



Research Paper

## “Prevalence of Gingivitis and Periodontitis in Northern India: An Original Research”

Dr. Sharib Abdus Salam<sup>1</sup>, Dr. Mobeen Khan<sup>2</sup>, Dr. Hanjala Safi Rayeen<sup>3</sup>, Dr. Nazish Akhtar<sup>4</sup>, Dr. Nimrah Kawoos<sup>5</sup>,

1. Senior lecturer, Department of Periodontics and Implantology, Government Patna Dental College and Hospital, Patna.

2. Senior lecturer, Department of Oral Medicine and Radiology, Chandra Dental College and Hospital, Safedabad Barabanki.

3. MDS, Department of Oral Pathology and Microbiology.

4. Senior lecturer, Department of Oral Medicine and Radiology, SEEMA Dental College and Hospital, Rishikesh, Uttarakhand.

5. MDS, Pedodontics, Private Practitioner, Florence Hospital Chanpora, Srinagar, Kashmir.

Corresponding author: Dr. Sharib Abdus Salam;

---

**BACKGROUND:** To study the prevalence of Gingivitis and periodontitis in Northern India

**MATERIALS AND METHODS:** 1477 patients were included in this study in which 802 patients were male and 675 patients were female. Collected data was analyzed by using software SPSS 16.

**RESULTS:** Out of 802 male patients, 690 (86.03%) were diagnosed with gingivitis and 65 (8.10%) were diagnosed with periodontitis. Out of 675 female patients, 570 (84.44%) were diagnosed with gingivitis and 50 (7.41%) were diagnosed with periodontitis. Out of 802 male patients, 755 (94.24%) patients were diagnosed with periodontal disorders (Gingivitis and periodontitis). Out of 675 female patients 620 (91.85%) were diagnosed with periodontal disorders (Gingivitis and periodontitis). Out of 1877 patients, 1260 (85.31%) were diagnosed with gingivitis and 115 (7.79%) were diagnosed with periodontitis. 1375 (93.03%) patients were diagnosed with periodontal disorders (gingivitis and periodontitis) out of 1877 patients.

**CONCLUSION:** 1375 (93.03%) patients were diagnosed with periodontal disorders (gingivitis and periodontitis) out of 1877 patients.

**Keywords:** Gingivitis; Periodontitis; Periodontal disorders

Received 19 Oct. , 2019; Accepted 06 Nov., 2019 © the Author(S) 2019.

Published With Open Access At [www.Questjournals.Org](http://www.Questjournals.Org)

### I. INTRODUCTION:

WHO report (2005) described that the global problem persisted with the worldwide oral diseases such as dental caries, periodontal disease, tooth loss, oral mucosal lesions and oropharyngeal cancers<sup>1</sup>. Periodontal disease is a common chronic inflammatory disease. In older adults it may increase patient's risk of developing systemic diseases such as diabetes mellitus, lung disease, heart disease and stroke<sup>2</sup>. Severe periodontitis, one of the highly prevalent conditions affecting about 11% of humans, is considered as a public health problem since it leads to disability and thereby impairs quality of life<sup>3</sup>. Gingivitis, swelling of gum, is the mildest form of periodontal disease. It causes the gums to become red, swollen, and bleed easily. There is usually little or no discomfort at this stage. Gingivitis is primarily caused by inadequate oral hygiene and is reversible with professional treatment and good oral home care. Factors that may contribute to gingivitis include, diabetes, smoking, aging, genetic predisposition, systemic diseases and conditions, stress, inadequate nutrition, puberty, hormonal fluctuations, pregnancy, substance abuse, HIV infection, and certain medication use<sup>4</sup>.

### II. AIM AND OBJECTIVES:

To study the prevalence of gingivitis and periodontitis in northern Indian population

#### MATERIALS:

- Instruments used:

1. Plane mouth mirrors and probe.

2. Tongue depressor.
  3. Cotton swab
  4. Kidney trays.
  5. Cotton holders.
  6. 2x2 inch gauze pieces.
  7. Disposable gloves.
  8. Towel.
  9. Metallic scale.
  10. Big steel tray.
- Additional:
    1. Torch
    2. Clip board.
    3. Indible pencil.

**Methodology:**

A total of 1877 patient reporting to the Department of periodontics and implantology, government Patna dental college and hospital Patna. Informed consent was obtained from the patients selected for the study. Patients with 15 to 75 years of age were included in this study. Patients with severe reduced mouth opening were excluded from the study. Patients with severe systemic disorders were not included in this study. Examination of the oral cavity was performed under good illumination using gloves, probe, mirror and other equipment. Patients with other oral disorders were not included. Patients with oral malignancies were excluded from the study.

**Statistical Analysis:**

The data was compiled using Microsoft excel sheet (Windows 2010). Collected data was analyzed by using software SPSS 16.All results were compared using percentage.



**PHOTOGRAPH NO: - 1. Photograph Showing Armamentarium Used For Clinical Examination**

**III. RESULTS:**

**TABLE NO:-1. Gender wise distribution of the patients**

Male	802
Female	675
Total	1477

Out of 1477 patients, 802 patients were male and 675 patients were female.

GRAPH NO:-1. Gender wise distribution of the patients

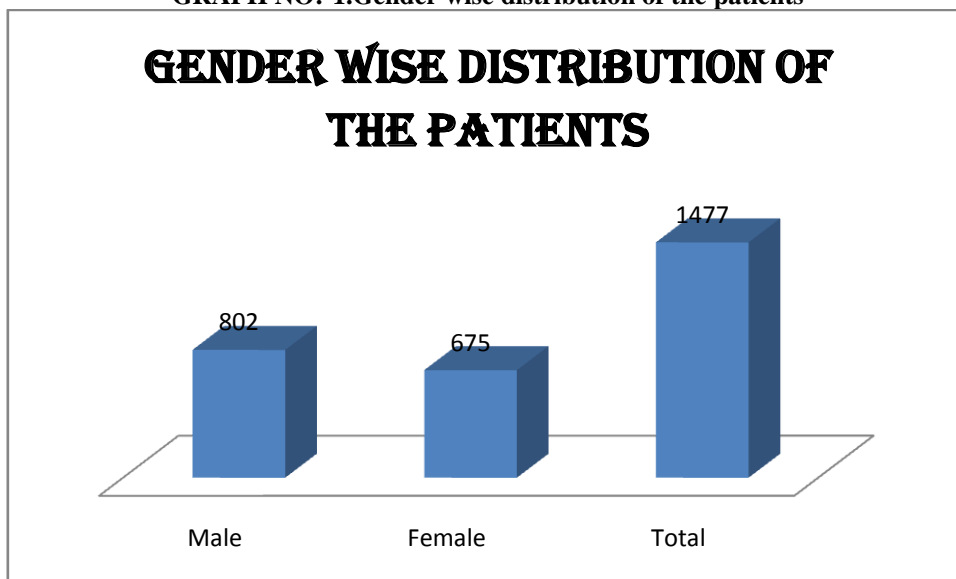
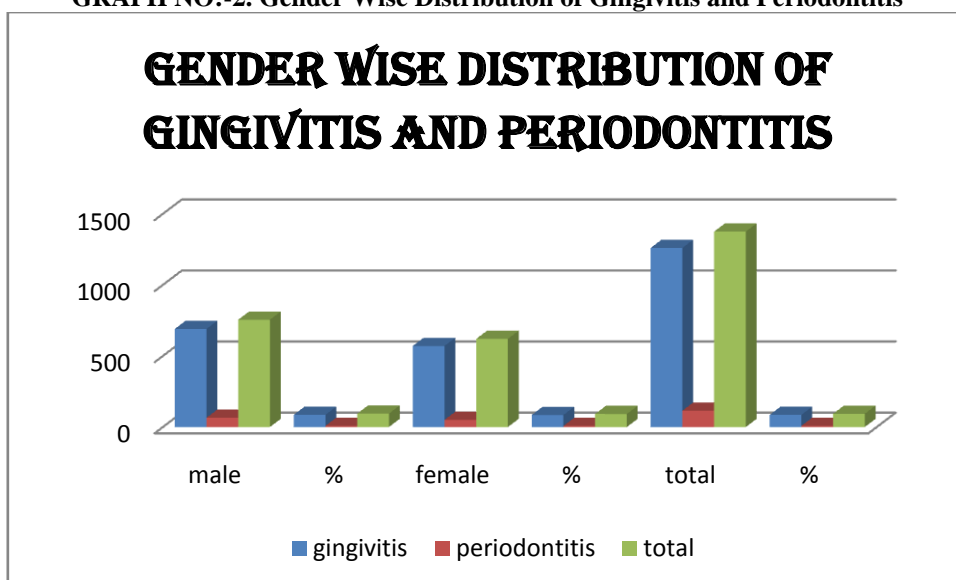


TABLE NO:-2. Gender Wise Distribution of Gingivitis and Periodontitis

	male	%	female	%	total	%
gingivitis	690	86.03	570	84.44	1260	85.31
periodontitis	65	8.10	50	7.41	115	7.79
total	755	94.14	620	91.85	1375	93.03

Out of 802 male patients, 690 (86.03%) were diagnosed with gingivitis and 65 (8.10%) were diagnosed with periodontitis. Out of 675 female patients, 570 (84.44%) were diagnosed with gingivitis and 50 (7.41%) were diagnosed with periodontitis. Out 802 male patients, 755 (94.24%) patients were diagnosed with periodontal disorders (Gingivitis and periodontitis). Out of 675 female patients 620 (91.85%) were diagnosed with periodontal disorders (Gingivitis and periodontitis). Out of 1877 patients, 1260 (85.31%) were diagnosed with gingivitis and 115 (7.79%) were diagnosed with periodontitis. 1375 (93.03%) patients were diagnosed with periodontal disorders (gingivitis and periodontitis) out of 1877 patients.

GRAPH NO:-2. Gender Wise Distribution of Gingivitis and Periodontitis



#### IV. DISCUSSION:

In this study Out of 1877 patients, 1260 (85.31%) were diagnosed with gingivitis and 115 (7.79%) were diagnosed with periodontitis. 1375 (93.03%) patients were diagnosed with periodontal disorders (gingivitis and periodontitis) out of 1877 patients which is similar to the study conducted by Agnes O. Umoh, Clement C.

Azodo<sup>5</sup>. In this study Out of 802 male patients, 690 (86.03%) were diagnosed with gingivitis and 65 (8.10%) were diagnosed with periodontitis and out 802 male patients, 755 (94.24%) patients were diagnosed with periodontal disorders (Gingivitis and periodontitis). Out of 675 female patients, 570 (84.44%) were diagnosed with gingivitis and 50 (7.41%) were diagnosed with periodontitis and out of 675 female patients 620 (91.85%) were diagnosed with periodontal disorders (Gingivitis and periodontitis).

## V. CONCLUSION:

The prevalence of gingivitis and periodontitis in this study was 91.85%. Proper hygiene maintenance and use of mouth wash can decrease the prevalence of gingivitis as well as periodontitis. Proper patient education can help in the prevention of periodontal disorders. In this way Oral and Maxillofacial health care provider can decrease the early loss of teeth.

## REFERENCES:

- [1]. Petersen PE, Bourgeois D, Ogawa H, Estupinan-Day S, Ndiaye C. The global burden of oral diseases and risks to oral health. Bull World Health Org. Sept. 2005; 8.
- [2]. Boehm TK, Scannapieco FA. The Epidemiology, Consequences and Management of Periodontal Disease in Older Adults. J Am Dent Assoc. 2007; 138 : 26-33.
- [3]. Kassebaum NJ, Bernabé E, Dahiya M, Bhandari B, Murray CJ, Marcenes W. Global burden of severe periodontitis in 1990-2010: A systematic review and meta-regression. J Dent Res 2014;93:1045-53.
- [4]. Page RC. Current understanding of the aetiology and progression of periodontal disease. International Dental Journal. 1986, Sep;36(3):153-61.
- [5]. Umoh AO, Azodo CC. Prevalence of gingivitis and periodontitis in an adult male population in Nigeria. Niger J Basic Clin Sci 2012;9:65-9.



**FIGURE:: CLINICAL PHOTOGRAPH OF PERIODONTITIS**



**FIGURE: CLINICAL PHOTOGRAPH OF GINGIVITIS**

Dr. Sharib Abdus Salam; “Prevalence of Gingivitis and Periodontitis in Northern India: An Original Research” Quest Journals Journal of Medical and Dental Science Research 6.2 (2019): 28-31