AYURVEDIC MANAGEMENT OF RAKTA DUSTIJANYA

DANTMOOLGAT RAKTASTRAV (BLEEDING GUMS) – A CASE STUDY

Virpariya Jignesh¹ Makadia Krishna J² katrodiya Jayesh³ Chabhadiya Nilesh⁴ Pandya Urvi⁵
¹-³-⁴-⁵ P.G. Scholar, Upgraded Dept. of ShalakyaTantra, Govt. Akhandanand College, Ahmadabad.
² Reader, Upgraded Dept. of ShalakyaTantra, Govt. Akhandanand College, Ahmedabad.

ABSTRACT

Dantmoolgat Raktastrav is the most common complaint in oro-dental O.P.D. It is alarming sing for most of the periodontal diseases. So preventive management of this complain is very necessary for further development of harmful periodontal diseases. A 19 years old female patient came with chief complain of Dantamoolgat Raktastrav (Bleeding gums), Mukhadaurgandhya (Halitosis) with associated complain of other Raktadustijany systemic disease Mukhadushika(Acne) and Keshapatan(Hair fall). She had been taken allopathic medicine for this complains from dentist and skin specialist for above complains respectively. But she didn’t get relief with that medicine. So she came for better Ayurvedic management in Shalakya Tantra Department, Akhandanand Ayurvedic hospital, Ahmedabad. In Shalakya Tantra department, she was diagnosed as Raktapradosa Vyadhí and treated for that. She was treated with Raktasamak treatment. This treatment had continued for 1 month and after that she got relief from all these complains.

Key words: Dantmoolgat raktastrav, Mukhadaurgandhya, Mukhadushika, Keshapatan, Raktapradosha vyadhi, Raktasamak treatment.

INTRODUCTION: Dantmoolgat raktastrav is the most common complaint in oro-dental O.P.D. It is alarming sing for many periodontal diseases. According to Ayurvedic occasional Dantmoolgat Raktastrav with Mukhadaurgandhya are the symptoms which are related with Dantamoolgat Rogas like Shitad, Dantavestha, Paridar,Uupkush.¹

Dantmoolgat Rogas occur due to vitiation of Rakta.¹¹ In this case we found symptoms like Dantmoolgat Raktastrav and Mukhadaurgandhya, which are exclusively, develop due to vitiation of Rakta.

Patient also having other symptoms like Mukhadushika and Keshapatan which are again indicate the vitiation of Rakta.³³ So presenting of above complains Raktadusti keep in mind for diagnosis rather than Dantmoolgat Rogas, Khalitya and Mukhadushika. Patient was treated with Raktasamak treatment like Aarogyavardhini tablet, Amlakichurn and Yastimadhuchurn along with Pathyadikwath.

Case report: 19 years old female patient came with chief complain of Dantamoolgat Raktastrav since 5 months. Before 5 months patient was in healthy status then gradually onset of occasionally Dantmoolgat Raktastrav, mostly on time of brushing. Patient also felt bad smell from her mouth since last five month. And gradually she was suffering from Mukhadushika and Keshapatan. She had taken allopathic medicine for 3 months but she didn’t get satisfactory results, so came for better treatment in Shalakya Tantra department.

Past history: Patient had not any relevant past history
Work history: She was study for graduation.

Family history: There was no family history found in this case

Vital sign: All vital signs were normal

Personal history:
- Ahar (Food): She took Nirmish ahar (Vegetarian diet), spicy, fermented and bakery food every day in dinner.
- Vihar (Oral hygiene): Brushing with paste once in a morning

Systemic examination: No other systemic deformities found

Specific examination:
- For Dantmoolgat Raktastrav
  Lips, Buccal mucosa, Tongue: Normal
  Gingiva:
  Colour – Mild blackish
  Contour – Normal
  Position – Normal
  Consistency – Firm
  Surface texture – Steepling Present

Bleeding – Bleeding on probing

Teeth:
- Colour – Yellowish
- Occlusion – Normal
- Carious – No any caries lesion

- For Keshapatan
  Colour of hair: Normal
  Head Scalp: Normal
  Keshapatan: More than 50 per comb

- For Mukhadushika
  Size: small
  Colour: red (Scanty over the cheek region)

Treatment Plane:
1. Nidan Parivarjan
2. Langhan – 3 days with krushra (Hotch potch - made with mudga (Green grams and rice)
3. Arogyavardhini – 1 tab. Two times
4. Amlakichurna – 3gm
5. Yastimaduchurn – 3gm two times
6. Pathyadi Kwath – 40ml (Anupanarthe)

Follow up: Per week for 1 month

Observation of complains:

<table>
<thead>
<tr>
<th></th>
<th>1st Week</th>
<th>2nd Week</th>
<th>3rd Week</th>
<th>4th Week</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dantamoolgat raktastrav</td>
<td>+++</td>
<td>++</td>
<td>+</td>
<td>-</td>
</tr>
<tr>
<td>Mukhadaurgandhya</td>
<td>+++</td>
<td>-</td>
<td>-</td>
<td>-</td>
</tr>
<tr>
<td>Mukhadushika</td>
<td>+++</td>
<td>+++</td>
<td>++</td>
<td>-</td>
</tr>
<tr>
<td>Keshapatan</td>
<td>+++</td>
<td>++</td>
<td>+</td>
<td>-</td>
</tr>
</tbody>
</table>

DISCUSSION:
- Signs and symptoms which were presenting by patient clearly indicate Rakta dusti.
- Patient gave history of personal diet which was also Raktaprakopak nidan

Follow up: Per week for 1 month

Patient was treated with Raktasamak treatment which can help to cure the Raktapradoshj vyadhi. Langhan is also treatment of Raktapradoshj vyadhi. Here we select Raktasamak treatment because of alpdoshadusti.
For cure the *Raktadusti Arogyavardhini* is choice of drug.\textsuperscript{vi} *Amlaki* and *Yastimadhu* having property of *rakta saman*.\textsuperscript{vii}

**CONCLUSION:**

After treating this patient we can conclude that we should treat the patient according to their complaints not as per their particular symptoms. We should treat the patient according to stage of *dosha – dushya samurchaanna* in the body.

**REFERENCES:**


**Source of support:** Nil  
**Conflict of interest:** None  
**Declared**

**Cite this Article as:** [Virpariya Jignesh et al : Ayurvedic Management of Rakta Dustijanya Dantmoolgat Rakstrastrav (Bleeding Gums) – A Case Study] www.ijaar.in : IJAAR VOLUME III ISSUE IV SEP-OCT 2017 Page No:789-791