

**A Comparative Study on the Anti-Microbial Efficacy of Two Ayurveda Powders (*Prathisarana*) Used In Periodontal Disease**K.P.P. Peiris¹, G.V.P. Samaranyake², D.M.K.K. Wijebandara²¹Department of Shalya Shalaky, Gampaha Wickramarachchi Ayurveda Institute, University of Kelaniya, Sri Lanka.²Department of Shalya Shalaky, Gampaha Wickramarachchi Ayurveda Institute, University of Kelaniya, Sri Lanka.²Gampaha Wickramarachchi Ayurveda Hospital, Sri Lanka.**Corresponding Author:** K.P.P. Peiris, Department of Shalya Shalaky, Gampaha Wickramarachchi Ayurveda Institute, University of Kelaniya, Sri Lanka.**Type of Publication:** Original Research Paper**Conflicts of Interest:** Nil**Abstract**

Kushtadi (KU) and *Karanjadi* (KR) are prominently used Ayurvedic powders (*Prathisarana*) in the management of periodontal diseases. This study was carried out for the determination of antimicrobial efficacy of these two drugs using standard Antimicrobial Sensitivity Test against *Candida albicans* and a fungal culture isolated from a patient. The Antimicrobial Sensitivity Test was performed according to the Well diffusion method having 6 mm diameter wells on Sabouraud Dextrose Agar (SDA). Each well was loaded with test drugs mixed in 20 µl of sterile distilled water and fluconazole 2.5 mg/ml as the positive control. According to the results, KR showed an average Inhibition Zone Diameter (IZD) of 20 mm for the isolated culture while KU did not show any inhibition. The results were similar for *Candida albicans* and KR showing IZD 18 mm, KU IZD 0 mm while positive control giving an inhibition of 25 mm. Therefore, it can be concluded that both *Candida albicans* and the isolated culture were sensitive only for KR making it the only effective drug out of the two drugs tested in this study.

Keywords: *Kushtadi*, *Karanjadi*, *Prathisarana*, Anti-microbial, periodontal diseases**Introduction**

Ayurveda is an ancient system of medicine and is a rich reservoir of resources even for the dental science. The periodontium is composed of alveolar bone, periodontal ligament, cementum and gingiva. The two most common periodontal diseases are *Gingivitis* and *Periodontitis*. Common cause for periodontal disease is infection of micro-organisms. Bacteria are the major organisms for periodontal infection.

The goals of periodontal disease treatment are to promote reattachment of healthy gums to teeth, reduce swelling, the depth of pockets and risk of infection and inhibit disease progression. But ayurvedic treatment is special, it's action is not only reduce symptoms, but also maintained the oral hygiene too.

To overcome these problems, in Ayurvedic classics several treatment modalities such as *Prathisarana*, *Gandoosha* and *Kavala* have been mentioned for management of periodontal diseases.

These *Karanjadi Prathisarana* and *Kushtadi Prathisarana* were clinically very effective in management of