

## AYURVEDIC MANAGEMENT OF RAKTA DUSTIJANYA

### DANTMOOLGAT RAKTASTRAV (BLEEDING GUMS) – A CASE STUDY

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#### 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 *Damtamoolgat Raktstrav* (Bleeding gums), *Mukhadaurgandhya* (Halitosis) with associated complain of other *Raktadustijanya* 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 *Raktapradosha Vyadhi* 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 complaints.

**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 of many periodontal diseases. According to Ayurved occasional *Dantmoolgat Raktastrav* with *Mukhadaurgandhya* are the symptoms which are related with *Dantmoolgat Rogas* like *Shitad, Dantavestha, Paridar, Uupkush*.<sup>i</sup> *Dantmoolgat Rogas* occur due to vitiation of *Rakta*.<sup>ii</sup> 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*.<sup>iii</sup> 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 *Dantmoolgat 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  
*Yastimadhuchurn* – 3gm two times
5. *Pathyadi Kwath* – 40ml (*Anupanarth*)

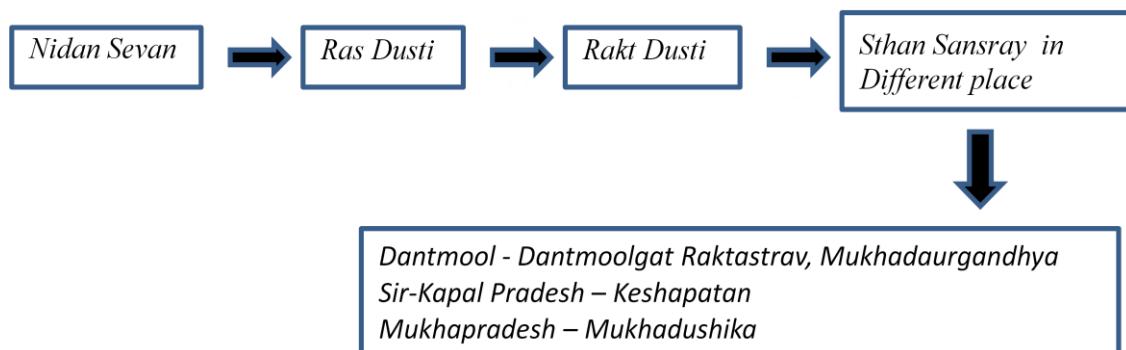
**Follow up:** Per week for 1 month

#### Observation of complains:

	1 <sup>st</sup> Week	2 <sup>nd</sup> Week	3 <sup>rd</sup> Week	4 <sup>th</sup> Week
<i>Dantamoolgat raktastrav</i>	+++	++	+	-
<i>Mukhadaurgandhya</i>	+++	-	-	-
<i>Mukhadushika</i>	+++	+++	++	-
<i>Keshapatan</i>	+++	++	+	-

#### DISSCUSION:

- Signs and symptoms which were presenting by patient clearly indicate *Rakta dusti*.
- Patient gave history of personal diet which was also *Raktaprakopak nidan*<sup>iv</sup>.



- Patient was treated with *Raktasamak* treatment which can help to cure the *Raktapradoshj* *vyadhi*. *Langhan* is also

treatment of *Raktapradoshj* *vyadhi*.<sup>v</sup> Here we select *Raktasamak* treatment because of *alpdoshadusti*.

- For cure the *Raktadusti Arogyavardhini* is choice of drug.<sup>vi</sup> *Amlaki* and *Yastimadhu* having property of *rakta saman*.<sup>vii</sup>

### **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.

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