

A study to evaluate the effect of *Triphala gandush* and *Triphala vati* in the treatment of *Mukhdurgandh* (Halitosis) associated with *Ekvrunda* and *Vrunda* (Pharyngitis)

Vijay G. Bodkhe^{1*}, Chandana Virkar²

Assistant Professor¹, Professor & Guide², Department of Shalakyatantra^{1,2}

K.V.T.R Ayurved College, Boradi, Dhule, Maharashtra, India-425428¹

P.D.E.A.'s College of Ayurved and Research Centre, Nigdi, Pune, Maharashtra, India-411044²

Corresponding Author:

Vijay G. Bodkhe

E-mail: vgbodkhe@rediffmail.com

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Abstract:

In Shalakyatantra, Ekvrunda and Vrunda is the disease of Galrog, which includes symptoms related to oral cavity. In these patients, chief complaints are throat pain, difficulty in deglutition, cough, fever etc. The symptoms of Halitosis (Bad Breath) is also associated in some patients. Halitosis is usually caused by poor dental hygiene, which further causes chronic effects on the patient.

Key Words: Halitosis (mukhdurgandh), Triphala, Gandush, Ekvrunda, Vrunda (Pharyngitis)

Introduction:

Halitosis (Bad breath) is not limited to the patient itself but also affects the people around the patient. In practice, however, the highest incidence of Halitosis is found in 80-90% of people, usually from infants to adults. Bad breath observed in females has been affecting their personal lives and is distressing because they do not even get time to look up their oral hygiene due to household works. In today's stressful times, many differences in the way people think, eat, and drink regularly. The causes of bad breath can be as follows - Germs in the mouth, under the tongue, on the cheeks, not brushing your teeth properly every day. Missed gargling after a meal can cause bad breath, and resulted into dental caries. In infants the causes of Halitosis can be that - drinking milk at night and going for nap without brushing teeth, indigestion (according to Ayurveda) i.e. improperly digested food accumulates on the oesophageal wall forms bacteria's and produces bad breath.

Materials And Methods:

Triphala is a polyherbal medicine, which consists of one Haritaki, two Bibhitak and four amalaki (Su.Su.38). Triphala is tridoshamak because Haritaki is used in vatdosh, bibhitaki is used in kaphdosh and Amalaki is used in Pittadosh. Triphala is also kaphpittashamak due to kashay ras. Triphala purifies oral cavity due to its properties of rukshagun (laghu, ruksha, anushan, sar) and it does superior work in Kaphdosha.

This study was conducted in the OPD set-up. A total of 40 patients with symptoms of halitosis associated with Ekvrunda (20 patients) and Vrunda (20 patients) were selected to be part of this study. Patients aged between 7 to 45 years were considered eligible. The patients who are

suffering from any disease other than Ekvrunda and vrund were not eligible to participate in this study. Criteria of diagnosis of the patient was based on complaints like throat pain, deglutition, cough, fever, halitosis, etc. Two groups were formed A (Ekvrunda) and B(Vrunda). The assessment criteria of the study was based on the percentage. Treatment was given orally as a combination of Triphala Vati (2 tablets three times a day) and Triphala Gandush for 30 days. The patients were analysed for the symptoms of Halitosis on Day 1, Day 8, Day 16 and Day 30. To prepare triphala kadha in 100 ml water we add 6 gm churn of triphala.

Inclusion Criteria

1. Age criteria should be from 7 years to 45years.
2. Patients were selected from OPD.
3. Patients suffering from Ekvrund and vrund were only included with relevant symptoms like throat pain, Deglutition, Halitosis, Rhinitis, salivation, ear ache, etc.
4. The patients who were willing to adhere 30 days treatment.

Exclusion Criteria :

1. Children below 7 years were not included in this study.
2. Patients suffering with any other systemic diseases were not included in this study.
3. The patient who was unable to take the treatment for 30 days.

Criteria of Assessment:

To know the confirmations and results selection of the patients of Ekvrund and Vrund on the basis of amount of symptoms increased or decreased, it was necessary to have special criteria of the symptoms.

- As a result symptoms (Throat pain, deglutition, Halitosis, running nose, cough, etc.) were classified on the basis of gradations i.e. severity, mildness, seriousness.
Acute+++ (3)
Moderate++ (2)
Mild+ (1)
Asymptomatic– (0)
- On the basis of number of symptoms present in the patients the further results were classified into 3 criteria.
 - Purn Upashay (Complete result) - After 30 days, when patient got 75% relief amongst the 14 symptoms.
 - Alp Upashay (Partial Result) – After 30 days, when patient got more than 25 % upto 75% relief amongst the 14 symptoms.

- Anupashay (None) – After 30 days , when patient got relief in 25% symptoms and didn't got any relief for the other 75% symptoms amongst the 14 symptoms.

Results And Observations :

As shown in Table 1, out of 20 patients with symptoms of Halitosis associated with Ekvrunda, 18 patients (90%) had symptoms on Day 1, and these symptoms reduced subsequently on Day 8 (15 patients; 75%), Day 16 (6 patients; 30%), and Day 30 (2 patients; 10%), respectively.

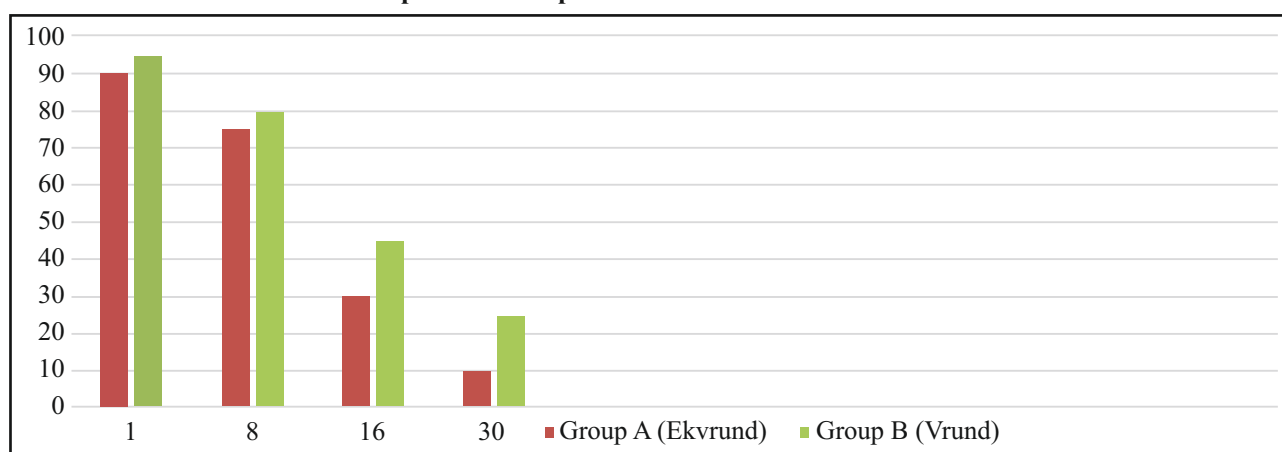
Similarly, out of 20 patients with symptoms of Halitosis associated with Vrunda, 19 patients (95%) had symptoms on Day 1, and these symptoms reduced subsequently on Day 8 (16 patients; 80%), Day 16 (9 patients; 45%), and Day 30 (5 patients; 25%), respectively.

It is an evidence from the above results that the use of Triphala Gandush and Triphala Vati is beneficial in the symptoms present in mukhdurgandh (Halitosis) associated with Ekvrunda and Vrunda (Pharyngitis) disease.

Table No. 1: Clinical Observations of the symptom Halitosis

Day	Group A (Ekvrunda) (n=20)		Group B (Vrunda) (n=20)	
	Symptoms	Percentage	Symptoms	Percentage
1	18	90%	19	95%
8	15	75%	16	80%
16	6	30%	9	45%
30	2	10%	5	25%

Graph No. 1: Graphical Presentation of the Halitosis



X Axis – Number Of Days; Y Axis – Symptoms Reduction [Percentage]

Discussion And Conclusion:

Halitosis not only affects the oral hygiene but also affects the further digestive process of person and it is highly health-affecting condition associated with Ekvrunda and vrunda disease. The study results revealed that the use of combination of Triphala Gandush and Triphala Vati shows

good results in Halitosis associate with Ekvrunda and Vrunda disease. Therefore, this local experimental medicine can prove to be a good therapy in patients suffering Halitosis associated with 'Ekvrund' and 'Vrund'. However, considering this study was done for a short period with limited sample size, the results needs to be interpreted carefully. Although,

this study showed a successful pattern; however, to arrive at any more concrete results, detailed study with larger sample size will be required.

Source of Support: Nil

Conflict of Interest: Nil

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