

The Efficacy of Sharshap tail (*Brassica campestris*) in Dantaharsh (Periodontitis)**1) Dr. Rajendra Dhate. 2) Dr. Sayram Shrigire 3) Dr. Gunale Ravindra. 4) Dr. Ravi Patil**

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Abstract:

Ayurveda is an ancient Indian medicinal science which is described in different eight angas. In Shalakyatantra it is described the treatment of dantaroga in which specific treatment of dantaharsh is seen very beneficial i.e. local application of sharshap tail which is advised by Shushruta.

Now a days the diet of all human has got lot of changes which includes madhur, amla, abhishandi pichil food which contains sweets, icecreames, chokolates, pizza, burgers etc and tobacco, ghutka chewing and human are not maintaining the proper oral hygiene, dantadhawan habits said by shushruta. This causes dental tarter, swelling on gum, pain, faul smell, hypersensitivity, gum pulling away from teeth which is called as DANTAHARSH by Shushruta in ayurveda. According to modern science it is called as PERIODONTITIS. The treatment for it is tooth polishing, topical antiseptics, antibiotics and in advanced stage of periodontitis flap surgery (pocket reduction surgery) which is very costly and expensive and have some side effects. Hence according to ayurveda in dantaharsh vyadhi local application of sharshap tail is advised by shushruta. The symptoms of dantaharsh like pain, sensitivity, gum pulling away from teeth get reduced by this treatment. There was no side effect during this study. It is very useful, easy to use, less cost effective and potent ayurvedic alternative treatment of periodontitis.

Key words : Dantharsh, Sarshap tail, Hypersensitivity, Periodontitis.

Introduction:

Now a days dietary habit of every individual is changed in which madhur, amla ras intake is increased more and more which causes different types of diseases. This includes dental diseases in which gum swelling, pain, gum bleeding, hypersensitivity,. According to ayurveda it is called as dantharsha. Modern medicine treatment for this is very expensive and have some side effects. in sushrut samhita local application of sarshap tail is indicated for dant harsha. this remedy alleviates the vata dosha which is increased in danta harsha by reducing the above symptoms.

Aims and objects:

- To study the efficacy of sarshap tail in dant harsha.
- To study Sarshap tail application is more effective in dant harsh as compared to modern therapy.
- To study the relief with associated symptoms like pain, puti asyata and gum swelling.

Material and methods:

All the patients was selected from Dhanwantari Ayurved Medical College and Hospital,

Udgir for this study was explained the nature of study and their consent was obtained before inclusion them.

Criteria of diagnosis:

Patients were diagnosed on the basis of symptoms and signs of dantharsh with ayurvedic terminology and periodontitis according to modern view.

Dantharsh
Gingival edema
Gum pulling away from teeth

Investigations : For assessing the general condition of patients following investigations were performed
Haemogram, TLC, DLC,
Urine routine and microscopic.

Inclusion criteria:

Patients of age group 20- 50 years.
Male and female patients.
Patients with dantharsh.

Exclusion criteria:

Patients with periodontal abscess,
Patient with severe dental carries, acute stomatitis.
Patients with truisms.

Patients with dantharsh are selected and local application of sarshap tail is advised for three times a day by tip of index finger for twenty days. First followup was taken after ten days, second followup on twentieth day, and third on 30th day. Examination done and changes in sign and symptoms are noted

Drug:

Sharshap tail : Latin name- *Brassica campestris*.

Guna – Tikshna, ushana.

Rasa – katu tikta,

Virya – Ushana

Dosha karma – Usefull in kpha vataj vyadhi,

Sharshap tail is made from sharshap beej.As sharshap is tikshan guna it is use full for vat dosha shaman, by ushna virya it helps in vat shaman dosha. As it is jantughan usefull in vrana and dental diseases.

Criteria for assessment:

Dantaharsh : Absent 0
 With cold substances +
 With air ++
 Continuously +++

Gingival edema :
 Absent 0
 Redness on gingival margin +
 Margin red and edema ++
 Gingival edema +++

Gum pulling away from teeth :
 Absent 0
 Gum margin reduced +
 Gum opens neck of tooth ++
 Gum opens deep neck +++

Relief (Upashay):

Dantaharsh 0Upashay
 Sensitivity with cold or hot + (alpa upashay)
 Sensivity with air ++ (un upshay)

Observations :

SR NO	CRITERIA OF PATIANTS	
1	Gender	Male-12(40 %) Female-18 (60%)
2	Age	10-20yrs4(13.33 %) 21-30yrs 6 (20 %) 31-40 yrs 8 (26.6 %) 41-50 yrs 12 (40 %)

3	Occupation	Student -6 (20%) Housewife-8 (26.6) Labour-12 (40%) Other- 4 (13.33%)
4	Area	Urban-18(60%) Rular-12(40%)

Classification of patients according to symptoms:

Dantharsh- 30 (100%)
 Gingival edema 30 (100%)
 Gum pulling away from teeth 29(96%)

The Data is collected and observations made to gender , age, occupations, area wise.

The results are calculated on the relief of symptoms of various grades. Statistical analysis calculated means standard deviation , standard errors on percentage.

Discussion:

The role of sarshap tail is studied . 30 patients was selected for this study having dant harsh , gingival edema and gum pulling away from the teeth. These patients was treated with local application of sarshap tail by tip of index finger three times a day for twenty days. Follow up of all patients has been taken on 10th day to observe pain, swelling and sensitivity . second follow up was taken on 20th day to observe changes in symptoms . after omitting the drug application on 20th day, third follow up was taken on 30th day to see any recurrence of symptoms occurs on last day of study. Pain and swelling on gum get reduced on 10th day, on 20th day sensitivity (dantharsh) get reduced but gum pulling away from the teeth was seen on four patients on last followup.

Dantharsh symptom get reduced since 10th day , 20th day and completly get reduced on last day. Thus the dant harsh with gingival edema and with gum pulling away from the teeth get reduced with local application of ushna virya, jantughna sarshap tail which alleviates the vata, reduces shoth, pus in gingiva.

Conclusion:

sarshap tail reduces dantharsh disease by its vata-kapha shamak karma and ushna virya property. Due to its anti microbial activity it reduces edema and pus in gum.it is very useful in the management of gum and teeth diseases by giving strength to gum and teeth. This treatment is found to be cost effective safe and easy to use.

Result:

The local application of sarshap tail is beneficial in the management of dantharsha , another symptoms like gingival edema,pulling of gum away from teeth get reduced.

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