

# Pratisarana- A treatment modality for oral health care

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**Abstract:** Ayurveda is the science of life which gives more importance for preventive and curative aspects of diseases and promoting health in the healthy individuals. In Ayurveda drug delivery system called bahiparimarjana which plays important role as it is simple and effective treatment modality drug administration to oral cavity. Different methods for maintaining oral hygiene and health are explained in Ayurveda. Such as kavala, gandusha, pratisarana are some mukha kriyakalpa used to treat oral health and maintain oral hygiene. One of kriyakalpa pratisarana types, indications, smayak-hina and atiyoga lakshana discussed here.

**Keywords:** Oral hygiene, Pratisarana, oral health, mukha kriyakalpa

## INTRODUCTION

Oral health is an inseparable part of general health. Poor oral health may have a significant impact on general health as it causes considerable pain and suffering. It has impact on a person's speech, selection of food, quality of life and well-being. Oral health plays an important role in preventing systemic diseases also. Hence in order to maintain good oral hygiene, it is very important to remove such toxins from the mouth. In Ayurveda drug delivery system called Bahirparimarjana plays an important role as it is simple and effective method of drug administration to oral cavity. Ayurveda recommends the use of mukha kriyakalpa such as kavala, gandusha, and pratisarana to remove accumulated toxins safely from the oral cavity.

### Pratisarana 1

Application of kalka or churna form of medicine with the tip of the finger inside the mouth is done with drugs advised is known as pratisarana.

- Pratisarana is used as a paschat karma after Rakthmokshana karma.
- The same drugs which will be useful for gandusha can be used in pratisarana.

### Types

3 types – Rasakriya, Kalka, Churna (Ashtanga Sangraha)<sup>2</sup>

4 types - Rasakriya, Kalka, Churna, Madhu (Sushruta Samhita)<sup>3</sup>

Matra of Dravya<sup>4</sup>

- kolasti matra (size of jujube seed)

Duration<sup>5</sup>

- Heena dosha – 3days
- Madyama dosha – 5days
- Uttama dosha – 7day

Samyak Yoga, Ayoga, Atiyaoga of Pratisarana<sup>6</sup>

Samyak Yoga	Ayoga	Atiyoga
Vaishadya (clarity)	Paichilya (stickiness)	Daaha (burning sensation)
Laaghava (lightness)	Gurutva (heaviness)	Kleda (salivation)
Kshavathu (feeling hungry)	Anannabhilaasha (loss of appetite)	Shvayathu (Gum swelling)
Apraseka (No nausea)	Pramoha (Fainting)	Trushna (feeling thirst)
Annabhilaasha (craving for food)	Vikara	Abhakta (not feeling hungry)
	anupashaya (not alleviate the disease)	Vaaksanga (slurred speech)

Method of Pratisarana<sup>7</sup>

### Instructions to the Patient

All the patients should be advised to follow the instructions during therapy and in the follow-up period:

- Oral hygienic methods should be explained
- Proper brushing by using soft brush 2 times a day morning and evening after meals by using “Bass” method was advised
- Instructions regarding Ahara and Vihara should be given, i.e., fibrous, non-sticky, less sweeten, etc., and proper mastication by using both sides
- Proper rinse of mouth after each meal/food.

### Procedure

#### Purvakarma

- Patients were advised to do Pratisarana 2 times, morning and evening after proper cleaning of the mouth.
- Choorna should be taken in 1 kola (6gm) quantity and mixed with a very little amount of lukewarm water or honey and make the Choorna in paste form.

#### Pradhana Karma

- It should be taken on tip of the index finger and applied all over the gingiva smoothly with gentle pressure for 3-5 min in clockwise, round direction. Finally with slight pressure massage toward the gingival margin should be done and the drug should remain on gingiva for 5 minutes.

#### Paschat Karma

- After pratisarana proper rinsing was advised with lukewarm water.
- The same procedure was instructed for the paste and also application has been adopted by using the tip of the finger.

#### Probable Mode of Action of Pratisarana<sup>8</sup>

- It is the procedure wherein gentle massage is done on gingiva as well as teeth helps in mechanical removal of food debris, Plaque, Necrotic tissue remnants, In-flamed granulation tissue and bacterial colonies.
- By constant rubbing it produces a pseudo-inflammatory reaction in the tissue, thereby altering the permeability of the blood capillaries and improving drug absorption producing the desired effect.
- Also, the rate of gingival crevicular fluid production is increased by gingival massage. This crevicular fluid inhibits bacterial diffusion into the tissue as it has phagocytic leukocytes, specific antibodies and enzymes of several specificities.
- Pratisarana promotes salivation which helps in plaque control and restores normal contour to the gingiva.

#### Pratisarana In Different Condition

- Sheetada - Mustadi churna pratisarana.
- Dantapupputa - Panchalavana or Yavakshara mixed with madhu pratisarana.
- Shousheera - Lodradi churna pratisarana.
- Upakusha - Madhu, Saindava lavana, Trikatu churna pratisarana.
- Adhimamsa - Vachadi churna pratisarana.

- Vataja ostakopa - Yashti, Guggulu, Devadaru, Madhuchista
- Pittaja ostakopa - Lodhra, Sariva, Madhuka, Madhu
- Jalarbuda - Trikatu, Madhu, Saindhava, Yavakshara
- Sheetada - Triphala, Shunti, Musta, Sarshapa, Rasanjana churna, Peetaka churna.
- Dantasharkara - Lakshachurna, Madhu
- Chalsadanta - Lodhradi churna, Madhu
- Jihwa kantaka - Guggulu churna/ Lodhra churna/ Pippalyadi churna
- Tundikeri - Pippalyadi churna, Peetaka churna
- Mukhapaka - Triphala churna, Madhu/ Darvi rasakriya/ Lavana, Krishna, Ela churna

#### DISCUSSION

The aim of mukha kriyakalpa procedures seems to be tissue oriented where the therapeutic concentration of the drug can be achieved by tissue contact time, the molecular weight of the drug, absorption of drug and bioavailability of the drug. The drugs are selected as per vitiated dosha and type of disease for the procedure. The procedures of medication are modulated to attain maximum absorption of the drug. As it act locally by exerting increased mechanical pressure inside the oral cavity, increasing the oral pH and stimulating the salivary glands and it also acts systemically by increasing the vascular permeability, Pratisarana acts by increasing defence mechanism in the oral cavity. Depending upon the vyaktasthana, rogibala and rogabala, one has to select these sthanika chikitsopakramas. Even in Shastra sadhyavyadhi we can go for kavala, gandusha and pratisarana. These sthanika upakramas are oral trans mucosal administrations, more beneficial because drug absorption is rapid due to rich vascular supply and lack of stratum corneum epidermidis. This results in the rapid rise of drug concentration in blood. Oral trans mucosal administration has the advantage of avoiding entero-hepatic circulation and immediate destruction by gastric juice.

#### CONCLUSION

Ayurveda explained kavala, Gandusha and Pratisarana are some of the daily routine procedures under the context of dinacharya for maintenance of oral hygiene. These are important therapeutic procedures as well as effective detoxifying measures in oral dis-eases. They will maintain and promote oral hygiene by exerting the cleansing action and by

increasing the defence mechanism in the oral cavity. These are having both preventive and curative effect if it is per-formed systematically. Being students of Ayurveda- we should know the importance of these procedures and make use of them in day-to-day life and in clinical practice and also has additive effect on general health, Daily practising of those may add a further step in the lifestyle of a healthy human being.

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