

BLEEDING GUMS

Capt.Dr.Gopal Maharjan
Dental Surgeon
Shree Birendra Hospital

Introduction :

“Yes, of course, bleeding gum is just a simple problem; it’s not even a health problem.” Isn’t it the way most of us think about the BLEEDING GUMS ? It’s just so simple that we don’t even seem to think about it. On the contrary, it is in fact is one of the most serious and common problems for lot of us.

The soft tissue surrounding the cervical portion of tooth and adjacent alveolar bone is know as gum or gingiva. Gingiva firmly attached to the alveolar bone is known as attached gingiva. The space between free gingiva and tooth is known as gingival crevice (sulcus) and is about 1.8 mm deep. The fluid in gingival sulcus secreted by crevicular cells is known as crevicular fluid which poses antibacterial properties and helps in gingival health.

Deposition of food particles, bacteria at gingival sulcus leads to soft, spongy and inflamed gingival resulting into bleeding even at the slightest touch and such a condition is called gingivitis - BLEEDING GUM.

Pathology:

Deposition of food particles, bacteria and improper cleaning leads to inflammation of gingival. The very initial stage of deposited food particles and bacteria is termed as material alba which can be removed by water jet spray easily. With the passage of time material alba gets firmly attached to tooth and changes into what is commonly know plaque. Proper and regular brushing can help in getting rid of plaque. Finally plaque becomes stony hard after mineralization and is know as calculus.

Signs and Symptoms:

In presence of plaque and calculus on tooth surface the body’s defense system starts to neutralize the toxins produced by the bacteria. As a protective mechanism there is an increase blood flow in the gingiva. Defensive cells in blood can not neutralizes the toxins completely in the presence of calculus. Thus the gingival continues to swell resulting into gingivitis. Following symptoms can be observed at the initial stage of gingivitis:

1. Gum becomes red and delicate and starts swelling.
2. Brushing and touching the gums results in bleeding.
3. Spontaneous bleeding
4. Foul smelling (Halitosis)

If gingivitis is not treated on time the bacterial toxins loosens the attached gingival from alveolar bone and the bacteria invades deeper into the gums destroying alveolar bone which results in loose teeth . This condition is known as periodontitis. Periodontitis is the major cause of loss of teeth in ad developing countries like Nepal.

Untreated gingivitis could lead to numerous health hazards. Continuous and rapid multiplication of bacteria could infuse into blood and result in subacute bacterial endocarditis in patients with previous heart surgery and patients with prosthetic valve due to deposition of bacteria in these valves. Further deposition of bacteria in coronary vessels narrows its lumen increasing the probability of Myocardial Infraction. In short, we can say healthy heart can not be achieved unless we have healthy gums and teeth.

Prevention and Cure :

Diseased gums and teeth could lead to many health problems. It could affect one's overall performance and personality be it in any walks of life. We cannot even contemplate a nice smile without nice gums. All these affects one's life and happiness in general. Thus, as it goes "a stitch in time saves nine".

The first and the basics for prevention is education and information. Regular and appropriate tooth-care can avoid all the complication. We all should spread the health awareness to the ignorant and the illiterates. It is our human and social responsibility. We all should participate in our small ways in educating the people : Doctors should educate patients, teachers should educate pupils, parents should educate children and so on each and all of us should contribute and strive to achieve better health as happiness cannot be achieved without health-it is impossible.

Maintaining oral hygiene is very easy and requires only a few minutes a day. Good brush, good toothpaste and proper brushing are three basics for maintaining healthy teeth and gums. One should brush twice a day and care to properly wash one's mouth after every meal. While brushing the movement of brush should be vertically up and down and not horizontally forward and backwards. Brushing should be 8-10 at a place.. Gentle brushing over gums helps in blood circulation resulting into stronger and healthier gums. Another important aspect in oral health is to develop and maintain healthy food habits. Cigarettes, paan, paanmasala, khaini, surti, beetle nut are hazardous to health and should be kept at a distance.

Treatment and cure of bleeding gum if done on time is relatively less complicated. The first step is to remove tarter from the surface. Tarter can be removed in two different ways : 1) with conventional hand scaling 2) with electric ultrasonic scaling. As benefits and limitations are there in both methods, usually the best method of removing tarter is to use both methods combines. Polishing teeth after scaling is very important as it makes teeth smooth and shiny removing fine roughness from the teeth surface.

Finally, in brief, we all should take proper regular care of teeth and gums, should make periodic check ups with the dental surgeon in order to maintain a healthy smile in life.

LIST OF DRUGS BANNED IN NEPAL

T/Lt. Baneera Thapa
Pharmacist
Shree Birendra Hospital,

Introduction

The general objective and purpose of this list of Drugs which are now banned in Nepal is to alert Medical Personnels and to avoid incidence of potential hazards. This will also lead to the identification of viable alternatives and practical approaches; towards a better and effective Drug management and awareness.

LIST OF DRUGS BANNED IN NEPAL

HMG/ Nepal has banned the following medicine for production, sale/distribution, transportation, storage and import.

1. Amidopyrin and its combination
2. Clioquinol and its combination
3. Phenacetin and its combination
4. Combinations of vitamins with tranquillisers and/or anti-inflammatory agents
5. Combinations of antispasmodic atropine with analgesics and antipyretics
6. Combinations of yohimbine and/or strychnine with testosterone and/or vitamins
7. Combinations of iron with strychnine and/or yohimbine and/or vitamins
8. Combinations of sodium bromide or chloral hydrate with other Drugs
9. Combinations of antihistamines with antidiarrhoeals or with antimoestic
10. Combinations of vitamins with analgesics
11. Combinations of penicillins with sulfonamide
12. Combinations of vitamin C with tetracycline
13. Combinations of steroids with other drugs except with ephedrine and xanthines.
14. Combinations of chloramphenicol except in combination with streptomycin
15. Combinations of vitamins with antitubercular drug except with isoniazid and vitamin B-6,
16. Combinations of ergot except with caffeine
17. Combinations of strychnine and/or caffeine
18. Oral dehydration salt, which are not as per world Health organization's formula, are banned

Composition: (G/L) as recommended (as recommended by WHO)	Formula-1	Formula-2
Sodium Chloride	3.5 g	3.5 g
Potassium Chloride	1.5 g	1.5 g
Sodium Bicarbonate	2.5 g	-
Tri-Sodium Citrate(dehydrate)	-	2.9 g
Glucose, anhydrous	20.0 g	20.0 g

19. Alcofence and its combination
20. Aminorex and its combination
21. Amphetamine and its combination
22. Aristocolic acid and its combination

23. Azaribine and its combination
24. Benoxaprofen and its combination
25. Cholonaphazine and its combination
26. Chlorphentermine and its combination
27. Cloferex and its combination
28. Dienoesteol and its combination eg. Ethnor
29. Diphenoxylate and its combination illiquid dosa from eg. Lonofen, Lomotil
30. Hexextrol and its combination
31. Loperamide and its combination in liquid dosage from eg. Diarlop plus, Imosec-s, Tylox-2
32. Methapyrilene and its combination
33. Methaqualone and its combination
34. Nitrofurual and its combination
35. Oxyphenbutazone and its combination eg. Algesin-0, Butadex, Combigesic, IImar
36. Phenformin and its combination eg. Chloroforming, DBI/DBI-TD
37. Phenylbutazone and its combination with other drugs eg. Actimol, Algesin, Esgiphyrin, Zonaldin
38. Pipradol and its combination
39. Praetolol and its combination
40. Santonin and its combination
41. Sulphaguanidine and its combination
42. Tetracycline liquid oral preparation
43. Xenazoic acid and its combination
44. Combination of narcotic drugs except the following:
 - Combination containing pholcodine and codeine and their salts as cough sedative
 - Combination of codeine with paracetamol and/or aspirin in ratio not exceeding 1:50
 - Combination containing an antispasmodic
45. Combination antipsychotic drug (neuroleptic) with other drug except with anticholinergics trihexyphenidly
46. Combination of antispasmodic with vitamin, mineral and/or enzyme
47. Combination of antacid with vitamins or-anti-inflammatory drug
48. Combination of antidiarrhoeal/antibacterial with electrolytes
49. Combination of antitussive with an expectorant in cough syrup
50. Combination containing two or more antihistamines
51. Combination of hormone with vitamin
52. Combination of disidium hydrogen citrate with other drugs
53. Combination of ginseng with modern drugs
54. Combination of a bronchodilator with analgesic or antipyretic
55. Combination of cyproheptadine with strychnine
56. Combination product containing ingredients of two or more systems of medicine (eg. Ayurvedic, Allopathic, Unani and Homeopathic)
57. Oral liquid vitamins, vitamin-enzyme/vitamin-amino acid/vitamin-mineral which do not contain vitamin in therapeutic dose as per Indian Drug and Cosmetics Act (Volume not exceeding 250 ml.)
58. Combination of two or more antibacterial except the following:
 - Combination used the treatment of tuberculosis
 - Combination use for the treatment of leprosy
 - Combination of two antibiotics of the penicillin group
 - Combination of two or more therapeutic agents (recognized as per the regulation or stan-

dards of drugs 2043, rule 5 appendix-1)

59. Codeine or codeine based cough syrup except cough syrup containing single codeine (active ingredient) 3 mg/ml. in a bottle not exceeding 60 ml.
60. Combination of any antibacterial with another drug except the following:
- Combination used for treatment of tuberculosis
 - Combination used for the treatment of leprosy
 - Combination of two antibacterials of the penicillin group
 - Combination of two or more therapeutic agents Pharmacopoeia (recognized as per the regulation on standards of drugs 2043, rule 5, appendix-1)
61. Streptomycin in oral doses from
62. Combination of Paracetamol or Aspirin except in the following:
- Combination of Paracetamol or aspirin with one nasal decongestant and/or antihistamine
 - Combination of Paracetamol or aspirin (not exceeding 500mg.) with codeine not exceeding 10 mg. in a tablet
 - Combination of Paracetamol either with ibuprofen or with one muscle relaxant, eg. Ibuprofen Plus
- Pharmacopoeia recognized as per the regulation on standards of drugs 2043, rule 5, appendix-
63. Meprobamate or its combination eg. Neocor
64. Combination of anti amoebic or antidiarrhoeal drug except the following:
- Combination of metronidazole or tinidazole with diloxanide furoate
 - Combination of diphenoxylate 2.5 mg. with atropine 0.025 mg. in a tablet
65. All combination of antiflatulant except with antacid or antispasmodic
66. Combination of cyproheptadine with another drug.
67. All multi-ingredient based vitamin or tonic preparations except the following
- Vitamin product in therapeutic dose as denoted in Appendix -1 below.
 - Therapeutic B-complex based product (Appendix-1) containing enzyme and/or ammoniated or protein or mineral.
 - Combination of vitamin in therapeutic disease with another drug that are included in Pharmacopoeia, recognized as per the Regulation on Standards of Drugs 2043, rule 5, Appendix-1.

However, vitamin drops intended for infant's use and haematinic preparation are exempted from the banned list.

68. Angling and its combination e.g. Algerian O, Anadex, Baralagan, Novalgin, Oxalgin, Spasmizol & Trigan.
69. Sodium bicarbonate in liquid doses from intended for children use.

Note:

In some cases, the manufacturer has changed the formula of a combination drug, so that it no longer has the ingredients which were banned. In such cases, the drug may be given, even though it still has the same trade name, so keeping this in mind one has to check the ingredients on the level carefully, if not sure.

1. S.No. 1-17: Banned for oral and parental use.
2. S.No. 19-70 : The banned is not applicable to veterinary and topical preparations.

Source:

Department of Drug Administration, Bijulibazar, Kathmandu.