



## Literature review of the Ayurvedic concept of *Shitada* w. s .r. to Gingivitis.

Sagar S Kumbhar\*<sup>1</sup>, Manisha S Erali<sup>2</sup>, Madhuri Tirmare<sup>3</sup>

1. Shalakyatantra Dept., Assistant Professor, ADAMC Ashta, Maharashtra
2. Shalakyatantra Dept., Assistant Professor, Dr Deepak Patil Ayurved medical college Borpadle, Kolhapur, Maharashtra
3. Shalakyatantra department, Assistant Professor, ADAMC Ashta, Maharashtra

\*Author Correspondence: [drskumbhar689@gmail.com](mailto:drskumbhar689@gmail.com)

### ABSTRACT:

*Ayurveda* is the science of living a life. *Ayurveda* has focused on preventing disease and if any disease occurs then cure with medicine. Roundabout thousands of years ago, *Ayurveda* has defined the concept of health, it is like a person who has complete physical, mental, and spiritual equilibrium. *Ayurveda* is the medical system that gives the way to perfect living with nature. *Shalakyatantra* is one of the branch of *Ayurveda* out of 8 branches in which we are particularly thinking about diseases, and lifestyle management related to the precious supra clavicular organ. In this article, we are

going to study “*Shitad*” disease, which is a disease related to “Mukha. As per modern science, we are considered *Shitad* as Gingivitis.

**KEYWORD:** *Shitad*, Gingivitis, Periodontal diseases

### INTRODUCTION:

*Ayurveda* is the *Upveda* of *Atharvaveda*. It related with not only with the healthy and unhealthy that is diseased conditions of our body but also it touches various aspect in the field of social, religious, cultural, philosophical of life. *Shalakyatantra* is branch of *Ayurveda* which deals with

*Urdhwajatrugata* that is Supraclavicular part. “*Mukha* that is Oral cavity is the important part of *Urdhwa-Jatrugata* that is Supraclavicular Part. “*Mukha* that is Oral Cavity is reflector of health of human body. *Acharya Sushruta* described “*Mukharogas*” in *Nidanstana*. *Acharya Sushruta* classified the disease of *Mukha*, according to the seven sub sites that is *oshtha, Danta, Dantamula, Jihwa, Talu, Kantha* and *Sarvasar*.<sup>1</sup> One group of the *Mukha Rogas*, known as ‘*Dantamulagata Rogas*’, is responsible for tooth loss by altering the contour and position of *Dantamula*., the disease “*Shitada*” is considered under this group. “*Shitada*” is characterized by sudden bleeding without any injury due to vitiated *Kapha* and *Rakta*. The disease *Shitada* and *Gingivitis* both affect on Gums. With early diagnoses with proper management of *Gingivitis* give better prognosis

#### **AIM AND OBJECTIVES:**

- 1) To study the concept of *Shitad* w.s.r. *Gingivitis*.
- 2) To study management of *Shitad* w.s.r. *Gingivitis* as modern and *Ayurved*

**MATERIAL-METHODE:** For this study we referred *Shushruta samhita* for various references of *Shitad*

- 1) Related modern text books also referred for modern references

#### **REVIEW OF LITERATURE**

##### **Etymology:**

*Shitada* = *Shit* + *Aad*

*Shitada* term derived from two word which are ‘*shit*’ and ‘*Aad*’. The word *Shit* means cold and the *Aad* means to eat. As above etymology we considered that, *Shitad* is disease, which occurs due to very cold diet.

##### **Definition:**

*Shitada* is can be defined as a disease caused by impure *Kapha and Rakta*, produces sudden bleeding from the gums and bleeding with foul smelling, black, soft and sodden gums along with gum wasting<sup>2</sup>.

##### **Nidana of Shitada:**

Factors which are responsible for disease are known as *Nidana*. Following types of *nidana* are responsible for *Shitada*. In classical letarature there are causative factor of *shitada* are not clearly mentioned but as per *Acharya Vagbhata* all *Nidana* of *Mukharogas* are causative factor of *Shitada*, *Acharya Vagbhata* said that *Kapha* and *Rakta* if get contaminated then responsible for *Dantamulagata rogas*<sup>3</sup>.

The common etiological factors for *DantamulgataRoga* are as follows<sup>4,5</sup>,

*Aharaj Nidana:*

1. *Matsyasevana* (consumption of fish)
2. *Ati -Mamsasevana* (To eat excessive of meat)
3. *Ati-shitambusevana* (consumption very cold water)
4. *Ati-Tikshna, Ushna, Vidahi, Aharasevana*
5. *Guru, madhura, shita, rukshaaharasevana, mandagni* (poor appetite)
6. *Atikatu, amla, lavana, ksharasevana, ikshu, sukta, phanitasevana*(excessive intake of pungent, acidic,alkaline taste foods,)
7. *balamulaka, masha, dadhi, kshirasevana*

*ViharajNidana:*

1. *Krodha, bhaya, shoka*(feelings like temper, scared, sorrow)
2. *Dantadhavanadvesha* (avoiding tooth brushing)
3. *Chardhana*(vomiting), *siravedha* (bloodletting)
4. *Avakshaiya* (sleeping with head low position)
5. *Ati-parshwashayana*(excessive sleeping on lateral position)
6. *Vega vidharana*(retention of vega)

***Samprapti:***

*Samprapti* of *shitada* is not explained in classical books of *Ayurveda* but etiological factors of *Mukharoga* which are responsible for the contamination of *Kaphadosha* and *Raktadosha* and after all *Samprapti* occurs that also the pathological process of *Shitada* we can consider. The following factors are comes under *samprapti* of *Shitada*.

Sr. No.	<i>Samprati Ghatak</i>	
1.	<i>Dosha</i>	<i>KaphaRaktaPradhana</i>
2.	<i>Dushya</i>	<i>Rasa Rakta Mansa</i>
3.	<i>Strotas</i>	<i>Rasavaha, Raktavaha, Mansavaha</i>
4.	<i>Strotasdushti</i>	<i>Sanga, Atipravrti</i>
5.	<i>Agni</i>	<i>Jatharagnimandhya, Dhatwagnimandhya</i>
6.	<i>Rogamarga</i>	<i>Bahya</i>

7.	<i>Udbhavsthana</i>	<i>Aamashay</i>
8.	<i>Adhishtana</i>	<i>Dantaveshthaka</i>
9.	<i>PratyatmaLakshna</i>	<i>AksmatRakstrav</i>
10.	<i>Sadhyasadhyatva</i>	<i>Sadhya</i>

### ***Purvarupa of Shitada:***

No specific *Purvarupa* of *Shitada* are mentioned in a classical textbook of *Ayurveda*. A mild form of *Rupa* of *Shitada* can be considered as *Purvarupa*.

### ***Rupa of Shitada:***

During review of various classical book of *Ayurveda* its found that gingival inflammation, and gingival bleeding are the main symptoms of *Shitada* disease. As per *AcharyaVagbhata* and *AcharyaSushruta* both are described the following *Rupa* of *Shitada*<sup>6,7</sup>.

1. *AksmatRaktasrava*
2. *Prakledata*
3. *Shiryamanata*
4. *Daurgandhyata*
5. *Mriduta and Krishnata*

#### ***1. AkasmataRaktasrava***

In *Shitada* there are *RaktaDushti* occurs and as per *acharyas* of *Ayurveda* properties of *Pitta* and *Rakta* are same hence when *Pitta* get contaminated then it affect on *Rakta*

*Dosha* and *Raktadushti* occurs and *Akasmata* *Raktasrava* that is sudden gingival hemorrhage occurs in *Shitada*.

#### ***2. Prakledata***

Due to *Kapha* *Dosha*'s, over-secretion of *Saliva* takes place and because of the increased amount of *Dravata* of *Kapha* in oral cavity and gums, *Kledata* is present.

#### ***3. Shiryamanata***

*Dantaveshthagata Mamsa* gets vitiated due to and vitiated *Kapha* for long duration. Heaviness of *Kapha* results into *Shiryamanata* of *Mamsa*.

#### ***4. Daurgandhyata:***

Foul smell is called *Daurgandhya*. *Shitada* is occurs by vitiated *Kapha* and *Rakta* that produces a foul odor. This is the character of *Ama*, *Kapha*, and *Rakta*. Due to inadequate hygiene of the oral cavity impacted food material or *Dantamala* is reddened and causes a foul smell.

#### ***5. Mruduta and Krishnata:***

*Mruduta* means softness. *Klinnata* in progressive stage converts to the *Mruduta*, *Kaphadosha* having the specific property *Mrudu* and *Rakta* is also liquid. Increased level of *Kapha* and *Rakta* causes *Shotha* that is swelling and gives this softness.

*Krishnata* is the blackish discoloration. The normal color of the *Dantaveshta* is *raktavarniya*. Discoloration of gums is due to the contaminate *Raktadhatu*, which circulate through the *Sira* and *Dhamani* of *Dantaveshtka*.

### Management:

Treatment for *Shitada* as per Acharya is *Raktamokshana*, *Pratisarana*, *Pralepa*, *Gandusha* and *Nasya*<sup>8</sup>.

- *Raktamokshana* useful to cure *Raktadushti*. It can be done with *Jalauka*, *Alabu* and *Shringa*.
- Local application of drugs by rubbing in oral cavity is called as *Pratisarana*. Drugs like *Musta*, *Arjunatwak*, *Triphala* with honey are used for *Pratisarana*.
- *Gandusha* are useful for treatment of *Shotha* in *Shitada*, formulation such as *Babbula Twak Kwatha*, *Triphala kwath*, *Arjunatwak*, and

*ShuntiKwatha* etc. are useful for *Gandusha*

- *Nasya*- it is useful for *Shodhan* of *Kapha Dosha* from *Shirapradesha*. *Shitada* is *Kapha* dominant disease hence *Nasya* with *triphala-grita*, *Yashtimadhu-ghrita* is helpful in treatment of *Shitada*.

### Gingivitis:

Gingivitis is an inflammation of gingiva without apical migration of epithelium which, unless treated, will lead to periodontitis in susceptible patients<sup>9</sup>. Gingivitis is a non-destructive disease that causes inflammation of the gingiva

### Risk Factors:<sup>10</sup>

- Hormonal changes
- Stress
- Poor nutrition
- Certain medications:
  - a) Phenytoin
  - b) Calcium channel blockers
  - c) Cyclosporine
- Diabetes mellitus.
- Immune dysfunction
- Local trauma
- Dental caries
- Tooth crowding with overlapping

## Diagnosis<sup>11</sup>

In Gingivitis following sign and symptoms are seen,

- Gingival redness
- Swelling of Gums
- Bleeding from gums
- Periodontal attachment loss
- Gingivitis is commonly painless and rarely leads to spontaneous bleeding, with most of patients being unaware of the disease or unable to recognize this disease.

## Treatment:<sup>12</sup>

- Main aim of treatment is that to remove plaque.
- Mouth washes with chlorhexidine
- Anti-inflammatory drugs
- Antibiotics like Amoxicillin, Cephalexin
- Advise to maintain oral hygiene

## Discussion:-

Nowadays number of diseases is increasing due to the wrong lifestyle. It can be said that *Shitada* is one of the diseases that occurred due wrong lifestyle and poor mouth hygiene. By literature study it is found that modern science has large amount of treatment for

*Shitada* and in Ayurved there are also lots of choices for treatment of *Shitada* like *Raktamokshana*, *Pratisarana*, *Pralepa*, *Gandusha* and *Nasyaand aaharvihara* management.

## Conclusion:-

Due to stressful and wrong lifestyle, there are risk of an increase in p disorder or stress-related diseases like *Shitad*, so we studied *Shitada* w. s. r. Gingivitis as per modern and *Ayurveda*.

## References:-

1. *Sushrut samhita, Sushrut vimarshini, Acharya Priyavat Sharma, Chaukhamba Subharati Prakashan, Varanasi, reprint 2022, page no 573.*
2. *Dalhana on Sushruta, SushrutaSamhita, with the Nibandhasangraha Commentary of Sri Dalhanacharya, edited by Vaidya Yadavji Trikamji Acharya,(2008);*
3. *Acharya Vagbhata – Ashtanga Sangraha with Commentary of Sashilekha by Indu, Edited by Dr. Shivprasad Sharma, (2006); Choukhambha Sanskrit Series Office, Varanasi; UttaraTantra, 26/62*

4. *Vagbhata-Ashtanga Hridayam* with Commentary of *Nirmala*, Edited by Dr. *Brahmanand Tripathi*, (2007); Chaukhambha Sanskrit Pratishthan, Delhi, UttaraSthan 21/20.
5. *Vagbhata – AshtangaSamgraha* with commentary of *Sasilekha* by *Indu*, Edited by Dr. *Shivprasad Sharma*,(2006) Chowkhambha Sanskrit Series Office, Varanasi; UttaraTantra, 25/2-3
6. *Ashtanga Hridayam* with Commentary of *Nirmala*, Edited by Dr. *BrahmanandTripathi*, (2007) Chaukhambha Sanskrit Pratishthan, Delhi, Uttara Sthana21/1-2.
7. *VrddhaVagbhata – AshtangaSamgraha* with Commentary of *Sasilekha* by *Indu*, Edited by Dr. *Shivprasad Sharma*, (2006), Chowkhambha Sanskrit Series Office, Varanasi, Uttara Tantra,25/24
8. *Dalhana* on *Sushruta, SushrutaSamhita*, with the *Nibandhasangraha* Commentary of *Sri Dalhanacharya*, edited by *Vaidya Yadavji Trikamji Acharya*,(2008), *Chaukhamba Orientalia*, Varanasi, 4th edition; *ChikitsaSthana –22 / 10-12*.
9. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6281068/#>
10. [https://en.wikipedia.org/wiki/Gingivitis#Risk factors](https://en.wikipedia.org/wiki/Gingivitis#Risk_factors)
11. <https://pubmed.ncbi.nlm.nih.gov/34134691>
12. <https://en.wikipedia.org/wiki/Gingivitis#Treatment>

*Conflict of Interest: None*

*Source of funding: Nil*

*Cite this article:*

*Literature review of the Ayurvedic concept of Shitada w. s .r. to Gingivitis.*

*Sagar S Kumbhar, Manisha S Erali, Madhuri Tirmare*

*Ayurlog: National Journal of Research in Ayurved Science- 2024; (12) (01): 01- 07*