

DENTAL SCIENCE : AN AYURVEDIC VIEW POINT

Dr. R.K. YADAVA

M.D. (Ayu.), Ph.D. (Ayu.)

Lecturer in Kayachikitsa, S.R.M. State Ayurvedic
College and Hospital Bareilly-243005 (U.P.) India

Email-drrkyadava@gmail.com

Abstract:

The present article provides a comprehensive review about the Dental Science as described in ancient system of Indian medicine ayurveda. Beginning from the historical review to detail physiological, anatomical, pathological and pharmacological review as mentioned in Ayurveda. More stress has been given to the disorders of teeth and gums. This article will certainly provide a birds eye view about the ancient dental sciences of India to our counterparts from the dental fraternity.

Introduction:

Ayurveda, the ancient Indian system of medicine is supposed to be considered as the major system till the evolution of modern medicine i.e. allopathic system of medicine. Since the beginning it is 'Ashtanga Ayurveda', means it has eight major branches viz. Kayachikitsa (Medicine), Bal roga (paediatrics), Grahbadha (about unknown forces), Urdhvanganga (about Head, neck, brain), shalya (surgery), Damstra (Toxicology and Jurisprudence) Jara (Geriatrics and rejuvenation) and Vrisha (Aphrodisiacs). Dental disorders fall under the 'urdhvanganga' branch which mainly deals with the diseases occurring above the clavicle. In classical Ayurvedic literature, considering teeth as a part of oral cavity, disease occurring in teeth and gums are kept under the broad group of mukha roga i.e. diseases of oral cavity. Variety of dental disorders are described which include infection of teeth and gums, degenerative, deposition on the enamel and structural anomalies. Medical as well as surgical treatment is also advised according to the nature of diseases.

Historical review -

History of Ayurveda narrates that this science is conceived by Lord Brahmaji and nurtured and propagated by various seers, rishis, maharishis and scholars of Ayurveda. Being an old discipline it is very much influenced by the Vedas. Going through the literature we find the reference of 'Ashwini Kumars'. They were twins used to ride of white horses and expert in delivering medical treatments to devtas and king. Various examples of their treatments are quoted, include variety of medical and surgical treatment wonders. One of them is the treatment of broken tooth of king 'Pushana'.

Disorders of Teeth-

A brief description regarding dental disorders is found in the Susruta Samhita and Ashtanga Hridaya. These disorders are broadly classified into two parts

- i. Danta mulagata rogas (diseases of gums)
- ii. Dantagata rogas (diseases of teeth)

i. Danta mulagata Rogas -

Fifteen types of disorders occurring in dantamula (gums) are described viz. shitada, Dantapupputaka, Dantaveshtaka, Shaushir, Maha Shaushir, Paridara, Upakusha, Danta Vaidarbha, Vardhana, Adhimamsa and five types of Nadi roga.

1. **Shitada (Bleeding or Spongy gums)** Sudden onset of bleeding from gums rendering gums foul smelling, blackish in colour, soft and oozing, and putrefaction and dislodging of gums. It is supposed to be caused by vitiated Kapha and rakta.
2. **Danta pupputaka (Gum boil)** Painful and large swelling in the root of two or three teeth which is caused by the vitiation of kapha and rakta.
3. **Danta Veshta (Pyorrhoea alveolaris or suppurative**

gingivitis)- There is oozing of pus and blood alongwith loosening of teeth is known as dantaveshta. It is caused by vitiated rakta dosa.

4. **Shaushira** Painful swelling of gums alongwith salivation and itching is known by the name of shaushira roga.
5. **Mahashaushira (Gangrenous stomatitis)**- This is characterized by loosening of teeth and the grip of gums on teeth. There are cracks on the soft-palate and patient feels pain in whole mouth region. It is caused due to sannipata i.e. vitiation of all three doshas viz. vata, pitta, kapha.
6. **Paridara**- This is characterized by degeneration of gums alongwith repeated blood mixed splitting. It is caused by the vitiation of Pitta, Kapha and Rakta.
7. **Upakusha** There is burning pain and pus formation in gums, loosening of gums, blood come out on rubbing of teeth with each other and on pressing them. There is mild pain and swelling of gums and oral cavity becomes foul smelling.
8. **Vaidarbha**- There is extreme redness and swelling in root of teeth and gums following rubbing and the complete row of teeth loses its stability. It is caused due to trauma.

The diseases mentioned from serial number four to eight seems to be different types of gingivitis.

9. **Vardhana** - An excess tooth originates due to vata prakopa causing severe pain which is relieved as the tooth fully comes out.
10. **Adhimamsa** Big swelling around terminal tooth near to the joint of jaw causing severe pain and salivation is called adhimamsa. It is a kaphaja disorder by nature.
11. **Dantanadi**- This is characterized by formation of tractis in the base of gum which have a tendency of recurrent discharge of pus and blood. Five types of nadis are reported viz. vatika, pattika, kaphaja, sannipataja and agantuja (due to external causes like accidents).
- II. **Dantagata rogas (Disorders of Teeth)** Eight kinds of danta gata rogas are reported by sushruta viz. Dalana, krimidanta, dantaharsa, Bhanjanaka, sharkara, kapalika, shyavadanta and hanumoksha.
1. **Dalana (Tooth ache)** Cracks appear on teeth due to vitiated vata roga causing severe pain to the respective tooth is known as Dalana.
2. **Krimidanta (Dental caries)** Initially a black spot on tooth caused by vitiated vata followed by hole inside. The tooth loosens alongwith discharge, swelling and severe pain. Some times only pain occurs with out any definite cause. This disease is known by the name krimidanta.
3. **Danta harsha** This is characterized by non tolerance of cold, hot or even touch on the teeth and is caused by vitiated vata.
4. **Bhanjanaka** - In this condition the teeth are broken alongwith pain and change in the angle of mouth. This is caused by vitiated kapha and vata.

5. **Danta sharkara (Tartar)** A silica like fine substance which deposits on or in between teeth, changes normal colour and causes cosmetic problem to the teeth.
6. **Kapalika** When the aforesaid dantasarkara starts damaging danta kavacha (Enamel). Then the condition is known as Kapalika.
7. **Shyavadantaka**- In this disease, the tooth completely turns black or blue.
8. **Hanumoksha** Is a feature found in the condition of facial paralysis (ardita) or it is simulates to facial paralysis and caused by vitiated vata. It may also be correlated with the dislocation of jaw.

Treatment- May be divided into three parts

- i. Shamana (palliative)
 - ii. Shodhana (Purificatory)
 - iii. Shalya karma (Surgical)
- i. Shamana Therapy (Palliative treatment)** - It is done with the help of medicines like sunthi, sarshapa, Triphala, Nagarmotha, Rasauta, madhuyasti, priyangu, Tagara, Kamal, Five types of salts etc. These are being summarised in following table alongwith their indication and pharmaceutical action.
- II. Shodhana Chikitsa** This is an unique therapy of Ayurveda which renders a cleansing effect on the body parts. It is often used before palliative treatment to enhance the efficacy of

- iv. **Gandusa and Kawal (Medicated gargles)** Useful in diseases like dantaveshtaka, Shaushira, dantaharsha and danta nadi etc.
- v. **Shirovirechna (Medicated nasal drops)**- Useful in diseases like Adhimansa, Hanumoksha etc.

III. Shalya Karma (Surgical treatment) - Surgical treatment is indicated in the disease like Dantavaidarbha, Adhikadanta, Adhimansa, Dantanadi and Krimi danta, Variety of measures are applied like excision, curettage, probing, cauterisation and others.

Conclusion

Going through the brief description we appreciate that the concept of dentistry is very well conceived by the Ayurvedic scholars. Teeth, being integral part of the oral cavity, is responsible for sharing theoretical and practical aspects with diseases of oral cavity described as mukha rogas in Ayurveda. Symptomatology shows different varieties of dental disorders ranging from infactions, degeneration, cosmetic changes, structural changes and much more. Similarly treatment also includes palliative, purificatory and surgical methods. Only few medicines of herbal origin are being described along with their brief pharmacological action. In this way the present article gives a birds eye view regarding the concept of dentistry in Ayurveda and may prove fruitful to our dental counterpart to understand the basic concepts of Ayurveda regarding dental science.

Important palliative medicines

Name / Latin Name	Doshakarna	Pharmacological action
1. Nimba (Azadirachta indica)	Pitta-Kapha Shamaka	Anti-bacterial
2. Sarshapa (Brassica compestris)	Vata-Kapha Shamaka	Astringent antiseptic
3. Khadira (Acacia catechu)	Pitta-Kapha Shamaka	Astringent
4. Haridra (Curcuma lnga)	Pitta-Kapha Shamaka	Anti-bacterial Anti viral
5. Chameli/Jati (Jasminum officinale)	Pitta-Kapha Shamaka	Enhances wound healing, Antiseptic
6. Lavanga (Syzygium aromaticum)	Pitta-Kapha Shamaka	Mucolytic, prevents bad odour
7. Yashtimadhu (Glycyrrhiza glabra)	Pitta-kapha Shamaka	Enhances heating
8. Tejovati (Zanthoxylum aromaticum)	Tridosha shamaka	Cleaning effect on teeth
9. Bakula (Mimosops elengi)	Tridosha shamaka	Strengtens teeth
10. Shunthi (Zingibar officinale)	Vata-Kapha Shamaka	Prevent bad smell, decreases pain
11. Mustaka (Cyperus rotundus)	Vatanulomaka	Decreases pain
12. Babool (Acacia Arabica)	Pitta-Kapha-Shamaka	Astringent
13. Mayaphala (Quecus infectoria)	Tridosha shamaka	Antiseptic, astringent
14. Tulsi (Ocimum sanctum)	Tridosha Shamaka	Antiseptic
15. Daru haridra (Barberis aristata)	Tridosha Shamaka	Astringent, Liver Stimulant
16. Durva (Cynoden dactylon)	Pittashamaka	Haemostatic
17. Lodhra (Symplecos racemosa)	Pitta-Kapha Shamaka	Astringent, Haemostatic
18. Patha (Cisampelos parcira)	Tridoshasha Shamaka	Cleaning effect
19... Amalaki (Emblica officinalis)	Tridosha Shamaka	Rejuvenation effect, antioxidant
20. Guduchi (Tinospora cordisfolia)	Tridosha shamaka	Antioxidant
21. Sariva (Hemidesmus Indicus)	Pitta-Kapha Shamaka	Blood purifier
22. Manjistha (Rubia cordifolia)	Pitta-Kapha Shamaka	Blood purifier antiseptic improves circulation.

medicines. Following procedures are commonly used in dental disorders.

- i. **Vamana (medicated emesis)** Upakusha roga
- ii. **Virechana (Medicated purgation)** Upakusha roga
- iii. **Raktamokshana (Blood letting)** done in diseases like shitada, Danta pupputaka, Dantaveshtaka, Shaushira, Upakusha etc.

References

1. Sushruta - Sushruta Samhita, Nidana Sthana, Ch. 16, Choukhamba Publication, Varanasi.
2. Sushruta Sushruta Samhita, Chikitsa Sthana, Ch. 22, Choukhamba Publication, Varanasi.
3. Vagbhata Ashtanga Hridaya, Choukhamba Pub., Varanasi.
4. P.V. Sharma Dravyaguna Vigyana, Vol. II, Choukhamba Orientation Publication, Varanasi