INTRODUCTION

Causes for pus discharge from gums can vary from person to person. Peoples who all are not concentrate on brushing and oral hygene their teeth risk getting food and other particles stuck between their teeth and gums. The bacteria which all are present can start putrefy that and start damage the gums, tooth, and surrounding structures and causes the oral disorders, leads to inflammation of gums, swelling, pain etc. This infection can spread to ligament and causes other symptoms like thick yellow pus discharge, brake down of gums, tooth decay etc. "Periodontitis" word comes from the Greek peri, "around", odous , "tooth", and the suffix -itis, in medical terminology "inflammation". If gingivitis is not treated, it may lead to Periodontitis - a much more serious disease, warned the NIH. It is the prime cause of tooth loss in adults, according to the NIH. Pus discharge and bleeding from the gums are observed in Danthavestaka. In chronic stage tooth became lose. It is arak-thajasadyaviadhi. As the number of patients suffering from this disease is increasing day by day, Ayurvedic physician should also make effort to find out effective remedy for the patients of Danthavestaka from Ayurvedic classics.Prachanna is a type of rakthamokshana followed in this case.

Keywords: Prachanna, Periodontitis,Periodontium,Danthavestaka
tions, where modern medical management has its own limitation. Thus an effort is made to evaluate the efficacy of Prachanna in Danthavestaka.

AIMS AND OBJECTIVES:
1. To study the etiopathogenesis of Danthavestaka in the light of Ayurvedic and Periodontitis in modern medical science.
2. To study the role of Prachanna in the management of Danthavestaka.

MATERIAL AND METHODS:
A patient suffering from features of Danthavestaka attending the O.P.D. and I.P.D. of Ayurveda College and hospital, Coimbatore was selected randomly. The patient was a young girl of 18 year age. She was suffering from bleeding gums along with pus discharge. Pus and Blood discharge present with simple touch, during brush, after biting any fruit or hard substance. Patient was diagnosed on the basis of signs and symptoms as per Ayurveda as well as modern texts. On examination, yellowish deposits present at root of the teeth, gums are little swollen. Pus escaped with little pressure on gums, gums are loose and slightly inflamed. Complete history of the patient with temperature, pulse, respiration, blood pressure and personal history was taken, before going to Aharana and Prachanna. There is no need to be hospitalized of the patients during the procedures Aharana and Prachanna. Both the procedures are effective, simple, cheap and safe for the patient having Danthavestaka. Less fear of complications in both of the procedures to be concerned. These two gives relief spontaneously in the cardinal symptoms of Danthavestaka.

PROCEDURE: Procedure done after consent of the patient. The Procedure room was well prepared with all the equipments. Triphala Kwatha for Gandusa was prepared. Babula gum, Suchi (24 gauge hypodermic needle), Danthamalanirharanashalaka, Artery forceps, Plota (gauze), Pichu (cotton) and other needs are kept ready for use. Patient was advised to have light diet before procedure. The patient was advised to lie down on the bed in supine position. Then the gums area was cleaned with dry swab. Here, do not use spirit because it irrigates the area. Tartar was removed gently with Danthamalanirharanarana shalaka, which was accumulated between the surface of the teeth and gums. Slight bleeding was observed. Haemostasis was secured. Water soaked babula gum was applied on gums. 24 G needle held in right hand with thumb and index finger and the lower lip held firmly with left hand and gentle pricking was done according to requirement. The patient got bearable slight pain during pricking. No local Anesthesia given during this procedure. Then bleeding was wiped with swab at the Prachanna site. She had given complaint as slight heaviness and pricking pain at local site. Triphala kwatha was used to gargle. Usually there is no need of any prophylactic antibiotics because our Ayurvedic medicines having this effect. No complications were found after procedure. After Prachanna the patient was advised to avoid sour and pungent substances in food, meat, fish, food prepared with black gram, curd, soft brush for brushing, too much conversation, expose to cold breeze, cold bath, day sleep, anger, grief till she attains good strength. Patient was advised for local application of powder of Khadiradhivati on the gums from the evening of the day for a week.

OBSERVATION AND RESULTS:
The improvement in the patient was assessed mainly on the basis of relief in the cardinal signs and symptoms of the disease. Next day patient told no heaviness and pricking pain at gums. Swelling of gums, redness was also reduced. Slight
bleeding present at the time of brushing at morning for two days. Third day no bleeding and pus discharge while brushing and after woke up from bed. She observed daily after every brushing and after having food. Rarely slight bleeding was found after pressing. No swelling was found after every brushing. Gradually gums became normal colour. After 15 days no inflammation, no bleeding, pus discharge found.

**DISCUSSION:**

Danthavestaka is commonly seen in society as prominent gum problem. Almost everyone will experience at least one experience of bleeding gums at some point in his or her life. There is no direct reference regarding Nidana and Samprapti. Ayurveda considers Danthavestaka as a disorder of Danthamula. Danthavestaka expresses the signs and symptoms as Pus and blood exude from the gums, the teeth become shaky. Vitiated Raktha is the main causative factor in the pathogenesis. Treatment for Danthavestaka bloodletting should be done first and then powder of lodhra, ptanga, vastyahva and laksha added with honey should be applied. Decoction of Panchavalkala bark added with honey, ghee and sugar should be used for gargling; ghee cooked with drugs of kakolydi gana and ten part of milk be used for nasal drops. Tartar formation is also one of the cause for development of Danthamulagata roga. Manual removal is the main treatment for tartar. Dantha mala nirharana comes under Aharana yoga. Danthavestaka can be equated with Periodontitis in modern parlance.

Periodontitis is an inflammation of the Periodontium (the tissues that surround and support the teeth). It consists of four tissues i.e. gingiva, cementum, periodontal ligaments and alveolar bone. It is caused by microorganisms that adhere to and grow on the tooth's surfaces, along with an over aggressive immune response against these microorganisms. It consists bleeding of gums while brushing teeth, and are spit-ting out blood after brushing, biting into hard food, Gum swelling, Pus from root of teeth, Halitosis, and a persistent metallic taste in the mouth, Gingival recession leads to exposure of root of teeth. Deep pockets between the teeth and the gums, loose teeth in the later stages. If left undisturbed, microbial plaque calcifies to form calculus, which is commonly called tartar. Periodontitis is very common, and is widely regarded as the second most common dental disease worldwide, after dental decay, and in the United States has a prevalence of 30–50% of the population, but only about 10% have severe forms. Periodontal diseases are one of the more prevalent oral diseases affecting more than 50% of Indian community.

According to the American Academy of Periodontology, there are several types of Periodontitis, including: Chronic Periodontitis, the most common form, is characterized by pocket formation and gum recession. Aggressive Periodontitis is characterized by rapid loss of gums and bone destruction. Necrotizing periodontal disease is characterized by necrosis (death) of gum tissue, periodontal ligaments and alveolar bones, which cause lesions. National oral health care policy was accepted in principal to be included in national health policy in 1995 by ministry of health and family welfare, Government of India. The successful periodontal treatment starts with establishing oral hygiene. This includes twice-daily brushing with daily flossing, interdental brush is helpful if space between the teeth allows. Management involves nonsurgical cleaning with a procedure called scaling, Root planning, debridement and Antibiotics. Many surgical approaches are used in treatment of advanced Periodontitis, including open Flap surgery, Soft tissue grafts, Bone grafting, Guided tissue regeneration,
Enamel matrix derivative application. Allopathic management of Periodontitis is far away from the complete cure of the disease.

Maharshi Susrutha has told Astavidha sastra karma i.e. Chedana (Excision), Bhedana (Splitting), Lekana (Scraping), Vyadana (Puncturing), Aharana (Removing/Extraction), Visravana (Draining), Seevana (Suturing)\(^1\). According to Vagbhata sastrakarma’s are Utpatana (Elevation or Extraction), Patana (Tearing), Seevana (Suturing), Esana (Probing), Lekana (Scraping), Prachanna (Scratching), Kuttana (Multiple Pricking/Beating), Chedana (Excision), Bhedana (Splitting), Vyadana (Puncturing), Manthana (Churning), Grahana (Catching), Dahana (Cauterization)\(^1\). According to Maharshi Susrutha, Prachanna is a type of Rathamokshana but Acharya Vagbha Prachanna and Kuttana both are mentioned separate in Sastrakarma. Theses both are performed with sastra and suchi.

In Panachakarma Chikitsa, the vitiated Doshas are purified whereas in Siravyadha to let out Rakta Dhatu along with vitiated Doshas. The classics were agreed Rakta as fourth Dosh\(^1\). The entire body is nourished by Siras\(^1\). To alleviate vitiation of Dosh involving a large area of body, Raktmokshana from Sir is the only way as it exerts its effects on the entire body\(^1\). Rakthamokshana the bloodletting technique is advocated in major diseases where disease predominant with Rakthadosa or in which oral medicines are not useful. Rakthamokshana Karma provides ‘Ashu Vyadhya Shanti’\(^4\). Rakthamokshana is classified into Sastrakrutha visravana (bloodletting with sharp instruments) and Asastrakrutha visravana (bloodletting with other than metallic instruments). Prachana and Shiravadyana comes under sastrakrutha visravana\(^1\). Prachana proce-
tha\-mokshana is the best treatment. Pr\-achanna is a very specific method of Rakh\-thamokshana used to remove lodged superficial blood from small area. So this procedure is drain blood from the small vessels and capillaries. After bloodletting which facilitate good atmosphere to heal its own. Even though Rakh\-thamokshana has been established as an effective modality, Prachanna is not popularized much. Ayurvedic therapies require restructure globally to meet the rising demands with the application of information and communication technology.

**REFERENCES**


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