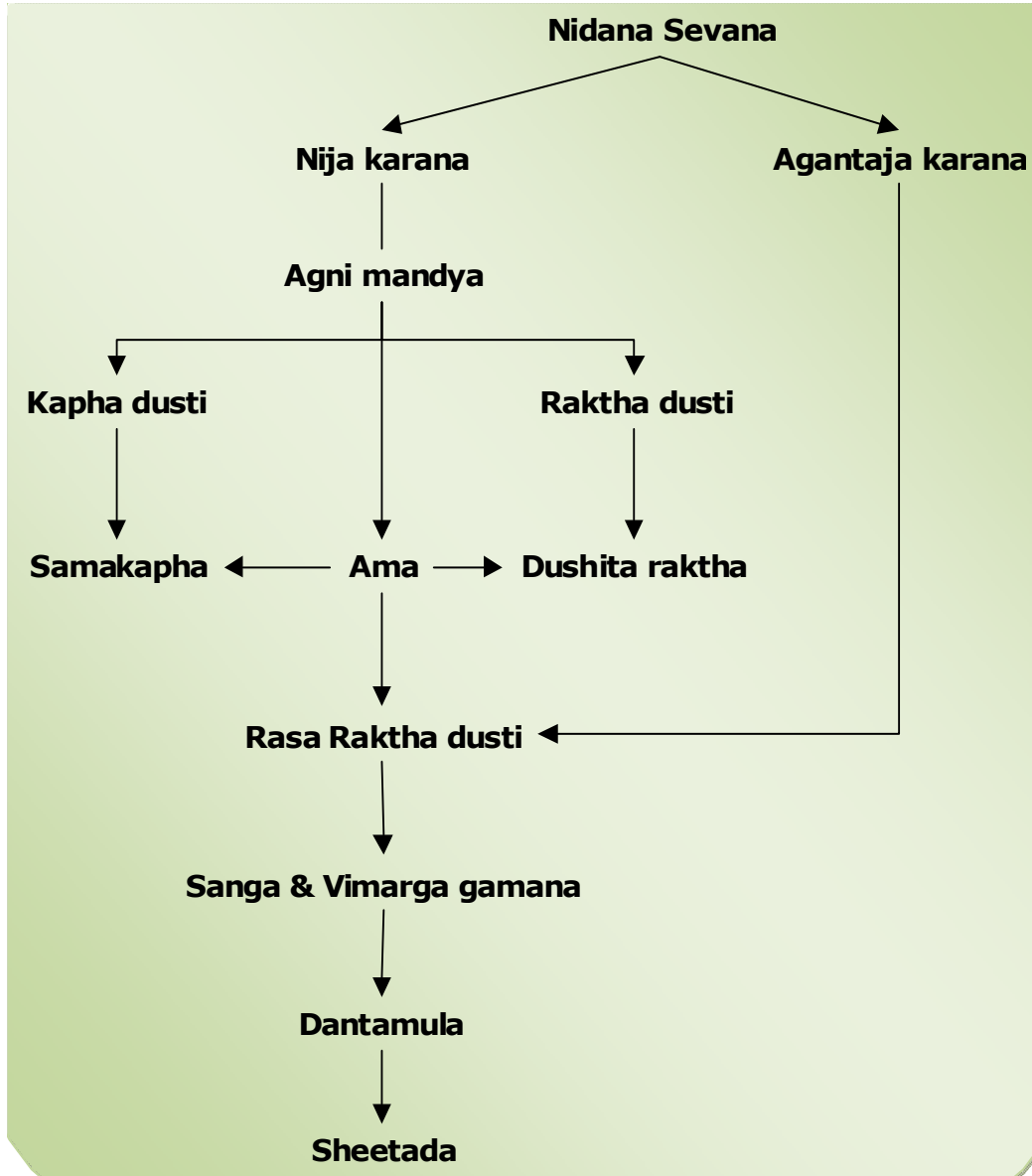
It is a disease of Dantamula in which the vitiated kapha and raktha effects gums and deranges it by producing soft and bleeding gums. It posses the following clinical features.(Sushrutha nidanasthana 2005)

The factors causing a disease is known as ‘Nidana’. In Ayurvedic texts there is no description of specific nidanas of sheetada. So, the general causative factors of mukha rogas(Astanga Hrudaya uttaratantra 2014). in general can be considered as the causes of ‘Sheetada’

**Table No. 01 Showing the nidanas of Mukhapaka.**

Sl. No.	Nidanas
1	Matsya Sevana
2	Atimamsa Sevana
3	Balamulaka, Masha Dadhi, Kshira Sevana
4	Ikshu, Sukta, Phanita Sevana
5	Avak Shayya
6	Ati Parshwa Shayana
7	Danta Dhawana Dwesha
8	Anuchita – Dhuma, Chardi, Gandusha, Siravyadha
9	Guru, Madhura, Sheeta and Ruksha Ahara Sevana
10	Snana After guru ahara sevana or in Ajeerna
11	Ati Sheetambu Sevana
12	Vegadharana
13	Avrita Mukha Shayana

PATHOGENESIS: SAMPRAPTI GHATAKA FLOW CHART



**SAMPRAPTI GHATAKA:**

**Nidana** : Kapha & Raktha prakopaka nidana's

**Dushya** : Kapha, Rakthamamsa of dantamula

**Srotas** : Rasavaha, Raktavaha, Mamsavaha

**Sroto dushti** : Sanga, Vimargagamana

<b>Agni mandya</b>	:	Jatargni Dhatwagni mandya
<b>Dosha Marga</b>	:	Sandhi
<b>Roga Marga</b>	:	Bahya
<b>Udbhva Sthana mukha kuhara</b>	:	Amashaya,
<b>Adhistana</b>	:	Dantamula

### SOURCE OF DATA

15 diagnosed patients of sheetada where selected randomly from, O.P.D and I.P.D. of S. D. M. College, Hassan.

### INCLUSION CRITERIA

- The patients between the age group of 10 –50 years.
- Patients were selected irrespective of sex, occupation, religion, socio-economic status and duration of illness.

### CLINICAL FEATURES

The cardinal features of sheetada include –

1. Akasmat rakta srava - Bleeding gums
2. Mrudu danta mula - Spongy gums
3. Durgandha mukha fetor - Oral
4. Prakleda - Inflammatory exudates
5. Krishnata - Discolouration of gums.
6. Shotha - Inflammation
7. Vedana - Pain

- The chronicity of the disease is taken maximum as 2 years

### EXCLUSION CRITERIA

- Chronicity of disease – sheetada more than 2 years.
- Malignancy.
- Sinus formation in gums (danta nadi).

### Laboratory Investigation

- pH of saliva
- Eosinophil count
- Bleeding time
- Clotting time

### Study Procedure, Duration & Posology

Each patient was subjected for mustadhi kwatha kaval. Kwatha was prepared by priyangu(Dravyaguna vijnan II Dr P.V.Sharma1995) and musta(Dravyaguna vijnan II Dr P.V.Sharma1995) dravyas given to patient

### METHODOLOGY

### AIMS & OBJECTIVE

To study the efficacy of musthadi kwatha kaval in the management of sheetada.

and asked to hold in the mouth and move the kwatha for 10- 15 minutes. The procedure was done for 7 days.

During the procedure the patient was advised to take hot water and Laghu ahara-vihara.

The follow up study was done 2 months with the gap of 15 days.

**ASSESSMENT OF RESULT**

**Subjective**

- Akasmath raktasrava,
- Dantamamsa mrudata,
- Dourgandhyata,
- Shoth etc.

Were recorded before and after the treatment.

**OBJECTIVE**

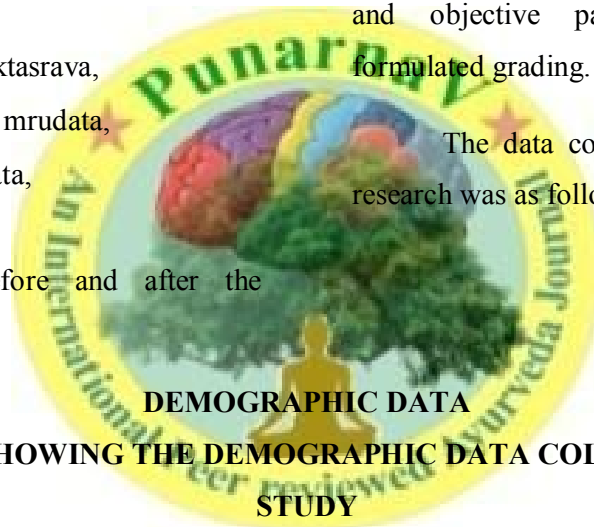
1. Gingival status,
2. Bleeding on probing

were recorded before and after the treatment.

**OBSERVATIONS AND RESULTLS**

All the patients were received the trial drug as per above mentioned quantity. Results were assessed on the basis of pre and post treatment changes in subjective and objective parameters with self formulated grading.

The data collected at the time of research was as follows



**DEMOGRAPHIC DATA**

**TABLE NO. 02. SHOWING THE DEMOGRAPHIC DATA COLLECTED DURING STUDY**

Sl.	DD		Pt.'s	%	Sl.	DD		Pt.'s	%
01.	Age in years	10-25	05	33	03.	S-E Status	LC	08	53
		26-40	07	46			MC	04	26
		41-50	03	20			UC	03	20
02.	Sex	Male	08	53	04.	Diet	Veg.	05	53
		Female	07	46			Mixed	10	33
05.	Nidana	Danta dhavana dwesha	8	53.33	06.	Prakriti	VP	03	20
		Atimamsa sevana	2	13.33			PK	06	40
		Gura, Madhura, Shita, Ruksha ahara sevana	1	6.66			KV	06	40
		Ati parshwa	3	20	07.	Occu.	HW	07	46

		shayana							
		Snana after guru ahara sevana or in Ajeerna	1	6.66			Business	05	33
							Students	03	20

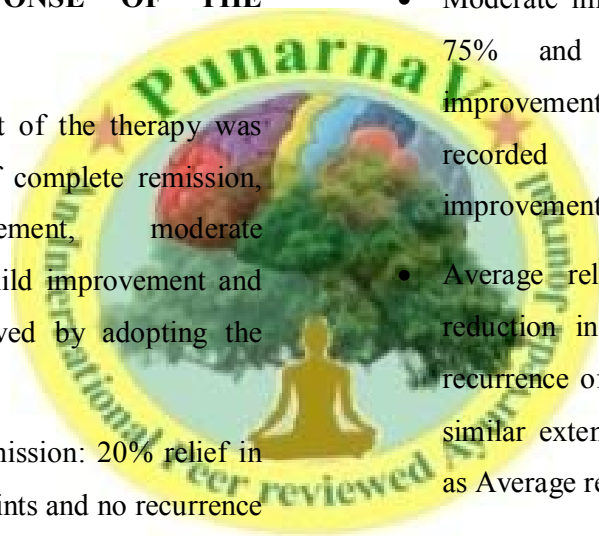
**DD – Demographic Data, Pt.’s – Number of patients, S-E – Socio-economical Status, LC – Lower class, MC – Middle Class, UC – Upper Class, Veg. – Vegetarian, VP – Vata-pitta Prakriti, PK – Pitta-kapha prakriti, KV – Kapha vata prakriti, Occu. – Occupation, HW – House wife.**

**OVERALL RESPONSE OF THE THERAPY**

Overall effect of the therapy was assessed in terms of complete remission, marked improvement, moderate improvement, and mild improvement and unchanged is observed by adopting the following criteria.

- Complete remission: 20% relief in Chief complaints and no recurrence during follow up study were considered as complete remission.

- Moderate improvement: Less than 75% and more than 50% improvement in chief complaints is recorded as moderate improvement.
- Average relief: Less than 25% reduction in chief complaints or recurrence of the symptoms to the similar extent of severity is noted as Average relief.



**TABLE NO.03.**

**SHOWING THE RESPONSE IN RELATION TO SYMPTOMS**

Symptom	Present in No. of Patients	Percentage	Completely relieved in No. of Patients	Percentage
Akasmath raktasrava	14	93	5	35
Dantamamsa mrudata	12	80	3	25
Dourgandhyata	09	60	3	33
Shoth	12	80	4	33

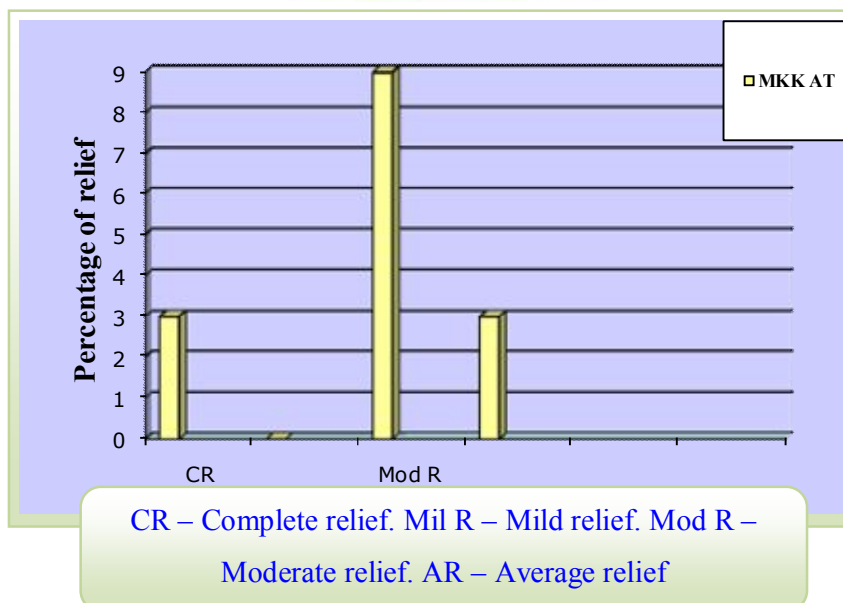
Table No.04. Showing overall response of the study

Sl.	Response	No. of Pt.'s	%
01.	Complete relief	03	20
02.	Mild relief	00	00
03.	Moderate relief	09	60
04.	Average relief	03	20

**GRADINGS**

<p><b>AKASMATARAKTASRAVA</b></p> <ul style="list-style-type: none"> <li>➤ 0 – No bleeding</li> <li>➤ 1 – Mild bleeding</li> <li>➤ 2 –Moderate bleeding</li> <li>➤ 3 – profuse bleeding</li> </ul>	<p><b>SHOTHA</b></p> <ul style="list-style-type: none"> <li>➤ 0–No inflammation</li> <li>➤ 1 – mild inflammation</li> <li>➤ 2–moderate inflammation</li> <li>➤ 3–severe</li> </ul>
<p><b>DANTA MAMSA MRUDUTA</b></p> <ul style="list-style-type: none"> <li>➤ 0 – no songy gums</li> <li>➤ 1 –mild songy gums</li> <li>➤ 2 – moderate songy gums</li> </ul>	<p><b>DURGANDHA MUKHA</b></p> <ul style="list-style-type: none"> <li>➤ 0 – no bad odour</li> <li>➤ 1 – Mild bad odour</li> <li>➤ 2 – Moderate bad odour</li> <li>➤ 3 – severe bad odour</li> </ul>

**GRAPHS**





Danta moolagata roga's are considered under mukha rogas. They are fifteen in number, first among them is 'Sheetada' in which rakta and kapha doshas get vitiated and giving rise to symptoms like rakta srava, shotha, dourgandhya and krishna varnatha of gums. As the nidana is not specifically mentioned for sheetada, so the general nidana of mukha roga can be considered.

In the present study, it is observed that 50% of the patients were in the age group of 26-40 years followed by 10-25 years of age (30%) and 41-50 years (20%) which indicated the incidence of disease is higher in the middle age group. As for as sex is concerned in present study, it is observed that 54% of the patients were female and 46% of the patients were male.

#### PROBABLE MODE OF ACTION

The probing with periodontal probe removes the food debris from gingival pockets and improves the vascularity to the site and the scaling removes the irritant plaques and causes the exposure original surface of Gingiva which helps for promoting of healthy Gingiva and enhances the absorption of potency and qualities of the drugs.

The classical medicine mustadhi kwatha is more in Kashaya rasa, which is having ropana, shodhana, lekhana, rakta shodaka

**NIDANA:** A higher incidence of the disease sheetada is observed in the patients 56.66% having the nidana of Danta dhavana dwesha followed by atiparshwa shyana (16.66%) and atimamsa sevana (13.33%).

**DURATION OF ILLNESS:** In the present study maximum patients (50%) were suffering from illness for 6 months to 1 year followed by 30% patients suffering from 1 year to 1½ year.

**LAKSHANAS :** All the Lakshanas of Sheetada were observed in all 30 patients either in mild, moderate or severe degrees. Highly significant reduction in signs and symptoms like Akasmat Rakta srava, Danta mamsa mruduta, Durganda mukha, Prakleda,

and Kleda hara properties. Thus having kapha – pitta shamaka property.

Priyangu and musta are having katu, tikta, and kashaya rasa, guru, ruksha guna, sheeta veerya and katu vipaka. By the virtue of above qualities it does the kapha – raktha (pitta) shamana.

Triphala are having pancha rasa (except lavana), laghu ruksha guna, and madhura vipaka. It is well known for its rasayana, tridosahara, mukha shodaka,

raktashodaka, krimighna, ropana and kapha lekhan properties.

In this clinical trails it is observed that the kavala with mustadhi kwatha showed the potent effect in the treatment of sheetada

by reducing the symptoms like Akasmat rakta srava, Danta mamsa mruduta, Prakleda, Shotha, Krishnata and Vedana.

### CONCLUSION

- Sheetada (Spongy and bleeding gums) is the commonest disease occurring due to extrinsic, intrinsic, traumatic and allergic causes.
- Total 15 patients of sheetada were studied
- Cleaning methods, probing, scaling and oral usage of Amalaki are given. The period of treatment was 21 days, assessed for every week and followed up to 2 months
- A complete relief was observed in 60% of patients, average results in 20% of patients, mild relief in 0% of patients, and 0% of patients remained unchanged
- The above data proves the efficacy of mustadhi kwatha kavala in sheetadha. All the patients responded to the treatment. For reaching the 100% success the cases should be identified in the earlier condition and should be treated in time.

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