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## Arimedadi Taila, An Alternative Remedy in the Management of Dental Diseases

**Dr. V. Madhu Sudhana Rao**

Dental Assistant Surgeon, ESIDC, Jeedimetla, India

**Dr. J. Kranthi**

Retired Civil Surgeon, Dental Specialist, ESI Hospital, Sanathnagar, India

**Dr. K. Srinivas Rao**

Civil Surgeon Specialist, ESI Hospital, Sanathnagar, India

**Dr. Swapna Vallabh**

CMO (AYUSH), ESIDC Jeedimetla, India

### **Abstract:**

*Background: Ayurvedic books like Sushruta Samhita, Bhaishajyaratnavali & Charaka Samhita have mentioned the importance of Arimedadi Taila in the management of Dental Diseases. Lot of Research was done to study the efficacy of Arimedadi Taila by the Ayurvedic Researchers.*

*Aim: Aim of the present study is to evaluate the efficacy of Arimedadi Taila in the Dental Patients by a qualified team of Allopathy and Ayurvedic Researchers.*

*Materials & Methods: 50 Patients attending Dental O.P at ESI Diagnostic Center, Jeedimetla with Periodontal problems were selected. Patients were given Arimedadi Taila and explained how to use every day and advised to report to dental department after 10 days and later after 21 days to evaluate the efficacy of the Arimedadi Taila in relieving of their symptoms.*

*Statistical Analysis Used: Chi Square Test*

*Conclusion: Arimedadi Taila was proved to be effective in reducing periodontal problems like bad breath, bleeding gums and swollen gums along with sensitivity of teeth in more than 80% of patients.*

**Key words:** Arimedadi Taila (Irimedadi Taila), Hypersensitivity, Danta Harsha, Dantarogas

### **1. Introduction**

80-90% of the Dental Patients have periodontal problems in addition to the common dental problems like Dental Caries and Sensitivity of The Teeth. Teeth are necessary for enjoying the real taste of delicious foods and they even add to facial beauty. Hypersensitivity of Teeth is reported as a painful condition that originates when the thickness of the enamel or cement is significantly reduced or due to gingival recession. Usually the exposed area is subjected to several kinds of stimuli, resulting in sharp acute pain. This painful condition makes eating and oral hygiene very difficult to those having hypersensitivity teeth<sup>1</sup> (Danta Harsha). Patients having hypersensitivity are sensitive to cold, hot, sweet and sour<sup>2</sup>. Danta Harsha<sup>3</sup> is a disease of Teeth, which affects all the people irrespective of age & sex.

There are a number of commercial dental products available in the present day market which includes tooth paste, mouth washes and gum paints. Though Ayurveda is practiced in India from ancient periods, dental surgeons are not aware of the efficacy of Ayurvedic Products; hence the aim of the present study is to evaluate the efficacy of Arimedadi Taila mainly in the treatment of common periodontal problems like bleeding gums, bad breath, swollen gums, mobility of Teeth and Pus Discharge and in improving freshness of the mouth.

Arimedadi Taila (Irimedadi Taila) is an ayurvedic oil used for a famous procedure called oil pulling or gargling. Arimedadi Taila is indicated in almost all Dantarogas<sup>4</sup> including Stomatitis, Glossitis, Aphthous ulcers, Dental Caries, Pyorrhea, Gingivitis, Stains Removal and Hyperemia of Gums.

## 2. Arimedadi Tailam Ingredients<sup>5</sup>

Paste prepared with 12 grams of each of fine powders of,

- Yashti – licorice- *Glycyrrhizaglabra*
- Trijatha – cinnamon, cardamom and cinnamomumtamala
- Manjishta – *rubiaccordifolia*
- Gayatri – acacia catechu
- Lodhra – *symplocosracemosa*
- Katphala – *myricanagi*
- Kshirivrikshatwak
- Irimesa twak – acacia leucophloea/farnesiana
- Musta – *cyperusrotundus*
- Agar – *aquilariaagallocha*
- Shvetachandana – *santalum album*
- Rakta chandana – *pterocarpussantalinus*
- Karpoo – camphor – cinnamomumcamphora
- Jati – *myristicafragrans*
- Takkola – *illiciumverum*
- Mamsi – *nardostachysjatamansi*
- Dhataki – *woodfordiafruticosa*
- Gairika – red ochre
- Mrinala – *cymbopogonjwarancusa*
- Mishi – *anethumsowa*
- Vaidehi- *piper longum*
- Padmaka – *nelumbonucifera*
- Kumkuma – *crocussativus*
- Laksha – *lacciferlacca*
- Samanga, manjishta – *rubiaccordifolia*
- Brihati – *solanumindicum*
- Bilvapatra – *aeglemarmelos*
- Suradruma – *cedrusdeodara*
- Shaileya – asphaltum
- Sarala – *pinusroxburghi*
- Sprikka – *frlphiniumzalil*
- Palasha – *buteamonosperma*
- Rajani – turmeric – *curcuma longa*
- Daruharidra – *berberisaristata*
- Priyangu – *callicarpamacrophylla*
- Tejani – *clematis triloba*
- Pradhakaleya – *cosciniumfenestratum*
- Pushkara – *inularaceomsa*
- Jaya – *butilontheophrasti*
- Vyaghri – *solanum xanthocarpum*
- Madana – *randiadumetorum*
- Tila tila – sesame oil *sesamumindicum*

Decoction

- Arimesa – acacia leucophloea
- Nyagrodha – *ficusbengalensis*
- Udumbara - *ficus racemosa*
- Ashwattha – *ficus religiosa*
- Plaksha – *ficus lacor*

## 3. Objectives

- Evaluation of efficacy of Arimedadi Taila in the management of periodontal diseases.
- To introduce a simple, safe, noninvasive, OPD level modality in the management of dental diseases.

#### 4. Materials & Methods

- Total number of 50 patients attending the Dental OP at Employees State Insurance Diagnostic Center (ESIDC), Jeedimetla, irrespective of age, sex, religion with the complaints of Bad Breath, Bleeding Gums, Swollen Gums, Mobility of Teeth and Sensitivity of Teeth are selected for the study.
- Patients were educated on the importance of effectiveness of Arimedadi Taila in treating periodontal problems and sensitivity of Teeth.
- Arimedadi Taila has no side effects, as claimed by the manufacturer and is used for local application in the form of mouth wash. Patients using Thaila having Sinusitis, should take medical advice before giving the consent.
- After taking the consent from the patients willing for the study, Ayurveda Doctor consulted the patients and explained the ingredients of Arimedadi Taila and their efficacy in treating periodontal problems and also the usage of Taila as a mouth wash without any dilution twice daily in the morning on empty stomach and in the night before going to bed.
- After using Arimedadi Taila luke warm water to be used for rinsing.

#### 5. Source of Data

- **Clinical Source:** Patients attending the dental OP at ESIDC, Jeedimetla.
- **Literary Source:** The details of literature on Danta Harsha, Dantarogas, Arimedadi Taila and Hypersensitive Teeth are available in a great detail from Charaka Samhita, Sushruta Samhita and other modern reference books.
- **Drug Source:** Arimedadi Taila is a product of Himalaya Research Laboratory and this is included in ESI, RFDD/000301, dt. 16/11/12. This product is available in Ayurvedic OP at ESIDC, Jeedimetla at free of cost for ESI Patients.

#### 6. Methods of Collection of Data

50 Patients are taken into study, Signs and Symptoms are recorded in the proforma designed for the study.

##### 6.1. Inclusive Criteria

- Irrespective of Age, Sex, religion patients with periodontal problems are included for the study.
- Patients with Hypersensitivity are taken for the study after screening.

##### 6.2. Exclusive Criteria

- Oral Malignant Lesions.
- Syphilis
- Candidiasis
- HIV
- Any other Systemic Diseases

#### 7. Follow Up

Patients are recalled at intervals of 10 days and 21 days after using Arimedadi Taila as mouth wash to assess the improvement basing on their signs & symptoms.

#### 8. Assessment Criteria

Assessment was done on objective and subjective criteria before and after the study.

#### 9. Statistical Analysis of the Study

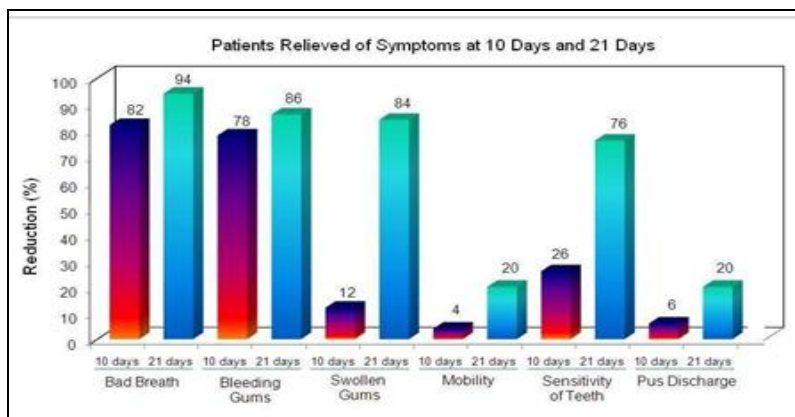


Chart 1

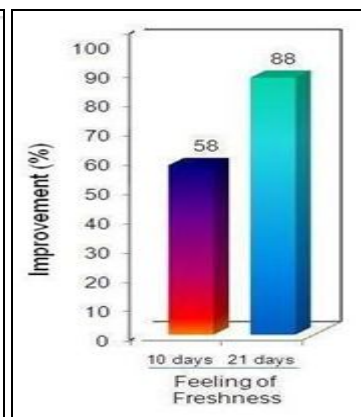


Chart 2

## 10. Results

- Out of 50 Patients complaining of Bad Breath, 82% of patients got relief from Bad breath after using Arimedadi Taila for 10 days and 94% patients got relief from bad breath after using for 21 days. This clearly indicates that Taila is effective in controlling Bad Breath.
- Out of 50 Patients complaining of bleeding gums, 78% of patients got relief from bleeding gums after using Arimedadi Taila for 10 days and 86% patients got relief from bleeding gums after using for 21 days. This clearly indicates that Taila is effective in controlling bleeding gums.
- Out of 50 Patients complaining of swollen gums, 12% of patients got relief from swollen gums after using Arimedadi Taila for 10 days and 84% patients got relief from swollen gums after using for 21 days. This clearly indicates that Taila is effective in controlling swollen gums.
- Out of 37 Patients complaining of Mobility of Teeth, only 4% noted decrease in mobility of teeth after using Arimedadi Taila for 10 days and 20% of the patients reported with reduction in Mobility of Teeth after using Arimedadi Taila for 21 days. This clearly indicates that efficacy of Taila is low in mobility of teeth when compared to Gingival Problems, and may require longer duration of usage of taila.
- Out of 45 Patients complaining of sensitivity of teeth, 26% of patients got relief from sensitivity of teeth after using Arimedadi Taila for 10 days and 76% patients got relief from sensitivity of teeth after using for 21 days. This clearly indicates that Taila is effective in controlling sensitivity of teeth when used for a longer duration.
- Out of 27 Patients complaining of pus discharge, only 6% reported with reduction in pus discharge after using Arimedadi Taila for 10 days and 20% of the patients reported with reduction in pus discharge after using Arimedadi Taila for 21 days. This clearly indicates that efficacy of Taila is low in controlling pus discharge and again it suggests that medication may be required for controlling the infection along with surgical intervention.
- Overall feeling of Freshness is noticed in 58% of patients after using Taila for 10 days and 98% of the patients after using 21 days. This clearly indicates that Arimedadi Taila gives long lasting feeling of freshness (Chart – 2).

## 11. Conclusion

Arimedadi Taila, a product of Himalaya Research Laboratory having 47 Ayurvedic ingredients with its unique essential oils formulation is substantially better and has given more consistent results at reducing oral problems when used as a mouth wash without any dilution, twice daily. Arimedadi Taila has no side effects making it an ideal regular use mouth wash. It has shown consistent efficacy across the studies and its efficacy remains unaltered by regular tooth pastes.

Arimedadi Taila is proved to be effective in curing gingival problems like bad breath, bleeding gums, swollen gums and sensitivity of Teeth when compared to chronic periodontal problems like mobility of teeth and pus discharge. It agreed with the previous Ayurvedic Researches.

## 12. Acknowledgement

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