

# ,D A N T - H I S T R I

DENTISTRY AYURVEDA

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# AYURVEDA

The word 'Ayurveda' is derived from the two words 'Ayu' meaning life and 'Veda' meaning knowledge. Thus Ayurveda, literally means science that imparts all the knowledge of life. It consists of 8 major sections namely:

- |                      |  |
|----------------------|--|
| (1) Kava-Medicine    | (2) Bala-Pediatrics                    |
| (3) Shalya-Surgery   | (4) Shalakyia-Surgery of head and neck |
| (5) Agada-Toxicology | (6) Graha-Psychiatry                   |
| (7) Jara-Geriatrics  | (8) Vrusha or Vajikarana-Sexology      |

These eight specialities are recognised by Ayurveda. Dentistry and oral surgery forms subsection of Shalakyatantra - i. e. Surgery of head and neck, which also includes neurosurgery, plastic surgery, ophthalmology and otorhinolaryngology. Dentistry is known as Danta-shastra in Ayurveda. The word 'Danta,' means teeth and 'shastra' means science. Thus the word Danta-shastra literally means science of teeth. It is interesting to note the close resemblance between the words Danta - shastra and Dentistry.

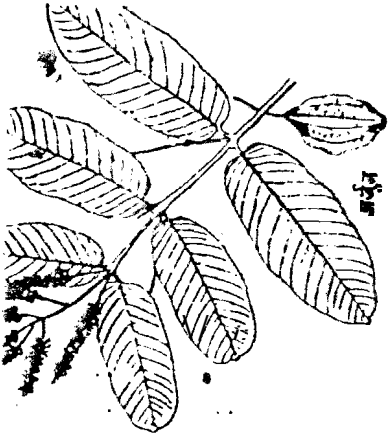
### Origin of Ayurveda and Dentistry :

The origin of universe as well as all the is credited to Lord Brahma. Lord Brahma taught Ayurveda to Daksha-Prajapati, who taught it to Ashwinikumar twins. They in turn taught the same to Lord Indra. Lord Indra taught Ayurveda to Lord Dhanwantari, the king of Kashi. Lord Dhanwantari was more interested in surgery and taught Ayurveda with special reference to surgery to his disciples amongst whom Sushruta, Oupdhenava, Vaitarana, Ourabhra, Pushkalavara, Knraveerya, Gopurarakshita and Bhoja were outstanding. Sushruta completed the text Sushruta samhita, which consisted of 1000 chapters and 100,000 verses-about 5,000 years ago. The available Sushruta Sarnhita contains only 12,000 verses. Sushruta described 125 different instruments and various operations plastic surgery, ophthalmology, gynaecology, neurosurgery, orthopedics, oral surgery etc.

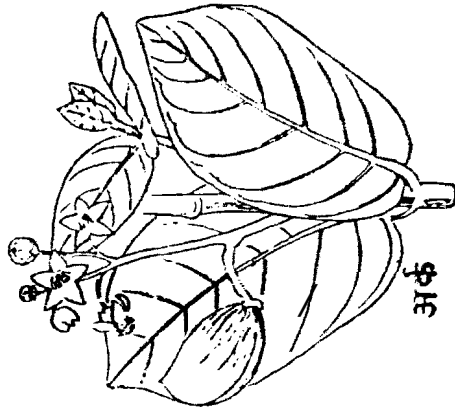
Nimi learned Ayurveda from Lord Indra and specialised in surgery of mouth, throat, nose, ears, eyes and head-i, Shalakyatantra.

### Physiology and pathology of Ayurveda :

The body of man and all the objects in the universe are composed of the same basic elements namely earth, water, energy, air and space. After death,



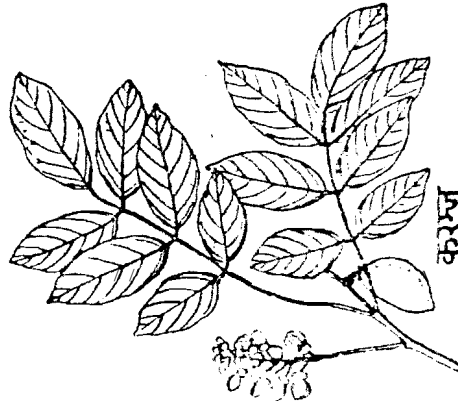
Arjuna



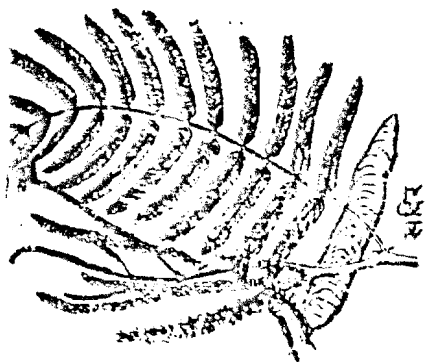
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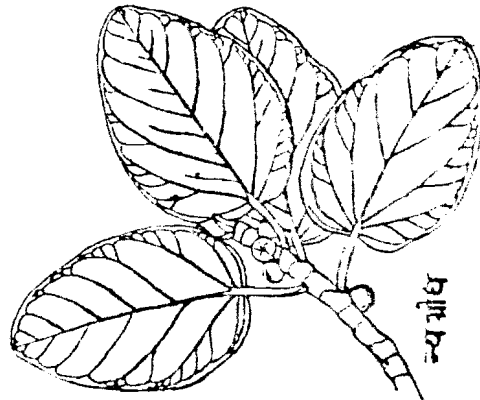
Nimba



Karamja



Khut ra



Nyagrodha

disintegrate and merges into the five basic elements from which it is formed.

The biological of earth and water gives rise to kapha, water and energy to pitta, and air and space to vata, Vata, pitta and kapha molecules are the three biological elements which constitute the cells and tissues of the living organisms from microbe to man. Kapha molecules form the main structural units of the body. Pitta molecules represents the various enzymes and hormones and are responsible for digestion and release of energy. Vata molecules are responsible for nervous impulses and all the movements of the body. When qualitatively and quantitatively normal, these three doshas namely vata, pitta and kapha constitute the three pillars which stabilise life. But when abnormal, the same three elements are responsible for and even death. The balanced state of tissues, doshas and waste products represents health, while their imbalance rise to disease. In vataja disease, the affected tissue or organ becomes atrophic, rough and dry. In pittaja disease, the affected organ becomes inflamed, hot and red. In kaphaja disease, the affected organ becomes heavy and hypertrophic. For more details, the reader is requested to refer to the "Basic Principles of Ayurveda." by the same author.

## आयुर्वेदस्य निरुक्तिः

आयुर्वेदश्च इति आयुर्वेदः ॥

च. सू. अ. ३० तसोक्त २३.

"...Fa... चिदने अनेन वा आयुर्विन्दति इति आयुर्वेदः ॥१३॥

सु. सू. अ. १.

इह खल्वायुर्वेदमष्टाङ्गमपाङ्गमथर्ववेदस्यानुत्पाद्यं प्रजाश्लोकशतमहृत्त्रमध्यायसहस्रं कृतवान् स्वयम्भूः ।

ततोऽस्यायुर्वेदस्यमेघस्त्रञ्चालोक्य नराणांभूयोऽष्टधा प्रणीतवान् ॥६॥

सु. सू. १-६.

तद्यथा-शल्यं, शालाक्यं, काशचिकित्सा, भूतविद्या, कोमारभूयम्, अगवतन्त्रं, रसायनतन्त्रं, वाजीकरण-  
तन्त्रमिति ॥७॥

सु. सू. १-७.

अयाम्य प्रत्यङ्गकक्षणममासः ॥८॥

तत्र, मन्त्रं नाम त्रिभिर्गुणैःकाष्ठपादात्, गुणोहलोष्टाद्विद्यबालनसुषुम्नाश्च कुष्ठवृणान्तर्गभंशत्योद्धरणार्थं,  
पञ्चशस्त्राकाराग्निप्रणिधानव्रणविनिरुच्यार्थं ॥९॥

सु. सू. १-८, ९.

शालाक्यं कामोत्सर्जत्रगतानां रोगानां चक्षणनयनवदनप्राणविसंश्रितानां व्याधीनामुपशमनार्थम्, शालाकायन्त्र-  
मिति ॥१०॥

सु. सू. १-१०.

इदम श्लोक इतिः प्रजापतिरग्निजे, तस्मै हरिश्चन्द्रो, अरिबभ्यामिन्द्रः, इन्द्राग्रहं, मया त्विह प्रयेयमधिभ्यः प्रजा-  
हित्वेनो ॥२८॥

सु. सू. १-२८.

## वचसि चाम -

अहं हि धृत्वात्तरितारिवेवो ज्वरारुजामृत्युहरोऽमराणाम् । शल्याङ्गमङ्गंरपरैरुपेतं प्राप्नोमि वां पूष  
इहोपरेष्टम् ॥२९॥ सु. सू. १-२९.

किंवा गुणवत् समवायि कारणम्, (चैरोपिक) पृथिव्यपूते गोवापवाकायाः कालविगतसन्निधिवं चामि ।  
महामृतानि चं वापुर्गिरावः क्षितिस्तथा । शब्दः स्वार्थश्च रसो गंधश्च तदगुणाः ॥ तेषामेकगुणः  
पूर्वा गुणवृद्धिः परे परे । पूर्वः पूर्वगुणार्थेव कमसो गुणेषु स्मृतः ॥ च. सा. १-२७-२८.

इवच स्वभावात् शोषा इति ।

च. सं. सू. २०.

वायुकाकागतुभ्यां वायुः । आग्नेयं पित्तं; अग्निपृथिवीभ्यांरलेष्वा ॥१॥

च. सं. सू. २०-१

वायुः- अध्वरतो व्यतकर्मा च । तत्र रुदो लघुः शीतः खरः सूक्ष्मः खलोऽनिलः ।

वा. सू. १.

प्राणोदान समानाश्च व्यानापानेः स पंचधा ।

च. वि. २८-५.

पित्तं - पित्तं सन्नेहं तीक्ष्णोष्णं लघु चित्रं तरं इवम् ।

वा. सू. १-११.

नाचक रंजक माद्यक आलोचक भ्राजकत्व मेवंः पित्तम् ।

च. ह. सू. अ. २०.

रुक् - गुरुशोतमृदुस्निग्धमधुर स्थिरविच्छिन्नाः ।

श्लेष्मणः प्रभानं याति विपरीत गुणैर्गुणाः ॥६१॥

च. सू. अ. १-६१.

अवलंबक बलेद्यक बोधक तर्पक श्लेषकत्व मेवंः श्लेष्मा

च. ह. सू. ३०.

## DANTA

### Normal teeth

Danta i.e. tooth is also known as "ruchaka-asthi" and is a variety of hony tissue. The word "ruchaka" means that which imparts taste and "asthi" means bone. Thus ruchaka-asthi means bones associated with the function of imparting taste.

There are 32 permanent teeth and 24 primary or deciduous teeth. It appears that over 100 years since the time of Kashyap, children have lost their deciduous teeth and now at present only 20 deciduous teeth are present. Even many adults at present either do not have their wisdom teeth or they are very much underdeveloped. Hence the number of permanent teeth usually present in adults varies from 28 to 32.

The time taken for the eruption of a tooth is the same number in terms of days as the month in which the tooth erupted, e.g. if the central incisor erupts in the 6th month, it will take 6 days for complete eruption. The primary tooth will erupt in the same year as the month at which it erupted. Thus if the central incisor erupts in the 6th month, it will fall in the 6th year and the permanent central incisor will erupt in the 6th year.

The central incisors, the lateral incisors, the canines and the molars are called as Rajadanta, Vasta, Danshtra and Hanavva respectively. There are 2 each of Rajadanta, Vasta and Danshtra and 6 of Hanavva in each upper as well as lower Jaw. The bony marrow are the primary tissues from which the teeth develop. If the tooth bud is destroyed either because of injury or disease during its development, the particular tooth does not erupt. Teeth are stronger and erupt slightly later in boys as compared to girls. The size, growth and the time of their eruption and falling of teeth, and diseases are dependent on the constitution, hereditary factors, health, nutrition, oral hygiene and the natural quality of teeth. The same factors also affect the growth, development and quality of other tissues,

### Normal teeth and gums :

Normal healthy teeth are strong, white, dense, smooth, clean, slightly rounded, well developed and evenly placed in relation to each other. They

do not decay and are not affected by disease. The gums are even, pink, smooth, strong, dense and steady. Gums are known as Dantamansa or Dantaveshta: Thus diet and tonics good for bony and muscular tissue are for teeth and gums respectively.

### Teeth and Tissues :

White and moist teeth indicate body fluids of ideal quality. Small teeth with roots well covered by gums indicate muscular tissue of good quality. Large teeth suggest ideal bony tissue. Pearly white and well set teeth indicate ideal generative tissue.

### Functions of teeth

The teeth have several functions. They are as follows

#### 1. Mastication :

Teeth constitute the most important organ for mechanical digestion in the body. Unless the food is pulverised by the teeth, it cannot be chemically digested by the enzymes. Hence painful teeth, absence of teeth or diseased teeth and gums often lead to indigestion and inadequate utilisation of the ingested food leading to malnutrition. On the other hand, malnutrition and various diseases affect the gums and teeth.

#### 2. Maintenance of normal shape, contour and beauty of face.

As they maintain normal shape, contour and beauty of the face, the feeling of aging and psychological impact associated with falling of permanent teeth is tremendous.

#### 3. Teeth are important for clear and distinct phonation. Hence the speech becomes somewhat unclear and indistinct after loss of permanent teeth.

## प्राकृतिकाः दन्ताः

दन्ताः अस्मिन्नाम् उपधातुः । शा. १।५।१६, शो. धा. म. वि. वर्तक पृ. २११

अपोवाच मगवान् काश्यप :- इह खलु नृजात्रिणादन्ताः, तत्राप्ये सकृत्प्रजाताः स्वकृदन्ता भवन्ति, अतः श्रेया विज्ञाः । यावत्स्वेव च मासेषु दन्ता निविध्यन्ते तावत्स्वहःसुदन्धिद्यन्ते । यावत्स्वेव च मासेषु जातस्य सत उन्धिद्यन्ते तावत्स्वेव च वर्षेषु पतितः पुनरुन्धिद्यन्ते । तत्र मध्ये द्वावृत्तरी राजवन्तमन्त्री भवतः, ती पवित्री, तस्मात्ताभ्यां खण्डे न स्वाद्वन्हति, आपपित्रो हि सः, तयोर्गमयतः प्राग्भयोरपि वल्ली (7). तयोरेपि शंभु, शेषाः स्वकृदा हानव्या इति बोध्यन्ते; तथाऽद्यस्तात् । का. मं. पृ. २०-४.

## CANTASWASTHYAM

Health and Hygiene of Teeth

Animals never clean their teeth. Probczi- man in ancient times also never cleaned his teeth, as his food contained ~~lot~~ of hard and rough substances, which had a natural cleansing action ~~on~~ teeth. With civilisation, man started using more and more cooked food and hence ~~the~~ need to chew the food grew less and less. As a result, the third ~~molars~~ have become a vestigial structure in most persons. The cooked food ~~sticking to~~ the dental crevice as a good medium for bacterial growth. it is essential to clean and brush the teeth in the morning after ~~getting up~~, after lunch and dinner or after eating anything for that ~~matter~~.

### Cleaning the Teeth

Each tooth should be brushed individually by koorchaka i.e. soft tooth brush. The tooth brush should be rotated ~~over~~ the gums and the teeth in a vertical manner i.e. from below upwards in the lower jaw and from above downwards in the upper jaw. Side to side brushing should be avoided, as it may damage necks of teeth and also ~~the gums~~. One should rinse and gargle the mouth after brushing the teeth as well as after eating any food. •

### Tooth brush :

A soft brush can be made by hitting and curving the tips of fresh stems of "Arka" (Ruhi), "Nyagrodha" (Banyan), "Khair" (Catechu), "Karanja", "Arjuna" or "Katunimba". Mastication of ~~stems~~ acts as a good exercise for the teeth and gums. It also causes attrition of biting which get levelled out. The stems mentioned ~~above~~ should be healthy, soft, straight without any leaves and knots and picked from a clean place. The stems should not be dry or sticky or foul. The stem should be 1 finger in breadth, 10-12 fingers in length and should have bitter, pungent or astringent taste. The stem should be ~~chewed until~~ it is up. These three tastes neutralise the bodhaka kapha and help to clear the viscid mucoid secretions the mouth. A person with pitta constitution should use a bitter stem. e.g. "Katunirba" or "Arjuna"; A person with vata-pitta constitution should use a stem of "Nyagrodha" i.e. banyan which is slightly astringent. A person with kapha constitution should use stems such as "Karanja" or "Arka".

इ दुषारोषामागन्तव्यत्वात्वाद्यकरं च इन्द्रजम्ब, मुगिरत्वाद्दंशाना मृगुस्वभावाच्च, प्रकृतकालमावाधः प्रकृतं तु  
मातागमाचक्षते, प्रवत्वाद्दंशानां चिन्तास्वभावाच्च । वस्तानां निवेकम् तिस्रोप्तेवर्षात्प्रपतनपुनर्भाविनिर्गति-  
र्षनिर्गतिरित्यपचलनपतनं बुद्धुञ्जलता जन्मविशेषान्निर्गतात् स्वभावात्मातपिप्रोत्पन्नरजसात् स्वकर्मविशेषाच्च ।  
वक्षते महर्षयः, तथाज्येपि मण्ड्यद्विहासगुण बोधप्राप्तुर्भावाः । का. सं.

ममता रक्षता धनता गुणलता स्निग्धता म्लक्षता निमलता निरायमयता किञ्चिदुत्तरोन्नतता, वन्तकन्धनानां  
ममता रक्षता स्निग्धता बृहस्पत्यरमूलता चेति वन्तसंपुच्छते । का. सू. २०-४७.

त अस्पन्नाम् उपधातुः । शा. १।५।१६, बो. धा. म. वि. वर्तक. पृ. २११ ॥

मुचिषं तु वन्तजन्माचक्षते साम्बुधं चक्षुः विदुस्तं दंत संपरिति । का. सं. सू. अ. २.-७.

वं बहिः अर्धमांशवेष्टितम् इति इन्द्रा द्वि अंगुलाः ।

गन्धे चक्षुःशलाः मंघयः । बो. धा. म. I कडके पृ. १३५.

वत्स्वेव च भासेषु जातस्य सत उद्विग्नते

वत्स्वेव च वक्षेषु पतिताः पुनरुद्विग्नयन्ते । का. सं. सू. ४ सू. ११.

नात्र वृत्त मारसममं हृत्तगिखरैशनाः गृह्णमाराः । अ. वि. ८-१०९.

दोषं यथोच्यते, स वात् परतो वा च्छन्ते । इतरेषां तु चतुर्धात् । ते ह्यतिशाल्ये वन्तोत्पादवेदनयाति

व क्षम्यक् संपुण्ड्रागुहला भवन्ति । को. सू. वा. वि. पृ. ४८६.

अ. सं. उ. १ पृ. २..

Children and adults with vata-pitta constitution should use stems of Glycyrrhiza, also have an anti kapha action. Stems of Nimba, Khadira, Kararija and Glycyrrhiza should be preferred amongst stems with bitter, astringent, pungent and sweet taste, as they have specific action on gums. Stems with sweet taste except Glycyrrhiza should be avoided.

The following table gives the stems which should be used for brushing the teeth by people having different constitutions:

Constitution	Characteristic of gums	Stem indicated	Taste
Vata	Thin, atrophic, dry & rough	Glycyrrhiza	Sweet
Pitta	Spongy, inflamed & red	Khadira	Bitter
Kapha	Hypertrophic & whitish	Nimba	Pungent
Rasata-piHa	Bleeding & Spongy gums	Arjuna Kararija Arka Khadira	Astringent

The stems of Shlshrnataku, Arishta, Bihheetaka, Coriander, Kareera and Bael should not be used for brushing teeth.

Vata is predominant in monsoon and summer seasons, pitta in monsoon and autumn seasons and kapha in spring and winter seasons, both in nature as well as in the human body. Therefore one should select the corresponding stem depending on the season.

The modern tooth brush was invented by the Chinese in 1498.

#### Tooth powder and tooth paste

One can use powders of Triphala (Amalaka, Haritaki and Bibheetaka) or Trijataka (Cinnamon, Cardamom and Tarnala patra) with Honey and Saindhava salt for persons with kapha and pitta constitutions. For those with vata constitution, Trikatu (Ginger, Pepper and Pippali) with Honey and Saindhava salt can be used as tooth paste. Massaging the gums daily with Triphala mixed with til oil maintains them in healthy state.

#### General tooth paste

As a general measure, one can use tooth powder consisting of equal quantities of Ginger, Pepper, Pippali, Cinnamon, Cardamom, Tamalapatra,

Tejovati, Triphala, Catechu and Saindhava salt, which should be used as a paste after mixing it with til oil. Before use, powder must be filtered through a fine cloth.

#### Advantages

Brushing removes food particles, the excretions i.e. tartar on the neck of teeth and mucoid secretions collected in the mouth and tongue over night. It cleanses teeth and mouth and the person feels fresh and appreciates the taste of food in a better way. The mind is refreshed.

In some disease states, brushing the teeth with stems of trees is contraindicated such as fever, cough, breathlessness; diseases of lips, tongue, teeth, mouth and palate; indigestion, constipation, vomiting, trushna (i.e. diseases characterised by excessive thirst); diseases of the eyes, head and neck; facial palsy, fainting episodes, intoxicated states including alcohol intoxication, diseases of the heart and blood e.g. bleeding disorders and oedema. However in these conditions, Saindhava salt or general tooth paste should be used to clean the teeth, since it neutralises all the three doshas and is good for heart, shukra dhatu and sight. It is light and not hot, stimulates the appetite, but does not cause hyperacidity. Apart from the effects on teeth and gums, the fresh juice in the various stems, and absorbed also exerts its beneficial effect on different tissues. The stem of Ark. increases semen. The Banyan, Pomegranate, Arjuna and Kutaja stems improve the complexion of skin, Bacaz stez; Sesame seeds, Khadira (Catechu) stem exerts cleansing action on the mouth. Mango stem imparts health, Kadarnba stem improves hearing and speech and Apamarga stem increases intellect and also improves voice. Jai, Mandar and Tagara stems help one to get rid of bad dreams.

#### Gargling of the mouth

It is important to gargle the mouth after eating any food and after brushing the teeth. One should use cold or hot water, cold milk or til oil for gargling. Gargling with hot water exerts cleansing action on the mouth, teeth, gums and tongue. It imparts a light and fresh feeling to the mouth. Gargling with cold milk has a cooling and cleansing action on the mouth and is useful in stomatitis. Gargling with oil exerts a soothing and strengthening action on the tongue, gums, teeth, mouth and throat. It prevents stomatitis. It is useful for curing hypersensitivity of the mouth to sour articles. It

also improves the sense of taste. Gargling with decoction of Khadira, Lodhra, Tephala, Arjuna, Moogra (Damoganti) and Catechu makes the teeth strong.

### Types of gargling

Gandusha and Kavala are both variants of gargling. In gandusha, one takes such a large quantity of fluid into the mouth that one is unable to move it inside the mouth. One should hold the tongue in the mouth, till the nose and eyes start watering. Here the fluid penetrates the oral mucosa and gums by pressure and exerts its specific action. Gandusha should not be attempted by children under five years of age.

In Kavala, one holds and moves the semisolid, pasty solution in the mouth. It exerts soothing and cleansing action on the mouth. Gandusha and Kavala are of four different types.

### Shankha (oily)

Warm oil is used for Gandusha or Kavala and is useful for the vataja diseases of the mouth i.e. diseases associated with dryness and roughness in the mouth.

### Shravana or Prasadana (Soothing)

Milk and sugar water medicated with sweet and cold medicines is used for its soothing action on pitta diseases of the mouth e.g. stomatitis or ulcers in the mouth and gums.

### Shodhana (Cleansing)

Decoction of medicines with astringent, sour or salty taste is used for its cleansing action in kaphaja diseases of the mouth characterised by excessive salivation and stickiness in the mouth.

### Ropana (Healing)

Warm decoction of medicines with sweet and bitter tastes e.g. Glycyrrhiza mixed with til oil, is used for the treatment of ulcers in the mouth.

### Contraindications :

Gargling is contraindicated in unconscious, poisoned, weak or marasmic persons or persons with bleeding disorders or conjunctivitis.

## Cleaning the tongue

One should use a thin plate of gold, silver or copper for cleaning the tongue. One may alternatively use a leaf or a thin wooden plate. The tongue cleaner should be soft and smooth with rounded edges. Its length should be ten fingers.

Cleaning the tongue helps to get rid of waste products and bad odour of the mouth, improves taste sensation and exerts a tonic effect on the tongue. It has been proved that the bacterial flora in the mouth is considerably reduced by cleaning the tongue. Its value in preventing the diseases of the mouth was realised by modern medicine only, very recently.

### Diet

Chewing 2-4 teaspoonful of Til (sesame seeds) daily in the morning keeps the teeth healthy and strong. This should be practised by everyone.

### Diet useful for gums

Cereals	- Wheat and rice.
Pulses	- Til and moong.
Meat	Meat of deer, goat, jangala animals, cock, dove and sparrow.
Milk and milk products	Ghee
Fruits	Mango, amalaka, pomegranate, dates, jack fruit, banana, coconut, almonds and figs.
Vegetables	Kushmanda, pumpkin and onion.
Sugar, cane & honey products	- Jaggery, sugarcane and honey.

### Diet harmful for gums

Pungent and salty food, drumstick, chana, brinjal, fish and raw mango are harmful for the gums.

### Diet useful for teeth :

Cereals	Wheat andrava.
Pulses	Udina, masha, til and moong.
Milk and milk products	Milk, butter and ghee.
Sugars	Jaggery, honey and sugarcane.
Meat	Meat of deer, jangala animals, Iyabird, cock, rabbit, peacock and horse; mutton soup and bone-marrow.



Vegetables

— Kushrnanda, onion and brinjal.

Fruits

Ripe mango, arnalaka, pomegranate and dates.

Spices

— **Garlic...**

Drugs

— Arjuna, Madhuka, Amrakashtha, Shan:  
khabhasrna and BhaUataka.

निम्बश्व तिक्तके श्रेष्ठः कषाये अद्विरस्तकः ॥ १ ॥

मधुरेको मधुरे श्रेष्ठः कटुजः कटुके तथा ॥

औदर्योवात्रिवर्गकं सतसं संशयेन च ॥ ६ ॥

बूर्णे तेजोवत्याश्च वृत्ताभिस्यं विशेषयेत् ।

सु. चि. अ. २४.

अयप्रकोपप्रसमा वयोर्गोष्मादिषु त्रिषु ॥ २४ ॥

वर्षादिषु तु पित्तस्य श्लेष्मणः शिशिरादिषु ॥ २० ॥

स. सु. अ. १२.

Diet harmful for teeth ;

Curd, lemon, tamarind, sour fruits, mustard, coldwater, dry and hard food items and eating starchy food and sugars in excess are bad for teeth. These sour dietary items expose the teeth to various acids, which might dissolve the enamel of the teeth making them prone to various dental disorders.

Regular dental checkups are important so that the diseases be detected and corrected at an early stage.

## दन्तस्वास्थ्यम्

दन्तघावनम्

एकं कश्चिदन्तं मृदुता कूर्शकेण तु ॥ ८ ॥

दन्तशोधनं दन्तमासान्यबाधयत् ॥

तत्रायं दन्तघनं श्वाराङ्गुलमायत् ॥

कनिष्ठिकारोगाहृमन्वपनिपतमयत् ॥ ४ ॥

अयमप्यन्य यस्यापि प्रत्ययं शस्तमूत्रिणम् ।

अवेत्यं च शोथं च रसं वीर्यं च योजयेत् ॥ ५ ॥

कषायं चरुं तिक्तं कटुं प्रातरुत्थितः ॥

तद्गोष्मपेहे तु श्लेष्माणं चापकर्षति ॥ ६ ॥

वेणुश्लेष्मणः श्लेष्मणः सौमनस्यं करोति च ॥ ९ ॥

सु. चि. अ. २४, पृ. १०५.

प्रकृत्यन्तश्चरुकरं कुरुमाश्रिकम् ।

प्रायश्चित्तं च मृदुपं कषायकटुतिक्तकम् ।

अयं दन्तशोधनं दन्तमासान्यबाधयत् ।

वा. सु. अ. २

दन्तान्घनयो घर्षेत्प्रातः तिष्ठन्नेव सौवने ।

शोथपूनेच्छो श्लेष्माररोः शीतवारिणा ॥

अ. सं. अ. ३

अयमप्यन्य दन्तशोधनं श्वाराङ्गुलमायत् ॥ २० ॥

कनिष्ठिकारोगाहृमन्वपनिपतमयत् ।

यो. र. पृ. १००.

दन्तघावनफलम्

तद्गोष्मपेहे तु श्लेष्माणं चापकर्षति ॥ ६ ॥

वेणुश्लेष्मणः सौमनस्यं करोति च ।

सु. चि. अ. २४ पृ. १०५.

दन्तघावननिषेधः

च खद्वेदगलतल्वोष्ठत्रिहारागसम्पदे ।

अवास्वपाके रवासे च कासहिक्कावमीषु च

कुबंसोऽजीर्णं भक्तस्य मूर्च्छार्तो मत्वोदिकः ।

शिरोरुजातस्तुधितः श्वन्तः पानस्तमान्त्रिः

अदितो कर्षश्ली च दन्तरोगे च मानवः ॥

सु. चि. २४-१०, ११, १२

॥ कषायान्घनपिण्डेषु च ।

खद्विरायोवरापार्थमवन्त्यहिमरुहः ।

गंधूषोऽभ्रुतंधार्या कुबंसुद्विजगतये ॥

वा. सु. २२-१०७.

०. अयमप्यन्ये निषिद्धा दन्तस्यलयः ।

नंबरश्लेष्मातकारिष्वपि मोक्षधन्यं च ।

दिल्लक्ष्मणं निगुण्डोऽपि तिलवकतिमुकान्

कोविदारशमीपीनृगिण्यैर्गुण्डाः च ।

पारिध्वकसस्योकाप्रोक्ष्यो गाल्मनी शण्

अ. सं. ३-२०, २१.

दन्तघावने निषिद्धं काण्डम् ।

स्वादुम्लश्वणं शुष्कं सुविरं पूषिपिच्छिक

अ. सं. अ. ३, दिनचर्या.

दन्तघावने प्रक्षणीयम् ।

दिते दिने कृष्ण तिलकुंभं समानतां शोषणं प्रातम् ।

पोषः शरीरस्य प्रवृत्तयो द्वीपत्रयामप्यन्तः ॥

अ. सु. ३९-१५९.

दन्तरोगिणोवर्जनीयम् ।

फलान्यस्नानि शीतान्य चक्षुषं दन्तघावन

तथाऽ तिक्तितं मरुतं दन्तरोगे विवर्जयेत् ।

यो. र. २ पृ. ५०८.

## DANTAMOOLAROGA

### Diseases Of gums and roots of teeth

According to Sushrut there are fifteen diseases of the roots of teeth and gums viz. Sheerada, Dantapupputaka, Dantaveshra, Soushira, Mahasoushira, Paridara, Upakusha, Vaidarbha, Vardhana or KhaIlivardharia Achirnansa, and Five varieties of Dantanadi. However, Yogaratnakar and Vagbhat have included Dantavidrudhi as the sixteenth disease. Apart from these, in Mathavanidana we find reference of Karala, thus increasing the number of dantamoolarogas to seventeen. In this book some of the conditions are mentioned under diseases of teeth. The following table gives various diseases affecting gums and roots of teeth:

Disease	Synonym	Do-has affected
<b>A. Abnormality of gums :</b>		
1. Samvruta-danta	Hypertrophy of gums	
2. Vivruta-danta	Atrophy of gums	
<b>Traur-etic</b>		
3. D	Injury to the gums	
<b>C. Doshajanya :</b>		
4. Achirnansa	Pericoronitis of wisdom teeth	Kaphaja
5. Dantaveshtha	Chronic suppurative ris	Raktaja
6. Upakusha	Recurrent acute suppurative gingivitis	Pittaja + Raktaja.
7. Sheetada	Chronic suppurative re- ssive	Kaphaja + Raktaja.
8. Soushira	Suppurative Periodontitis.	Kaphaja + Raktaja (acc. to Sushruti, Pittaja + Raktaja acc. to Vagbhat).
9. Mahasoushira	Necrotising ulcerative gingivo-stomatitis	Tridoshaja.
10. Paridara	Atrophic gingivitis	Tridoshaja
11. Dantanadivrana	Alveolar abscess with sinus.	Tridoshaja
12. Dantapupputaka	Periodontal abscess	Kaphaja + Raktaja
13. Dantavidrudhi	Alveolar abscess	Tridoshaja +
14. Dantamanasa arbuda	Tumor of gums	Tridoshaja + Kaphaja
15. Dantamanasruk	Bleeding from gums	Rakta + Pitta

## दन्तमूलरोगः

सोतादी परिहृतः पूर्वं दन्तपुष्पकस्तथा ।  
 दन्तवेष्यः सौख्यिरस्य दन्तमूलविर एव ॥ ११  
 ततः परिवारः प्रोक्तव्यस्तद्वृत्तुगः स्मृतः ॥  
 वैश्वरस्य ततः प्रोक्तः वृत्तीवर्धन एव च ॥  
 अत्रिमांसकनामा च दन्तमूलपरस्य पञ्च च ।  
 इतिप्रिधिरस्यत्र दन्तवेष्ये षोडश ॥

वा. स. वि. ११-२१, २२, २३.

### SAMVRUTA DANTA : Hypertrophy of Gums

Samvrutadanta means teeth enclosed by gums which are usually hypertrophic. Samvruta teeth have a tendency for collection of tartar and become dirty soon.

#### Treatment

The treatment consists of treating the underlying cause of hypertrophy of gums. Hypertrophic gums should be massaged with Til oil mixed with Triphala, Alum, Swarjikshara and Catechu. Triphala guggulu and Kenchana guggulu taken by mouth also are useful.

#### Vivruta Danta- Atrophy of " gums

Vivruta teeth have their roots exposed because of atrophy of gums. Excessive salivation is usually associated with Vivruta teeth, which teeth undergo discoloration and are affected by disease early. The atrophic gums should be gently massaged with Til oil mixed with Kakili, Sheerakakoli, Bala, Atibala, Atmacupta and mead of goat. Diet should be in ghee, meat, eggs, pulses, rice and wheat.

#### दन्तमूलरोगः

सोतादीनि तु दन्तमूलरोगानि - सामान्यं, क्लेशं, दन्तवेष्यं इत्येव परिहृतं । तत्र दन्तमूलं क्षयि, निम्बसंघातान्, संवृतमूलस्य मन्दिषं, विवृतं च दन्तमूलरोगानि क्लेशं, क्लेशं, क्लेशं इत्येव परिहृतं ।

वा. सं. दू. २०-७.

## Treatment

In this, treatment of raktapitta i.e. bleeding disorder should be carried out. Shirovirechana i.e, cleansing nasal medication and blood letting should be undertaken.

### Pratisarana i.e. gum massage with medicines

#### Lodhradipratisarana :

Paste of Lodhra, Patanga (Raktach.mdana), Yashtirnadhu and Laksha prepared in honey should be gently rubbed over it.

#### Jeerakadipratisarana :

Churna of Curnrnin seeds, Saindhava salt, Pathya (Haritaki) and Shalmalikaantaka should be rubbed over gums. It is useful in ulcers, swelling, pain and bleeding from the gums and loose teeth.

#### Kanadipratisarana :

Churna of Pippali, Saindhava and Cummin seeds should be rubbed over the gums and is useful in loose teeth, toothache, swelling and bleeding from the gums.

### Nasya : Nose drops

Ghee medicated with 10 times its quantity of milk and Kakolyadi group of medicines is useful in Dantaveshta.

### Gandusla : Gargling

#### Ksheerivrukshadi gandusha

Gandushadharana should be advised using of Ksheerivruksha mixed with honey, ghee and suzar.

Churna of Lodhra, Patanga, Yashtimadhu and Laksha should be mixed with honey and used for shadharana.

Treatment advised in Dantachala should be followed e.g. chewing of Bakuli and taking of Bhadrarnustadiguri to loose teeth.

Diet should be rich in ghee and fatty food items,

अथसिद्धिः कृत्वा वृत्ता भवति च ।  
वृत्तवैद्यः न विज्ञेयो बुष्टशोभितसंभवः ॥

चि. २-५. ७४९.

वृत्तवैद्ये जिज्ञेः कार्यो रक्तपित्तनिर्हन्तः ।

शिरोविरेचकश्च हितो नस्यं स्निग्धं च भोजनम् ।

विश्रांतिने वृत्तवैद्ये वनं तु प्रतिसारयेद् ॥

चि. २-५. ७५१

लो प्रवृत्त इत्यमर्कलाङ्गाभूर्गंधुसूरः ॥

गन्धुके क्षीरिणी योऽस्याः सक्षीरघृतगर्कराः ॥

वृत्तवृत्तस्यंकरं काचं बहुलवर्षणम् ॥

काकोत्पत्ती वरासीरसिद्धं सपिरश्च नस्यतः ।

चि. २-५. ७५१.

चु. वि. २२-१५.

### जरगारि वृत्तं

जरगारि वृत्तं श्यामाशाल्मलीकृष्णकानामनुद्रिनमनुघृष्टं तन्मूलेषु क्षणम् ।

वृत्तं च कृष्णं स्यात्तत्राञ्जल्यशोषानपयति विवस्वान्मन्त्रा रानिवाप्ति ॥

चि. २-५. ७५१.

### कषाारवृत्तं

कषाारवृत्तं श्यामं तृणं व्यपोहति ।

घृतं च वृत्तं च त्र्यम्बकं गोपातंशकान् ॥

चि. २-५. ७५१

मृत्तुजाजमया श्योषविह्वलाष्टिपत्तवः ।

गोमूत्रप्रतिष्ठंष्टिकां प्रायागृष्ठां प्रकल्पयेत् ।

शोऽपि च मूत्रे मुष्णाञ्जल्यन्तातुरी नरः ।

नरः रत्तरं किञ्चिच्चालयन्तस्य भवेज्ज्व ॥

चि. २-५. ७५१

## UPAKUSHA

### Recurrent Acute Suppurative Gingivitis

Violated pitta and rakta give rise to Upakusra, whose clinical manifestations are suppuration of the gums associated with burning halitosis, loose teeth, itching, mild pain and bleeding on rubbing of the gums and teeth. After bleeding, the gums swell again. The gums are hot and rough to touch and dry in appearance. Teeth become loose. Yogararnakar describes post-gingivitis dental asymmetry also.

### Treatment

In upakusha, treatment described for Sheerada should be advise-r, After body cleansing measures like purgation and cleansing nasa,

## DANTA·VAIDARBHA

### Injury to the gums

After injury to the gums e.g. following brushing of the teeth, the patient develops swelling locally associated with pain and suppuration of gums and loosening of teeth.

#### Treatment

In Dantavaidarbha, the vitiated tissue at the root of the teeth incised with Mandalagra variety of scalpel to let out the blood and the area massaged with Ksharas. This should be followed by cold measures like gargling and instilling nose drops using cold medicines. Medicated ghee may be used for gargling and the oil medicated with Kakoli, Yashtimadhu and sugar should be used as drops and massaged locally. The gum may be massaged with powder of Lodhra, Patanga, Manjishrha and Yashtirnadhu. The properties of these ingredients are as follows :

- Lodhra Cold, astringent and haemostatic, relieves edema as well.
- Patanza Cold and useful in bleeding, burning sensation and ulcers.
- Manjishtha Astringent, bitter, purifies blood and relieves bleeding tendency and pain. It promotes healing of ulcers.
- Yashrimadhu It relieves oedema, pain and promotes healing of traumatic ulcers.

### दन्तवैदर्भ

गृष्टेषु दन्तमण्डेषु संरम्भो जायते महान् ।

चला भवन्ति दन्तारब्धे स वंदर्भो ऽभिघातजः ॥

नि. र. २-५. ७५०.

गम्भेण दन्तवैदर्भे दन्तमूलानि शोधयेत् ।

नक्तः आरं प्रयुञ्जोत क्रियाः सर्वाश्च शीतलाः ॥

मं. र. ६१-२६

विदर्भे दन्तमूलानि मंडलाग्नेण शोधयेत् ।

आरं युजाततो नस्यं गंडूषादि च शीतलम् ॥

वा. उ. २२-२९.

## ADHIMANSA

### Pericoronitis of Wisdom. Teeth

Vitiated kapha gives rise to swelling like nail at the base of gums usually behind the last molar on the mandible. It is associated with severe pain in mandible and ears, sialorrhoea and difficulty in swallowing.

#### Treatment

The fleshy mass should be excised and a mixture of Patha, Vacha, Tejovati, Swarjikshar, Yavakshara and honey should be massaged lightly over it. Kava-Iadharana i.e. with decoction of Pippali and honey is also beneficial. Teeth should be cleaned and gargling done with decoction of Patola; Nirnba and Triphala. Shirovirchanā i.e. cleansing nasal medication and Vairechanik dhooma i.e. medicated srnokiziz having cleansing action are useful.

### अधिमंस

हानव्ये परिधमे दन्ते महान् शोषो दन्तारब्धः ।

लालास्रावो कृकृतो विज्ञेयः सोऽधिमानसः ॥

नि. र. २-५. ७५०.

वंतान्ते कीलवस्त्रोक्तो हनुकर्णरूपाकम् ।

प्रतिहृत्यभ्यवहृदि श्लेष्मणा सोऽधिमानसः ॥

वा. उ. २१-२७.

छिस्वाऽधिमांसं पक्षीघ्रेतैरक्षूर्णरूपाकम् ॥

पाठावचातेजोवतिस्वजिकायावशुक्रं ।

क्षौद्रद्वितीयाः विरत्यः कवलरचात्र संतितः ॥

मं. र. ६१-२७.

पटोलनिम्बत्रिफलाकषायरचात्र धावने

शिरोविरेकरच विदो घूमो वैरेचनम् च ॥

मं. र.

## DANTAVESHTA

### Chronic suppurative gingivitis

Vitiated blood around the teeth gives rise to bloody and purulent discharge from the gums and loosening of teeth. This condition is called Dantaveshta.

medication, warm water should be held in mouth for fomenting the gums. Later blood should be let out by rubbing with rough leaves of Kakodumbar and Gojivha or by incision by instrument called Mandalagra, The area should be later massaged lightly with a mixture of Trikatu, Panchalavana and honey.

Lakshadi Pratisarana :

Mixture of powder of Laksha, Priyangu, Saindhava, Gairika, Kushta, Shuntha, Pepper, Yashtimadhu, Rasanjana, Supernatant layer of ghee and honey should be rubbed over it.

avaladharana :

Mouthful of warm supernatant layer of ghee, til oil or ghee medicated with Madhura group of medicines should be held in the mouth, till eyes start watering.

Madhuryadi Kavaladharana :

Mixture of powders of Pippali, white Mustard, Ginger and Naichulaphala should be triturated with warm water and used for Kavaladharana.

Madhurya i.e. nasal medication :

Ghee medicated with Madhura group of medicines is useful as nasal medication.

## उपकुरा

वेष्टेष्ु दाहः पाकरुच ताभ्यां इत्याद्यललि च ।  
आपटिताः प्रकवन्ति शोणितं मन्वेदनाः ।  
आध्मायन्ते त्वुते रक्ते मुखे पूति च जायते ।  
यस्मिन् सोपकुसो नाम पित्तजरुचनकृतो गवः ।

उपकुसः पाकः पित्तामृगं मूत्रकः ।  
इतपायानि इहपंते रथताव्युत्सेयवत्यतः ॥  
कंठमंति खर्वत्यलमाध्मायतेऽसृग्नि क्षियते ॥  
मंवरुजो वंताः पूति चकं च जायते

क्रियां परिवारे कुर्वाणोतावोस्तां विवक्षणः  
संशोधयोभयतः कायं गिराधोपकुरो तथा ॥

नि. र. २-मु. ७५०.

वा. उ. २१-२१, २२.

नि. र. २-मु. ७५१.

कालोपुन्य रिफामोजीपत्रेविव।वयेरमुक् ।  
मन्वेदनाः सवचः सख्योर्षः प्रतिसारनेन् "   
दिव्यः सर्वादाः खेता नागरं नंबुसं कस्म् ।  
मुचोदकेन सम्महं स्वतन्तस्य योगयेत ॥  
इन्वेदनाव्युपकुसो स्त्रिन्नाव्युज्जाप्रधारणं : •  
मंवरुजेन शाकादिपत्रेर्वा बहुसो लिखेत्  
सवचं प्रतिसार्याणि वृत्तमंडमधुप्रतः ।  
मन्वेदनाव्युपकुसो स्त्रिन्नाव्युज्जाप्रधारणं : ॥  
मन्वेदनाव्युपकुसो स्त्रिन्नाव्युज्जाप्रधारणं : ।  
मुचोदकेन वृत्तमंडेऽन् तं वा कवलप्रहः "   
कं च मधुरं सिद्धं हितं कवलनस्ययो ।  
मुचोदकेन संसृज्य कवतं चापि धारयेत् ।  
कं मधुरकं सिद्धं हितं कवलनस्ययोः ।

मं. र. ६१-२३.

मं. र. ६१-२४.

वा. उ. २२-२९, ३०, ३१.

मु. वि. २२-२१.

## SHEETADA

### Chronic Suppurative Recessive Gingivitis

Spontaneous bleeding from dark, slimy and soft gums, which emit offensive odour are characteristics of Sheetada. Receding of the gums is always seen in this condition. It is caused by vitiated kapha and rakta.

### Treatment

Blood letting from gums by rouza leaves of Gojivha or by incisions with Mandalagra Shastra is useful. This should be followed by gargling i.e. zandusha.

### Gargles

Nagaradi gandusha I:

Decoction of Ginger, Mustard zed Triphala should be used for gargling.

Nagaradi gandusha II :

Gargling with decoction of Ginger, Mustard, Triphala, Musta and Rasanjana is useful.

Nagaradi gandusha In:

Gargling with warm decoction of Ginger and Parpataka after blood letting is useful in sheetada.

Dashamoola quath : with Dashamoola quath is useful.

## Pratisarana and Pralepa

These are modes of local application. Pratisarana means rubbing of some powder or paste locally, where as pralepa means local application of same paste.

### Mustadi Pratisarana :

Paste of Musta, Arjunatwak, Triphala, Phalini, Tarkshya, Ginger and honey should be rubbed locally,

### Priyanguadi Pralepa :

Local application of a paste of Privanzu, Musta and Triphala is beneficial in sheetada,

### Kasisadi lepa and pratisarana :

Fine mixture of Kasisa, Lodhrn, Manasshila, Privangu and Tejovha should be triturated with honey and the paste applied locally in sheetada other infected gums. After bleeding from the gums and pus formation has stopped, the gums should be massaged with oil or ghee medicated with vatashamak medicines.

## Nose Drops

### Triphaladi nasya :

Til oil medicated with Triphala, Yashrindhadu, Lotus and stem of Lotus used as nose drops.

### Madhuradi nasya :

Til oil medicated with Madhura group of medicines is useful as nose drops.

## शीताद

शीतानि बहुल्यस्यमहेतुकम् ॥

गोत्रेण हृदयोऽग्निः मृदुत्विकन्तामिसानि च गोत्रादोऽग्नी ।

गोत्रेण हृदयोऽग्निः यस्याकस्मात् प्रथमेन ।

पुनश्चेति सकृज्जानि प्ररलेदीनि मूर्ति च ।

हृदयोऽग्निः शीतले पचन्ति च परस्परम् ।

गोत्रो नाम स व्याधिः कफशोणितमपचः ॥

शीतले हृदयते तु तोषे नागरसर्षपात् ।

निःकवाप्य त्रिकलाऽत्रापि कुर्यात् गन्धुवधारणम् ॥

श. उ. २१-२०.

मु. नि. १६-१५, १६.

बं. द. ६१-१०.

प्रियङ्गुवर्षा मुस्ता च त्रिकला च प्रलेपनम् ॥

शीतावेऽत्रास्ति कुर्वन्ति गन्धुवधारणम् ।

मुक्तोपश्लेषाद्यैः कषोभ्यन्ते मूर्ध्नि ॥

बं. द. ६१-११.

वि. द. २-५५००

नागरादि गन्धुष

शीतावे हृदयते तु तोषे नागरसर्षपात् ।

निःकवाप्य त्रिकला मुस्ता गन्धुषः शरसाञ्जनः ॥

कासीसादिचूर्ण-

कासीसलो प्रकृष्यामनःशिला सप्रियङ्गुतेजोवृत्तः

एषा चूर्णं मधुयुक् शीतावे पूतिनांशुहृत् ।

तैलं कृतं वा वातघ्नं शीतावे संप्रदायते ॥

वि. द. २-५५००

विष्णुवित्तले शीतावे लोत्रैः प्रतिकारणम् ॥

मुस्ताजुनत्वक्त्रिकलाफलिनोतास्त्र्यं नागरः ।

तत्कवाप्यः कदलो नस्यं तैलं मधुरसाधितम् ॥

वा. उ. २२-२३, २८.

नस्यं च त्रिकलासह मधुरसाधितम् ॥

मु. नि. २२-१२.

## SOUSHIRA

### Suppurative Periodontitis

Swelling of the root of the teeth associated with pain, itching sensation, sialorrhoea and putrefaction of gums is known as 'Soushira'. Ripening of the gums is not mentioned in this condition, unlike Dantapupputaka. It also differs from Dantapupputaka in having excessive salivation and itching. Hence Sushruta has considered it as kapharaktaja in origin. But Vagbhata has attributed it to vitiated pitta and rakta.

Treatment

Blood letting should be undertaken by incision or scraping and followed by local application of a paste, gargling and instillation of drops,

Lodhrnd] lepa and gandusha

Local application of a paste of Lodhra, Musta and Ratanjana prepared in honey and gargling i.e. gndushadhara with decoction of Ksheerindushas as described in Dantaveshta is useful in Soushira also.

Lodhra-Mustadi lepa :-1

After blood letting, powder of Lodhra, Mustar, Mishi (Shatapushpa), Triphala (Shreshtha), Tarkshya, Patanga, Kinshuka and Katphala mixed with honey should be rubbed gently over it. Decoction of above mentioned medicines should be used for gargling.

Sanoadighruta as nose drops

Ghee medicated with ten times its amount of milk, Sariva, Lotus, Yashtimadhu, Lodhra and Chandana should be used as nose drops.

P'ashtyaditaila nose drops

Oil medicated with Yashtirnadhu, Lodhra, Utpala, Ananta, Sariva, Agar, Chandana, Gairika, Khandasharkara (Sita) and Pundra (Shweta Ikshumoola) should be used as nasal medication.

Treatment advised for sheetada useful in Soushira also.

सौषिर

खद्यप्युर्वन्तमूलेषु रुजावान् करकतजः ।  
मालाज्वाली च विज्ञेयः सौषिरो नाम नामतः ॥

नि. र. २. ५. ७४९.

खद्यप्युर्वन्तमूलेषु रुजावान् करकतजः ।  
मालाज्वाली च रुषडूरः च ज्ञेयः सौषिरो गदः ॥

भा. प्र. ६६-२८.

सौषिरे हृतरक्ते तु सोमप्रसृत्तरसाञ्जनः ।  
ससौः शस्यते लेपो गण्डूषे सौरिषो हिलाः ॥

नि. र. २. ५. ७५१.

सारिवोपलस्यष्टपाहसावगण्डूषन्वनेः ।  
सौरे शशयुजे सिद्धं सारिवं व्ये च पूरितम् ।  
क्रियां परिवरे कुर्याच्छोणःशोणः विवक्षणः ॥

सु. वि. २२-१७, १८.

सौषिरे ॥ इन्नलिखिते मशौरे प्रतिसारणम् ।  
रोमप्रसृत्तिगिभ्रैष्ठाताश्चपत्तणकिशुकैः ॥  
सकटफलैः रुजापेषैः तेषां गण्डूषे इष्यते ।  
यष्टोरोध्रोप्यवानंतासाग्निवागुरुचं वनेः ॥  
संगीरकगितापंजं सिद्धं तं च नायनम्

वा. उ. २२-३५, ३६.

MAHASOUSHIRA

Necrotising Ulcerative Gingivo-Stomatitis

Mahasoushira is a tridoshaja serious condition. At the outset, there is massive edema in the gums and its surroundings. The ripening also starts from the and spreads all over the oral cavity. The patient develops loosening of teeth and fissures or cracks on palate and lips. It is usually associated with burning sensation and Serticernia. When this edematous swelling undergoes ripening and bursts out, it discharges pus and blood. If not treated in time, the patient dies within seven days.

Combined treatment of Soushira and Sannipataja jwara should be carried out in this condition.

महासौषिर

वन्तारकलान्त वेष्टेभ्यस्तासु चाप्यवदीर्घते ।

यस्मिन् स सर्वत्रो ध्याधिर्महासौषिरमंजितः ॥

नि. र. २. ५. ७४९.

वन्तमामानि पच्यन्ते मुञ्चं च गुह्येतिष्यते ॥

सु. नि. १६-२०.

स सन्निपातज्वरवान्मपूपरुधिरक्षुतिः ॥

महासौषिर इत्युक्तो विशेषं द्विजर्घनः ।

वा. उ. २१-२६.

सबाहो वन्तमलेषु शोथः पित्तकफानिस्ता ।

महासौषिर इत्येष सप्तरात्रान्निदन्त्ययुन ॥

यो. र. वृत्तमूलरोम-

PARIDARA

Chronic Atrophic Gingivitis

Receding of the gums associated with spitting of blood tinged saliva due to vitiated pitta, rakta and known as Paridara.

Treatment

In paridara, the treatment advised for sheetada should be followed, after purifying the body by induction of vomiting, purgation and by shirovirechana i. e. cleansing nasal medication.

Kakodumbaradi yoga

Ulcer of Paridara and Upakusra should be rubbed with rough leaves of Kakodurnbar to let out blood and then this area is rubbed gently with a mixture of Saindhava, Honey, Gingga, Pepper and Pippali,

## परिद्व

वन्तमांसानि शीयन्ते यस्मिन् ष्ठीवन्ति चाप्यसूक् ।  
पित्तासृक्कफो व्याधिर्भवः परिद्वो हि सः ॥

नि. र. २. ५. ७५०

क्रिया परिद्वरे कुर्याच्छ्रोतादोषतां विचक्षणः ।  
संगोष्ठ्योमयतः कार्यं शिरश्चोदकुम्भे तथा ॥

नि. र. २. ५. ७५१.

काकोवुम्भ्रिकापत्रार्थं विस्तारयेन्निवृक् ।  
लवणैः क्षीरयन्नेत्र सव्योषैः प्रतिमारयेत् ॥

नि. र. २. ५. ७५१.

## DANTANADIVRANA

### Alveolar Abscess with Sinus

Sinus at the root of teeth is of five types as described in chapter on "Nadivrana". It includes vataja, pittaja, kaphaja, sannipataka and agantuja varieties.

#### Treatment :

The treatment advised for Nadivrana i. e. sinus should be followed in Dantanadi also. Body should be purified by vomiting, purgation etc. and shirovirechana i. e. cleansing nasal medication. The affected tooth should be extracted after incising the tissues surrounding it, if it is deep enough. This does not apply to upper row of teeth, which are not to be extracted, as, if extracted it bleeds profusely.

After dental extraction, the area should be purified and cauterised by Ksharas or heat. If the direction of the sinus is not straight or has multiple pathways, it should be filled with wax or jaggery and branded.

#### Jatyadi quath.

Decoction of Jati, Madana, Swædukantaka (Gokshuraka) and Khadira is useful to wash the gum following surgery.

#### Kshirivrukshadi quath and tail:

Gargling should be done with decoction of Kshirivruksha and oil medicated with same should be used as nasal medication.

#### Jati Lodhrndi tila

Oil medicated with Decoction of Jati (leaves of Chirneli), Madanaphala, Kutak] and Sw. iduk. mt. iki i. e. small Gokharu and a paste of Lodhra, Khadira,

Manjishta and Yashtirnadhu should be applied over dantanadi. It clears the dantanadi and arrests its further penetration in the bone.

In Dantanadi, if the tooth is not extracted in time, it destroys the mandible also. Hence the affected tooth should be removed from its root. At times, even the mandible might have to be scooped in case the sinus penetrates it.

## दंतनाडीव्रण

वन्तमूलमत्त नाडयः पञ्च ज्ञेयाः यथेरिताः ।

नि. र. २. ५. ४००

वन्तमांसाश्रिताग्रोगान् यः साध्यान्व्युपेक्षते ॥

अंतस्तत्स्थानान् बोधः सूक्ष्मां संज्ञयन्वतिम् ।

पूर्यंमूढः सा लवति त्वङ्मांसास्थिभेदिनी ॥

ताः पुनः चञ्च विज्ञेया लक्षणैः स्तैर्यथोचितैः ।

श. उ. २१-२५, ३०.

सामान्यं कर्मां नाडीनां विशेषं चात्र मे भृशु ।

नाडीव्रणहरं कर्म वन्तनाडीषु कारयेत् ।

यदन्तमध्ये जायेत नाडीवन्तं तद्दरेत् ॥

छिन्वा मांसानि हस्त्रेण यदि नोपरितो भवेत् ।

उदस्य च गृहेष्वापि क्षारेण उललेन वा ॥

नि. र. २. ५. ४०२.

शु. चि. २२-२६, ३०.

#### शस्यादि तैल -

कषायंजतिमदनकण्टकोम्बावुकुण्डकैः ।

मणि जण्डालो ध्रुवविरपष्टपाह्वेरवापि पक्वतम् ।

नेत्रं यत्साधितं तत्र हन्यादन्तगतां मतिम् ॥

नि. र. २. ५. ७५०.

मिनस्युपेक्षिते वन्ते हनुकास्थिमति प्रुषम् ।

समस्तं वरानं तस्मादुदरेभ्यग्ममस्थिरम् ॥

श्यावने जातिमदनस्थानकुरु ककत्रिम् ॥

शु. चि. २२-२८, ३०.

संगोष्ठ्योमयतः कार्यं शिरश्चोपचरेत्ततः ।

नाडीं दंतानुगां कृतं समुद्रत्याग्निना वहेत् ॥

कुम्भं नैरुगति पूर्णं मरनेन गुडेन वा ।

श्यावने जातिमदनस्थानकुरु ककत्रिम् ॥

श्रीरिव्रणाभिर्गुडो नय्यं तैलं च तद्वृतम् ।

श. उ. २२-४०, ३०



## OANTAPUPPUKA

### Periodontal Absceas

Vitiated kapha and rakta gives rise to edematous and firm swelling having the shape of seed of Badara on the gums, spreading over two or three teeth. It is known as Dantapupputaka. It gives rise to excruciating pain and there is marked tenderness. It ripens fast and undergoes through three stages.

1. Arna stage (unripe stage).
2. Pachyamana stage (ripening stage).
3. Pakwa stage (fully ripe stage).

### Treatment :

In the early phase of Dantapupputaka, blood letting should be advised and followed by gentle rubbing using a paste of Panchalavanas and Sarjikshara or Yavakshara prepared in honey.

Shirovirechana i. e. cleansing nasal medication, nasya, fomentation by gentle rubbing with powder of Yashtimadhu, Sarjikshara, Shunthi and Saindhava is useful.

Diet rich in fats, oil and ghee should be given.

### दंतपुण्डक

दंतयोस्त्रिषु वा यस्य मूत्रयुर्जायते महान् ,  
कल्पयेत्तु नाम स व्याधिः कफरक्तजः ।।

नि. र. २. ५. ७४९.

दंतयोस्त्रिषु वा शोफो बदरास्थितिभो घनः ।।  
"d.L" नाम्ना मोघं कल्पते दंतपुण्डः ।।

वा. उ. २१-२३.

दंतपुण्डके कार्ये तरुणे रक्तमोजनम् ।  
सपञ्चकशकटारः ससोऽः प्रतिसारणम् ।।

नि. र. २. ५. ७५१.

हितः शिरोविरेकाच्च नम्यं स्निग्धं च भोजनम् ,

मु. चि. २२-१३.

दंतपुण्डके स्थित्वास्त्रिषु स्थित्वास्त्रिषु स्थित्वास्त्रिषु

वा. उ. २२-३२.

सपञ्चकशकटारः ससोऽः प्रतिसारणम् ।।

## DANTAVIDRADHI

### Alveolar abscess

All the three doshas and blood, when vitiated, give rise to massive and painful swelling of the gums associated with burning sensation and sense of heaviness. It discharges pus and blood on bursting. It may be a complication of Krumidanta i. e. caries teeth and local trauma.

### Treatment :

Treatment as described in vidradhi should be carried out. Patient should be given mild purgatives and light diet.

### A. Local

Applications of leeches to the affected area and cold measures are useful for prevention of ripening in the early stage. If it ripens, decoction of and paste of pungent, penetrating hot and dry medicines should be used for gargling and local applications to hasten the process of ripening. Powder of Kutki, Kushtha, Vrushchikali and Meshashrunji and Yavakshara should be gently rubbed over the affected area of gums.

### B. Oral recipes :

- (1) Castor oil or Guggulu should be given with decoction of Punamava, Devadaru; Shurrthi, Dashaeacola and Haritaki.
- (2) Decoction of medicines belonging to Varunadi gana i. e. Varuna, Artagala, Shigru, Pootikaranja, Karanja, Moorva, Agnimanth, Saireyaka, Bimbi, Vasuka, Vaseera (Apamarga) Chitraka, Shatavari, Bilv, Karkarashrunji, Kusha and Bruhatidwaya is useful.
- (3) Shigru i. e. Drumstick shoi, c be used in various forms such as food preparations, drinks and also for local application.
- (4) Tiktaghruta, Shilajita, Triphala, guggulu, Gokshuradi guggulu and Chandrabhavati are useful in treatment of abscess.

### C. Surgical:

Abscess should be incised when it is ripe. After incision cavity should be branded if it is deep.

Diet in unripe abscess: Kulattha, Garlic, Drumstick, Punarnava, Chitraka, Old rice and Honey are useful and help in ripening or resolution of abscess.

D.

Diet in ripe abscess: Oil, red rice, ghee, oil, sugarcane, Ginger, Banana, Snake gatl rd, Camphor, Chandana, soup of meat of animals from arid i, c. jangala region, rice kanjee, moong kanjee, Tandu-laja and Jalabrahmi.

Avoid: Dry, pungent, sour, salty and cold foods. Avoid leafy vegetables, meat of aquatic animals, kulattha, jaggery, dry meat, goat's meat, cold water, curds, butter milk, alcohol and combination of milk and fish.

### दंतविद्रधि

दन्तवाग्ने मलेः सारस्रं बर्हृण्णतः श्वपयुर्गुहः ।

न्यादृक् स्वर्ध्विल्लः पूयास्त्रं वन्तविद्रधिः ॥

— इन्द्रविद्रध्यपि दन्तवाग्ने शोकः कृष्णच्छेदितसंचयोत्यः ।

गाम्यक्तं च विद्रधिद्रध्याद्वन्तविद्रधी ।

श्वकर्म नरस्तत्र कुम्भो तं च कारयेत् ॥

विद्रधी कटुतीक्ष्णोष्णकर्मः कवललेपनम् ।

श्वकर्म कटुकाकुष्ठवृश्चिकामीषबोधवैः ।

श्वकर्म हिमः पत्रः पाटयो वाहृषोष्णकर्मः ॥

श्वकर्म बद्धनित्यन्तं श्विद्रधिवात्सन्वितम् ।

श्वकर्म श्वाससमाश्रितं विद्रधिनशियेत् ॥

श्वकर्म श्वासवायवपत्रकर्मन्तरस्थिते ।

श्वकर्मप्रतीशयं पूर्वान्ति विद्रधी पिबेत् ॥८॥

श्वकर्म श्वेदनस्यैः मित्रं ताभ्यां च पापयेत् ।

श्वकर्म स्नेहवित्तं ताभ्यामेव प्रकाशयेत् ॥९॥

श्वकर्म श्वेतेषु सधृष्टः प्रपोजितः ।

श्वकर्मो वपाशोसयश्च हन्ति विद्रधिम् ॥१०॥

श्वकर्म च कारयेत् पत्रान् मिद्रिः पत्रे हि वृश्चिको ॥११॥

श्वकर्म वाशु श्वेदित्वान् विद्रधिः सोऽभियेत् ॥

श्वकर्म श्वाश्वेतेषु प्रपोजितां चिकित्सनम् ॥१२॥

श्वकर्म श्वाश्वेतेषु प्रपोजितां चिकित्सनम् ॥१३॥

नि. त. २ पृ. ७५३

च. वि. १२-७६.

नि. र. २. पृ. ७५३.

वा. उ. २२-२३, ३४.

वा. नि. १३

यो. र. मा. २-२५९

### पञ्चापथ्य

आमस्ये रेचनं बंध लेपः स्वोऽन्नमोक्षणम् ।

जोर्णाः श्यामाफलपाः कुल्लया लग्नानि च ।

रक्तशिंशुक निष्पावः कारवेत्सं पुनर्नवा ।

श्रोण्यं चित्रकम् शीत्रम् शोयोऽस्तानि च सर्वशः ।

पञ्चापथ्ये शस्त्रकर्म पुराणा रक्तशोथः ।

घृतम् तैलम् मृगरसो विलेपि घन्वजा रसाः ।

शालिशोकं च कवली पटोलं हिमवासुका ।

चंनं तात शीतां च सर्वं चापि व्रणोऽस्तानि ॥

शोफिनाम पान्यपर्याति शणिनामपियाति च ।

क्रमादाभे च पत्रे च विद्रधी व्रजेन्नरः " ।

यो. र. मा. २. पृ. ३०१.

### DANTAMANSARBUDA

Tumors of the gums

Chronic irritation or injury and eating in excess non vegetarian food gives rise to tumour of the gums. Swelling is painless, fixed and may be ston hard. It is incurable, if secondaries have already appeared or if it is ston hard.

### Treatment

Local :

Haridradi lepa : Paste of Haridra, Gruhadhooma, Lodhra, Patanga Manassheela and Haritala in honey should be applied locally. Branding of the tumor by red hot probes is also useful.

Oral

Kanchanara guggulu 1-2 tablets should be taken 3 to 4 times a day.

Mansayoga qunl]

Decoction of Patola, Nirnba, Triphala, Dried black grapes, Musta and Kutaja should be taken by mouth.

## दन्तमांसाशुद्धम् अस्युर्विदम् च

मृष्टिप्रहाराविपरिवितेऽङ्गो मांसं प्रकुण्डं प्रकरोति शोकम्  
 अवेदनं स्निग्धगतन्यवर्णमपाकमरमोषम् ॥  
 प्रकुण्डमांसस्य नरस्य वाङ्मेतच्छब्देन्मांसपारायणस्य  
 मांसावेदं त्येतवसाध्यमवत् साध्येष्वपीमानि विवर्जयेत् ॥  
 तं प्रकुण्डं मर्मणि यच्च जानं स्त्रोतःसु वा यच्च भवेत्वात्पम् ॥  
 निष्पात्रपिण्याककुस्त्यकल्कमांसप्रगाढं धिमस्तुयुक्तः  
 ते विदध्यात् कृमयो यथाऽत्र भूञ्जन्ति भूञ्जन्त्यथ मक्षिकारव ॥  
 अल्पावगिण्टे कृमिभक्षिते च लिखित्तोऽग्नि विवधीत परचात् ॥  
 परत्यमूत्रं त्र्युतात्रसोसपट्टः समावेष्ट्य तदायसंवा ॥  
 क्षाराग्निश्राथैसकृद्विदध्यात् प्राणानर्हिसत् मिषमप्रभतः ।  
 आस्कोतज्जातीकरवोरपत्रैः कृवायमिष्टं द्रवसोघनायम् ।  
 शुद्धे च तलं विवधीत माम्नीं विड्डनामात्रा त्रिफला विपश्चम् ।  
 यहृच्छ्या शोषयताति पाकं पाकक्रमेणोपचरेद्विधिशः ॥  
 मेदोऽर्बुवं स्विन्नमयो विदायं विज्ञोष्य सीव्येन्दतरषतमात् ।  
 ततो हरिद्रागुह्यमरोध्र पत्तङ्गाधूर्षः समनः शिलालः ॥  
 त्रणं प्रतिप्राह्य मयुप्रगाढः करञ्जतलं विवधीत शुद्धे  
 सप्तोषधोषाणि हि योऽर्बुवानि करोति तस्यासु पुनमंत्रन्ति ।  
 तस्मादशोषाणि समुद्धरेतु हन्युः सशोषाणि यथा हि बहिनः ॥

सु. नि. १२-१८, १९, २०.

सु. नि. १२-३७ ते ४२.

### DANTAMANSASRUK

#### Bleeding from gums

Bleeding from gums may occur as a result of (1) Gingivitis. (2) Bleeding disorder. i.e. raktapitta and 3) following extraction of tooth or injury. Gingivitis should be treated adequately.

#### Treatment

##### A. MEDICAL

###### a. Local

Hemostatic paste :

Local application of paste of Khadira (Catechu), Alum, Arimeda, Dhatakipushpa, seeds of Mango, Karanja, Skin of Pomegranate, Nyagrodha (Banyan), Nagakeshar, Babbuli, Triphala, Chandana, Ananta, Lodhra, Patanga, Manjishta, Kurantuka, Laksha,

Kashtha or Sariva is useful. These medicines may be used singly or in various combinations. These medicines have haemostatic, astringent and cooling

##### b. Oral

- Decoction of the above mentioned medicines or ghee medicated with the same medicines when taken orally is useful for controlling bleeding.
- Decoction of Patola, Malati, Nirnba, Chandana, Raktachardar and Padrnaka,
- Decoction of Shatavari, Sariva, Kakoli, Ksheerakakoli and Yashtirnadhu.
- Decoction of Lodhra, Vasa, Tandulocya, Pippali, Black eart and Madayantika.
- Ghee medicated with Jeevaka, Rhushabhaka, Draksha, Bal. Gekshuraka and Ginger should be taken with sugar.
- Vasa, Arnalaka, Kutaja, Chandana and Lotus have beneficial effect.

##### B. DIET

#### Diet useful in bleeding disorders

Cereals	— Rice, yava, wheat, popcorn
Pulses	- Moong, masoor, toor, chana
Meat	- Rabbit, deer, sparrow, duck, sheep, crane
Vegetables	— Snakegourd, kushrnanza, shrungaraka kapittha, pumpkin.
Fruits	- Jackfruit, banana, pomegranate, date-amalaka, coconut, grapes.
Milk and milk products	- Milk and ghee of cow, goat, buffalo.
Spices	— Ginger, fennel seeds
Sugar	— Sugar, sugarcane
Drinks	— Cold water, coconut water,

#### Diet and activities to be avoided

Pungent, sour and salty food items, curds, brinjal, til, mustard, chill powder, garlic, fermented food items, jaggery, alcoholic preparation and incompatible diet should be avoided.

A person with bleeding tendency should avoid to sun, exercise, travelling, induction of sweating, sexual intercourse, smoking and brushing teeth. Cold environment has beneficial effects in this condition.

and chemical

Branding locally by a hot probe is a very effective method of controlling bleeding particularly after extraction of tooth. Application of Ksharas i.e. chemicals usually alkaline salts e.g. Yavakshara, Kshara prepared from stems of lotus etc. is also useful in controlling bleeding.

### दन्तमासाद्युक्

ऊर्ध्वं प्रपृते शमनी रसो तिक्तकृषायकं ॥

वृषभापत्रं निःशुद्धीवर्णं गोवृषपायनः ।

पटोऽस्मात्कृतीनिबन्धनवृषपायकम् ।

रोमो वृषस्तं बुलीयः कृष्णमृन्मरुपं तिका ॥

हृत्वावरी गोपकन्या काकोत्यौ मधुयष्टिका

एतन्निहृत्वाः कृषायान्नयः समधुगर्कराः ॥

वा. वि. २-६, २७ २८.

मोवकृषं मरुद्राक्षतं बलागोक्षु र्नागरः ॥३७॥

पृच्छं पृषकं शृतं क्षीरं सधृतं सितयाऽप्यत्रा

वा. वि. २-३७.

6

## DANTAROGA

### Classification of Diseases of Teeth

The diseases of teeth are :

Disease	Synonym	Doshas affected
1. Anomalies of teeth		
(A) Number of teeth :		
1. Danra-abhava	Absence of i.e. Anodontia	
2. Heenadanta	Less number of i.e. partial Anodynia	
3. Adhikadanta	More number of	
(B) of teeth :		
1. Vishaladanta	Large i.e. Megalodontia or Macrodonia	
2. Rhuswadanta	Small i.e. dontia	
(e) Placement of teeth:		
1. Viraladanja	Lot of space between adjacent teeth	
2. Karaladanta	Irregular teeth	
3. Vardhana' or Adhidanta or Khallivardhana	Supernumerary teeth	
(D) Colour of teeth :		
1. Vivarnadanta	Discoloured teeth	
2. Shyavadanta	teeth	
(E) Quality of teeth		
1. Bhanguradanra	Fragile teeth	
2. Sarnudga danta	Worn out teeth	
2. Traumatic		
Dantabhnrura	Fracture of teeth	
Hanumoksha	Dislocation of temporomandibular joint	
3. Malaja		
Danrasharkara	Tartar	Kaphaja - malaja
Kapalika	Tartar with erosion of enamel	Kaphaja - malaja

	Disease	Synonym	Doshas affected
4.	Doshaja Dantashoola DaIana or Sheetadanra  Dantaharsha Krnmidanta  Bhanjanaka  Chaladanta or Dantashaithilya	Toothache Enamel erosion with sensitivity to cold Enamel erosion Denial caries  Pathological fracture of the teeth Loose teeth — Periodontosis Turners of bony tissue	Vataja Vataja  Varaja + Pittaja Vataja + Pitta + Kapha + Kapha, Vata
5.	Asthyārbuda Psychological : Dantashabda Dantakadkadi	Chattering of teeth Chattering of teeth with loud noise i.e. Bruxism	Tridoshaja, kapha

## दंतरोगाः

### कृतावकृतयः

नृणां तु चतुर्धादिषु मानेषु दन्ता निविच्यन्ते । तत्र सवत्तजन्म च, पूर्वमृत्तरदन्तजन्म च, विरल दन्तजन्म च, हीनदन्तता च, अधिकदन्तता च, करालदन्तता च, विवर्णदन्तता च, स्फुटितदन्तता चामङ्गल्या प्रवर्ति । तत्र श्वन्तर्षं मास्तोनिष्ठीं निर्वपेत्, स्यात्सोपाक्रमवाहिताग्नेः प्राजापत्यमित्येके, तथाऽप्येष्टपि-  
स्वाङ्गोत्ताधिकमावेष्टु, तथा स्त्रोरं प्रशाम्यति ।  
का. सं. सू. २०-६.

चतुर्विधं तु दन्तजन्माप्यजते आमग्, सक्त्, विकत्, दंतसंपवित् । तत्र आमग् अग्नि, नित्यसंपासात् संवत्-  
मयन्व मलिष्ठं, विकत् शीतमनित्यसासोपहतमसंछन्ददन्तत्वादात्सुवन्तवैशर्ष्यंकरमास्तनावाद्यमिति ।  
का. सं. सू. २०-५.

दन्तगतास्तु-शालनः, किमिदन्तको, दन्तहृषो, मञ्जतकाः, शर्करा, कपालिका, श्यावदन्तको हनुमोवास्वेति "  
सु. नि. १६-२९

## DANTA.VIKRUTAYAH Anomalies of teeth

Teeth may be abnormal in number, size, shape, placement, colour or quality. These anomalies are enumerated in the table in the previous chapter.

These anomalies may manifest as congenital defects or may be acquired as a result of a disease process. Danta-abhava i.e., anodontia results from des-

truction of tooth bud in the fetal life. Shyavadanta may occur as a result of anomalies of dantavalka i.e. enamel e.g. amelogenesis imperfecta or may follow diseases of teeth. Samudga danta decay and fallout easily.

These anomalies and fractured upper central incisors are considered as inauspicious signs. The parents should undertake religious sacrifices like Maruti Ishri as a remedy.

### Karala : Irregular teeth. : Malocclusion

Vitiated vata in the region of teeth, gradually deform them making their appearance ugly. Teeth are not aligned well and are in an irregular manner. They vary in size and shape also. This condition, which is known as Karala, is incurable.

Madhavanidana includes Karala under diseases of roots of teeth, while Vagbhat and Yogaratanakar have included Karala in diseases of teeth. There is no specific treatment.

### Adhidanta ; Khallivardhana or Vardhana : Supernumerary teeth :

There is excruciating pain in the region of newly erupting supernumerary teeth, which is superimposed on one of the already existing tooth.

Pain subsides on its emergence through the gums. Sushrut has described this condition as Vardhana, where as Vagbhat has termed it as Adhidanta. Nighantu Ratnakar has described it as Khallivardhana. All these terms are synonyms used for Vardhana. Supernumerary or extra tooth should be extracted by Sandamshryanra and the area cauterised by hot shalaka to arrest bleeding. Treatment of Krumidanra should be followed after this.

### Shyavadantaka : Discolouration of teeth

Vitiated rakta and pitta along with vata affect the teeth, making them dark or bluish in colour. This condition is termed as Shyavadantaka.

Defective formation of enamel or dentin is seen in congenital defects of amelogenesis imperfecta or dentinogenesis imperfecta. It may occur as a complication of disease,

### अधिकदन्त

उद्भूत्याधिकदन्तं तु ततोऽग्निप्रकारयेत् {  
किमिदन्तकरश्चपि विधिः कार्वा विनाशता ॥

## कराल

गर्भेः गर्भः प्रकृते वापूर्वन्तस्यार्थितः ।  
करालान्विकटान्वन्तान्करालो न स सिध्यति ॥  
करालः मुकुरालानां वरानानां मनुष्यवः ॥

नि. र. २. ५०.  
वा. उ. २१-१४.

## खलिवध्न

मास्तेनाधिष्णे वन्तो जायते तीव्रवेदनः ।  
खलिवध्नसंतोषी जाते क्व च प्रसाम्भति ॥  
वंतोऽधिकोऽधिवृताख्यः स चोचतः खलुवध्नः ।  
जायते मायमानेऽतिरुग् जाते तत्र शाम्यति ॥  
उद्धृत्वाधिष्णन्तं तु ततोऽग्निमन्नघारयेत् ।  
कृमिहतकृवच्चात्र विधिः कार्यो विज्ञानता  
अधिवन्तकमालिप्तं यत्र क्षारेण जत्र रम् ।  
कृमिहतमिक्षोत्पाटप तद्वच्चोपचरेत्तदा ॥  
गन्धनी ॥ --- ने च दाघे व्रण इव क्रिया ,

नि. र. २. ५०.

वा. उ. २१-१५.

नि. र. २. ५२.

वा. उ. २२-१६.

## श्यावदनक

योऽन्तर्निष्पिणे पित्तेन रण्यो इत्यस्त्वरोचतः ।  
श्यावन्तां नीलतां वाऽपि गतः स श्यावदनकः ॥  
श्यावः श्यावत्वमायाता रक्तपित्तानिलेद्विज्ञाः ।

कु. नि. १६-३६.

वा. उ. २१-१७.

## ABHIGHATAJA DANTAROGAS Traumatic Diseases of Teeth

**Danta Bhanga** : Dantabheda.

Fracture of teeth following injury or known as Danta-bhanga. The patient suffers from severe pain. with milk medicated with Til and Yashtirnadhū useful.

**Hanumoksha** :

Dislocation of temporo-mandibular joint is known as Hanumoksha. Dislocation of temporo-mandibular joint gives rise to deviation of the chin to one side and facial assymetry. The condition follows an injury temporo-mandibular joint. Carrying heavy load on the head acts as a predisposing factor. Increased vata following diseases of temporo-mandibular joint also give rise to dislocation. Surgical correction may be necessary.

## दुभोज

इन्द्रेण तंस्तंभविंस्तु हनन्तान्धात्रमायः ।  
दुभोज इति ज्ञेयो व्याधिर्दन्तप्रदायः ॥  
...। प्रापिघाताऽत्रन्तोष हनन्तं धिर्दुष्यते ।  
निरस्तजिह्वः कृच्छ्रेण भावितुं न च शक्यति ।  
कृच्छ्रमनिलध्याधि हनुमोक्षं क्रितिरिदम् ॥  
हनुमोक्षे लघुद्विष्टां कुर्वाणोऽपि न चिन्तय ॥

१६-३७

पो. र. २ बंत्तरोग-१२,  
कु. नि. २२-४१.

## दंतभेद

दन्तभेदे विज्ञास्तोऽपि भेदकृच्छ्रुटनान्वितः ।  
दन्तुर्द्वं तथा भेदे सर्वा वातहरा क्रिया ।  
विष्णुज्जो... गृह्यते कीरं गंधघारणम् ।

वा. उ. २१-१३.

वा. उ. २२-१३.

## DANTASHARKARA

### Dental tartar

Dantasharkara means collection of sand like particles i.e. tartar at the junction of teeth and gums and in between the teeth. If the teeth are not brushed regularly, the decayed food particles (mala), which have accumulated and kapha i.e. saliva in the mouth are dried by vata Le. air and pitta i.e. heat in the mouth. The tartar is rough and hard and is often with halitosis.

The tartar over the teeth should be scraped, taking care not to injure root of the teeth. After scraping, mixture of Laksha Churna and honey should be gently massaged over it. Apart from this, treatment advised for dantaharsha should also be followed. It is important to prevent reformation of tartar by regularly brushing the teeth,

## इन्सर्का

दन्तो वन्तगतो यस्तु पित्तमन्तरोचितः ॥  
गर्भेय वरस्पर्शा सा जेय रन्तगर्भा ॥  
गर्भेय स्थिरोमूत्रो मलो इन्सेय यत्स इ ।  
अर दन्तानां गुणघ्नी तु विज्ञेया वन्तगर्भा ॥

नि. र. २. ५१.

कु. नि. १६-३४.

अथावनाम्बन्वो बन्ते कफो वा कान्तगोषितः ।  
पूतिगंधः स्थिरोमूलः शर्करा ।

वा. उ. २१-१५, १६.

अच्छिन्नन्तमूलानि शर्करामुद्धरेष्विकम् ।  
साक्षाच्छर्मं घृयतेस्ततस्तं प्रतिसारयेत् ।

नि. र. २. पृ. ७५३

दन्तहर्षक्रियां चापि कुर्यान्निरवरोधतः ॥

सु. वि. २२-३७.

अहितम् दन्तमूलानि दन्तेभ्यः शर्करां हरेत् ॥  
क्षारचूर्णमंघ्रयतेस्ततश्च प्रतिसारयेत् ।

वा. उ. २२-१७

## KAPAUKA

Tartar with erosion of enamel.

When dantasharkara i.e. tartar is not treated at appropriate time, danta-  
valkai.e. enamel of teeth is eroded and gets detached from teeth along with  
overlying crust of tartar. It is known as Kapalika. This condition leads to  
gradual destruction of teeth. Treatment of dantaharsha and dantasharkara  
should be carried out in this condition. It is cured with difficulty.

## कपालिका

कपालेष्विव शीर्यन्तु दन्तानां संबं शर्करा ।  
कपालिकेति विज्ञेया सदा दन्तविनाशिनी ॥

नि. र. २. पृ. ७५३.

बलन्ति दन्तमूलानि यदा शर्करायां सह ।  
ज्ञेया कपालिका संबं दन्तानां विनाशिनी ॥

सु. वि. १६-३५.

सः (दन्तशर्करा) अप्युपेक्षितः ।

मातपत्यग्रभो दन्ताक्षतपालानि कपालिका

वा. उ. २१-१६.

दन्तहर्षक्रियां चात्र कुर्यान्निरवरोधतः ।

कपालिका हृच्छतया तत्राप्येषा क्रिया हिता ॥

नि. र. २. पृ. ७५३.

अहितम् दन्तमूलानि दन्तेभ्यः शर्करां हरेत् ॥

क्षारचूर्णमंघ्रयतेस्ततश्च प्रतिसारयेत् ।

कपालिकायासप्येषां हर्षोक्तं च समाचरेत् ॥

वा. उ. १२-१७, १८.

## DANTASHOOLA

### Tooth-ache

Causes :

Any inflammatory condition affecting the gums gives rise to pain, and  
burning in the gums.

Danrav-alka i.e. enamel of the tooth is insensitive to pain, Hence in  
the teeth. the pain start only when the enamel is eroded. aac; becomes ex-  
cruciating, when the pulp of the tooth is affected. Various conditnans associated  
with severe pain in relation to tooth are mentioned below.

1. Adh.mansa-Pericoronitis of wisdom teeth
2. Dantapupputaka — Periodontal abscess
3. Dantavidradhi — Alveolar
4. Mahasaushira — Acute ulcerative necrotising gingivo srcrmatitis.
5. Adhidanta — supernumerary teeth (during eruption)
6. Dalana i.e, Sheetadanra — Enamel erosion with hyper sensitivity to cold  
items,
7. Danraharsha — Enamel erosion.
8. Krumidanta — Dental caries.
9. Bhanjanaka or Dantabheda — Pathological fracture of tocr.r.

## Treatment

Toothache is a symptom. Apart from symptomatic treatment, it is  
important to treat the root cause of pain i.e. the disease c.or.dition giving  
rise to pain,

## Symptomatic treatment

Adrnistration of pain relieving agents form the basis of symptorr-  
aric treatment. The medicines belonging to vata prasharnana and vedanasthapanana  
group of medicines are pain relieving agents. Ashoka, Ashwagandha, Asafoc-  
tida, Chavva, Chitraka, Celery, Ci.mrnin seeds, Camphor, Cloves, Cinnaznon,  
Elavaluka, Gandeera, Ginger, Jalavetasa, Katphala, Kadamba, Mocharasa,  
Pacharnaka, Pepper, Pippali, Pippalirnoola, Shirisha, Shale, and Yavani are  
some of the analgesic drugs belonging to this group.

## Local applications :

Warm paste of Bilva, Til & Eranda (Castor roor] prepared in rice karji  
should be applied over the site of pain. This poultice is useful in relieving  
tooth ache.

Tilgutika tepa :

Warm paste of til in kanji should be applied locally.  
Pippaliyoga :

Pippali powder should be mixed with honey and ghee and kept in the mouth. It may be massaged lightly locally. It is an excellent preparation useful in ache.

Sourashtryadi yoga :

Fine churna of equal parts of Sourushtri (Alum), Triphala, Mada (Betelnut) Truti (Cardamom), Vidanga, Tuttha, Patrangaka, Kasis, Kbadirasar, Maya-phala, Lohakitta and Musta should be rubbed over teeth to relieve tooth ache. It also cleans the teeth.

Daniashoolanashak yoga :

Paste of Guduchi mixed with Triphala should be applied over teeth to relieve tooth ache and milk of Arka (Ravi) should be used for swedana to stabilise the loose teeth.

Hinguadi yoga :

Mixture of Asafoetida, Katphala, Kasis, Swarjikshara, Kushrha and Pepper should be tied in a cloth and held in the mouth to relieve teeth ache.

Gargles:

Hinguadi yoga kavala

Oil medicated with the above mixture should be used for gargling.  
Erandadi kavala :

Decoction of Castor, Vyaghri and Bhookadamba should be used for gargling.

Yashtirnadhudi kavala

Mixture of powder of Yashtirnadhu, honey and oil should be used for gargling.

Oral

Yavaniadi churna

Powder of Ajarnoda (Celery), Asafoetida, Suiudhava, Yavak-hnra, Souvarchala and Haritaki should be taken in sura wine.

Shoola gaja kesliari :

10gms of Parada should be triturated with 20gms of Gand.xaka 3 hrs. The resultant black Kajjali should be smeared on both the sides of a thin copper plate weighing 30gms. This copper plate should be kept in an earthen vessel containing Saindhav salt. The earthen vessel should be sealed and heated in sand till the amount of heat equivalent to gajaputa After cooling the brittle copper plate and kajjali should be triturated and tablets of 240mg prepared. Each tablet should be taken with betel leaves and 1/2 - 1 gm of a mixture of Asafoetida, Ginger, Cumrnin seeds, Vacha and Pepper a long with warm water. This recipe is useful in relieving any pain in the body.

Mahavatavidhwansa and Mahayogaraja guggulu :

They are useful in doses of 120-240 mg in relieving toothache.  
Ahiphena, Bhanga and Parasika Yavani :

Ahiphen Le. Opium and Bhanga i.e, Cannabis Indica and Parasika Yavani also are useful in relieving pain.

If these measures fail to relieve the pain, that particular tooth should be extracted by special forceps known as Sadanshaka or Nirghatak, after loosening the root of the tooth from its surrounding tissue.

दतशूल

भाजिकं पिप्पली त्रिपिप्पलं धारयन्मुखे ।  
बन्तगूलहरं प्रोक्तं प्रघातमिवमौषधम् ।  
हिणुकटफलकासोत्सर्जिकाकुण्डबेलजम् ।  
रुकोत्सर्जं ज्वलाम् वत्सर्पं वृक्षं घृतम् ।  
पदं धारयेत्तलमेमिरेव च क्षयितम् ।  
ववायंवा वृक्षमेरुं वृष्या प्रोक्त्वा वृक्षः ॥

सं. र. ११-१९

सं. र. २२-२१, २२.

कल्कस्वेदः-

दिग्भ्रमरुतिर्भ्रं विष्ट्वा वास्तुवापमसा ।  
पुटिकां आमयेवुष्म शतगूलविनाशिनोम् ॥

दिलगुटिकातेषु :-

त्रिंशत् पुटिकां कृत्वा लेपयेत्कारोपरि ।  
पुटिका शमयत्येषा कल्कश्चातिवस्तरम् ।

सं. र. ३-६ २६.



**धमन्यादिवृणम् -**

धमनीभिर्दुग्धसिन्धुत्पसारसौम्यंलाभयाः ।

नुरामरुहेन पातव्या वातशूलनिषेधनाः ॥

सं. र. ३०-११.

सौराष्ट्रीत्रिकलामवन्टिकुमिद्विदुत्पत्राङ्गक

कासोमं खदिरस्य सारममलं मायकम् प्राण्यसम्

जीमूतं च समोशकं हि सकलं संकुटप वस्त्र भूशं

पूतं तोययुतं रवेष् ह्वरुत्विच्छित्तिहृत् पृष्टकम् ॥

कुष्ठं शर्बो तोष्रमम्बं समझया पाठा त्रिवता तेजनी पीतिका च

भूषं शस्त धर्षणे तद्विजानां रक्तसत्राचं हन्ति कण्डूहृजं च ।

छिन्नया पिष्टया वारा वन्तरासो विनरपति ।

रूपोमं हिम् सौराष्ट्री वेववाहू सभं जलं:

गुटिकां धारयेन्नक्तकृमिगूहृतां पराम् ॥

यो. र. २ इंतरोम विकित्सा

क्रियायोगेवंदुविधिंस्त्रियांशतहृजं भूशम् ।

वृषमप्युद्धरेदं पूर्वं मूलाद्भिर्मोक्षितम् ।

संशकेन लघुना इंतनिर्घातनेन वा ।

तेलं सयष्टपाहू रजो गंडूषो मघुना ततः ॥

वा. उ. २२-२३, २४.

**DALANA OR SHEETA DANTA**

Enamel erosion with hypersensitivity to cold items :

The patient from excruciating bursting type of pain in the teeth due to vata. Patient can tolerate hot things, but cannot tolerate cold things.

**Treatment**

Fomentation should be followed by vigorous rubbing of the gums and teeth with a mixture of Musta, Saindhava, outer peel of Pomegranate, Triphala, Triphala, Rasanjana, Tarkshva, Kantaloha, Jambhu seed, Ginger and Honey. Later hot medicated oil should be applied. Decoction of Ksheerivrukshas should be used for and medicated oil instilled in the nose.

दालन-शीतदंत

शोथंभागेऽपि च हृजा यस्य वन्नेषु जायते ,  
दालनो नाम स व्याधिः सहापतिनिमित्तजः ।

नि. र. २. ५. ७५२.

वाल्पन्ते बहुधा वन्ता धस्मिस्तीव्रमान्विताः ॥

शालनः स इति ज्ञेयः सहापतिनिमित्तजः ॥

सं. र. १५-३०

वातावृणपहा वन्ताः शीतस्पर्शाधिक्यव्याः ॥

वाल्पन्ते इव गूलेन शीताक्षयोदालनरश्च सः ।

वा. उ. २१-११.

स्थिन्नस्य शीतवन्तस्यपालीं विलिखितां वहेत् ॥

तेलेन प्रतिसार्या च सक्षीघ्नमसंघवेः ॥

इतिमत्वाय राताक्ष्यं कान्तार्जं स्वस्थिनगरः ॥

कवलः क्षीरिणां पवारंणतेलं च नावनाम् ,

वा. उ. २२-११, १२

**DANTAHARSHA**

**Enamel erosion**

Hypersensitivity of teeth to contact with cold, hot, dry and sour foec items and cold breeze associated with pain and looseness of teeth are the manifestations of Dantaharsha. It is caused by vitiated pitta and vata and by eating sour items.

Kavala :

Gargling with lukewarm ghee, ghee medicated with Trivrut and oil etc. are useful. Decoction of Bhadradarvadi group of medicine or milk medicate-; with Til and Yashtimadhu should be used for

Smoking, nasal medication and shirobasti i.e. cleansingnasal rnedicatic-; using snehika medicines are beneficial in this condition. Mutton soup, yavagu, milk, cream and ghee should be administered. Vatanashak tr-a.-ment should be carried out.

**दंतहर्ष**

शीतस्पर्शाप्रवाताम्बस्पर्शानामसहा द्विजाः ,

पित्तमाकृतकोपेन वन्तहर्षः स नामतः ॥

नि. र. २. ५. ७५२.

रसानाः शीतघृण्यं च सहन्ते स्पर्शनं स च ।

यस्य स वन्तहर्षं तु व्याधिं त्रिधात् समीरणान् ॥

सु. र. १५-३०.

इंतहर्षे प्रवाताम्बशीत-व्यामहा द्विजाः ॥

धवलपाप्माजनेनेव सहापतिनिमित्त इव ।

वा. उ. २१-११.

स्नेहानां क्वलाः कोष्ठाः सर्पिषश्चिक्नस्य च ।

निर्गुहाग्नातिलघ्नानां वृत्तहर्षः प्रथमैः ॥

स्नेहिकस्य द्वितीये घृते नस्यं स्निग्धं च भोजनम्

रसो मन्दाग्नात् शीतं सन्तानिका घृतम् ।

शितोदन्निद्विद्वारघापि क्रमो परवानिलापहः ॥

वंतहर्षे न्या भेदे सर्वा वातहरा क्रिया ॥

तिलघ्नं न्यभृतं शीतं पदेषुघारणम् ।

वृत्तानां शीतहर्षे च वातघ्नाः क्वलाद्विताः ॥

नि. र. २ पृ. ७ ३.

सु. वि. २२-३५.

वा. उ. २२-१३.

सं. र. ६१-१८.

## KRUMIDANTA

### Dental caries

Vitiated vata along with vitiated pitta and kapha gets localised on the surface of teeth and slowly destroys the enamel giving rise to black discolouration and appearance of holes or cavities in the teeth.

Food material and dirt accumulate in these cavities and give rise to proliferation of germs, which further enhance the process of destruction of teeth. When the process of destruction reaches nerve ending in the pulp of the teeth, the patient suffers from severe, excruciating and burning pain. When the destruction reaches the underlying bones and gums, pus and blood ooze from the of carious teeth.

### Treatment

Where the teeth have not yet become loose, fomentation, blood letting and avipidana nasya usin.; vatanashak medicines is useful. Oil and ghee medicated with paste and decoction of vatasharnak medicines should be for gargling.

The medicines useful in caries are enlisted below :

Asafoetida, Arka, Vidanga, Laksha, Vacha, Nimba, Pippali, Tumulap.itra, Kilt.L., Patha, Haridm. Gajapippali, Mustard, Lohakitta, Pepper, Yavani, Nirgundi, Apamarga, Trapusa (Tin), Sisa (Lead), Tamra (Copper), Raj.ua (Silver), Suvarna (Gold).

### Patana prayoga

Mixture of powder of root of Nili, Kakajangha and Katuturnbi should be applied over teeth and held there. This paste has bacteriostatic action.

### Bhadradarvadi lepa

Local application of paste of Bhadradarvadi group of medicines, Punarnava and other shothahara medicines and oily diet are beneficial in this condition.

### Neelivrukshadi churna

Churna of root of anyone of Neelivruksha, Kakajangha, Snuhi and Dudhi should be applied over teeth often to get rid off krumis in the teeth.

### Bruh,aryadigandusha

Decoction of Bruhati, Bhurnikadamba, Castor root and Kantakarika should be mixed with oil and used for gargling to relieve pain associated with dental caries.

### Sariva Parnadharana

Paste of leaves of Sariva should be applied lightly over the teeth. It helps to get rid of krumis and looseness of the

### Treatment of complications of Krumidanta

Dental caries can give rise to various complications like tooth-ache, looseness of teeth etc. So in such cases, apart from treatment of krumidanta i.e. dental caries, treatment of dantasboola i.e. toothache, chaladanta i.e. looseness of teeth should also be instituted. As an illustration of this, the treatment of toothache due to dental caries is described here.

### Treatment of pain associated with Dental caries

#### Jatipatradi gutika

Mixture of Jatipatara, Punarnava, Til, Pippali, Kuranta, Mushta, Vacha, Sbunthi, Dcepaka and Hareetaki should be mixed with little ghee and kept in the mouth. It is useful in vata caries, toothache, burning sensation around tooth and all diseases of oral cavity including halitosis.

#### Kasisadiguti

Paste of equal parts of Kasisa, Asafoetida, Sourashtri (Alum) and Devadana is used to prepare tablets and given for holding tightly between the teeth. It relieves the toothache caused by krumidanta,

#### Hinguadichurna

Similarly fine powder of Asafoetida, Katphala, Kasisa, Swarjikshaz, Kushtha and Vidanga should be pressed into the cavity and held in place by a cotton swab clenched between the teeth.

*Bruhati-kshoera*

Exposure of carious tooth to smoke of seeds of Bruhati also relieves the pain "

*Saptachhada-Arka kshoera*

White juice of Saptachhada and Arka should be filled in cavity to relieve

Vidaryadi taila as nose drops

Mixture of Til oil medicated with Vidari, Yashtimadhu, Shnmgataka and Kaseruka and 10 its quantity of milk should be boiled till water evaporates and used as nose drops.

If the pain in the tooth is still not relieved, the cavity of the tooth should be filled with jaggery, wax, warm asafoetida or ghee and sealed by red HOI probe with a curved end.

*extraction*

If all these measures fail to control the caries, and if the carious tooth becomes loose, the tooth should be extracted taking sufficient care so that tooth is extracted as a whole and the root does not remain behind.

If the tooth is not removed properly, the patient suffers from severe pain and swelling. If a part of the tooth is left over, the tooth should be removed with a dental hook called as Dantashanku. As far as possible, one should avoid dental extraction in a weak and debilitated person and patient suffering from vata vyadhi. While extracting upper tooth, extreme care is necessary, as complication like bleeding, facial palsy and injury to nose, eyes and ears are likely.

After dental extraction, gargling with a mixture of Til oil, ghee, honey and powder of Glycerrhiza should be advised. Ghee medicated with sweet and cold medicines should be taken internally. If the bleeding does not stop after dental extraction, the area should be hrnnded.

**कृमिदन्तकः**

कृमिदन्तकः स्त्राको समरम्भो महाकृमः ।

प्रतिमिसकृजो वाताग्निभेयः कृमिदन्तकः 11

नि. र. २. ५. ७५२.

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**बृहस्पति क्वाप-**

बृहती मूत्रिकवम्बीपत्राः । प. लकटकारिकाश्लेषः ।

गन्धवस्तुल्यतः कृमिदन्तकवेदनाशमकः ॥

नीलोवायसजड्या हृद्युन्नीमूलमेकैकम् ।

संघ्न्यं वसानविघ्नं शान्तिमिवातनम् प्राहुः ॥

पिष्ट्वा च सारिकागन्धं दृवं वन्तीषु धारयेत् ।

पतन्ति दन्तकाटारश्च वाञ्छस्यं हरति क्षणात् ॥

कासीसं हिड्युसौराष्ट्री देवशालसमं जलः ।

गुटिका धारयेत्तद्विघ्नगृह्णात् पराम् ॥

स्निग्धशालेपगंडुवनम्बाहारैश्चलापहैः ॥

गुदेन पूर्णं सुविरे नघच्छिद्येन वा रहेत् ।

सप्लक्ष्वाकंक्षीराभ्यां दूरणं कृमिगूलजित् ॥

अपवा केवलेनार्कं यथासाधि च शस्यते ॥

हिण्कटफलकासीसम्यत्रिकाकुष्ठबेलजम् ।

रुजोरुजं जयत्याम् अत्रस्यं वाने धृतम् ।

गंडूयं धारयेत्तलमेमिरेकं च साधितम् ।

वनायंवां युक्तमेरंदिभ्या प्रोमृकं वजः ॥

क्रियायोगेनैतुविघ्नैस्त्वगातरुजं मृशम् ।

दृढमप्यद्वेदं पूवं मूलाद्विमोक्षितम् ॥

संश्राकेन लघुना इतिविघ्नानेन वा ।

तैलं सयष्ट्याद्दृरो गंडूवो मधुना ततः ॥

हिङ्गु सोष्णत्वं मतिमान् क्रिमिदन्तेषु दीपयेत्

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नि. र. २. !. ७५३.

वा. उ. २२-२९ = ..

चं. र. ५१-५२

वा. उ. २२-२९, २२, २३, २४

चं. र. ५१-५२

BHANJANAKA

Pathological fracture of teeth

Fracture of teeth associated with facial asymmetry and severe pain is known as Bhanjanab. It is caused by vitiated kapha and vata and is associated with pricking, splitting and bunting type of pain.

## भजनक

बन्धं बन्धं भवेद्यस्य इन्तमङ्गलम् प्रायते  
कफबालकानो व्याधिः स भञ्जकस्तमितः ॥

.नि. र. २. पं. २.

## CHALADANTA OR DANTASHAITHILYA

### Periodontosis

In this condition the teeth become loose and the patient suffers from severe pain while eating.

### Treatment

A. *Katladharan* : Holding of mouthful of medicines till eyes start watering.

a. Bakula taila

Til oil should be medicated with decoction and paste of Bakula fruit, Lodhra, Vajravalli, Kurantaka, Chaturangula (Amlavetas) Babbula and Vajikarana medicines like Shala, offensive smelling bark of Khadira, Pecta shala etc. Holding mouthful of this oil and keeping the mouth closed in that position only, till eyes have started watering should be the mode of its use. It may also be used simultaneously as nose drops to impart firmness and stability to loose and shaky teeth.

b. Sahacharadi taila

4kg. of Nclakuranta is heated with 10 litres of water till one quarter of it is behind. To this 640ml. of oil and paste of a mixture of 20gms. each of Ananta, Khadira, Arirreda, Jambu Mango, Yashtirn. idhu and Lotus are added and till water evaporates. Holding mouthful of this oil, till watering of the eyes starts is useful in stabilising the loose teeth.

c. Banadi taila

4gms of Bana (Blue Korhnri) should be heated with 20 litres of water till 1/8th of decoction is behind. 640ml. of til oil should be medicated with a paste of 20gms each of Khadira, Tarnbhug Yashtirnadr, Ananta, Mang», Ahiruana, and Blue lotus and the above mentioned decoction. Kavaladharan of this is useful in discuses of the mouth and chuladanta.

## B. Gandushas i.e. Gargling

Apart from medicated oils mentioned following recipes may be used for gargling.

1. Dashamooladi gandusha :

Decoction of Dasharnoola with honey should be used for snehana and gargling.

2. Arthagala gandusha

Decoction of leaves of Artzzala (Neeljeenti) should be used for gandushadharana..

3. Khadiradigandusha

Decoction of Khadira, Lcdhra, Triphala, Anjana, Madayanti (Mogri) and Ahimara should be used for gargling. It makes the teeth strong.

4. Arka gandusha

Gargling with wann decoction of roots of Arka

## C. Local rubbing of powder or

1. Tutthadi Pratisarana

Powder of Tuttha (Copper sulphate), Lodhra, Pippali; Triphala, Patanga (Raktachandana) and Saindhava should be used for rubbing over teeth and gums.

2. Sariva pratisarana

Paste of Sariva should be applied locally.

3. Kanadi pratisarana

Powder of Pippali, Saindhav and Cumrnin seeds should be rubbed over the gums.

## D. Charvana: Chewing

1. Black Tit and Vacha should be chewed frequently to stabilize the shaky teeth. The bark Bakul (Moulishri) should be chewed often to make the loose teeth firm and stable,

## E. Dnntadhaoana : Cleaning of teeth

The bark of Karanja, Kariveera, Arka, Malati, Kakubha (Anjana) and Asana are for brushing teeth in patients whose teeth are loose.

**K. Nasal drops**

Medicated oil or ghee should be used as nose drops,

(a) Vidaryadi taila :

Oil medicated with Vidarikanda, Yashtimadhu, Shrungataka and Kasheruka and 10 times its amount of milk should be administered as nose drops,

(b) Eakula taila

It should be in the nose in chaladanta.

**G. Tablets**

Bhadramustadi gutika

Bhadramustadi, Abhava, Vyosha, Vidanga and Leaves of Arishta (Neern) should be ground in cow's urine and tablets are allowed to dry in shade. It should be kept in the mouth daily before sleeping. It loose teeth a few days. It is the best medicine available for this condition.

**चलदन्त**

धातुवर्णान्निर्गमनं क्षणार्धपर्यन्तम् ।  
 मधुसूयान्मधुसूयविद्युत्तारिष्टपल्लवः ।  
 गोमूत्रं चैर्गुरिका छायागुग्गुलुः प्रकल्पयेत् ।  
 तां त्रैकापं मुञ्चे सुप्याज्जम्बन्ततुरी नरः ।  
 नामः चतस्रं किञ्चिच्चन्द्रमन्स्य भवेजम् ॥  
 सुप्याज्जम्बन्ततुरी कार्यं कुलवर्षणम् ,  
 आर्तं चन्द्रमन्स्यपण्डितो दन्तचालनम् ॥  
 दन्तचालने हितं श्रेष्ठं त्रिभोगाचर्वणं सदा ॥

वा. उ. २१-१३.  
 सं. र. ६१-१५ १६  
 सं. र. ६१-१३.

**दन्तारिक्त -**

गुग्गुलुः कृतां नीलकुण्डलकस्य शोभेऽम्बसः संश्रययेद्यथावत् ।  
 ... चतुर्गणने तु तं वं दन्तेच्छने रघं पलप्रमाणः ॥  
 कस्तूरं नलाक्षद्विरारिमेरुजम्बु, ध्रुवदीपयुक्तोत्पलानाम् ।  
 मन्मथमावेव यत्तं मुञ्चेन स्वर्षं विजानां विदमन्ति सद्यः ॥  
 चन्द्रमूल्या च स्थानं त्रिवहेच्छद्विरस्य च ।  
 कपे चैरापीयच्छयाहं कम्पुष्पाटकस्तेः कः ।  
 तेषु तापुणे श्रीरे मिद्धं नस्वे हितं मयेत् ॥

नि. र. २ पृ. ७५१.  
 कु. वि. २२-४०

कस्तूरं शतमलाहं मंत्रकः प्रकल्पयेत् ॥  
 गुग्गुलुः शकजाश्लेषापतपदु घवः कम् ।  
 त्रिभोगाः शील्या यथावत्सं स्थानकवल्कः ॥

वा. उ. २२-१५, १५.

**चलदन्त**

तो प्रपराइ. गयष्टपा. वलाक्षाचूर्णं धूसरः ।  
 मधुसूये क्षीरिणो योष्याः शकौप्रयुक्तगर्तः ॥  
 पलदन्तस्पर्षं करं कार्यं ककुलवर्षणम् ॥  
 चक्रात्तं बाष्पातोयधटे पक्वस्वारसेऽस्मिन्सु पलायिकः ।  
 सुविरजं बृष्टपाकता प्रेरहिमारनीतोत्पला न्वितैः ॥  
 तैलप्रस्थ पाचयेत्सकृन्पिष्टं रेमिद्धं चूर्णितं तन्मूत्रेण ।  
 रोगात् सर्वाहंति कर्णे विरोवात्स्वर्षं धत्ते इतं चतोरथ... ॥  
 सुविरजोयुक्तपाचं नवयं स्पृहिमारकः ।  
 मधुसूयं चतुर्गणने बुधलाद्विजसातये ।  
 कस्तूरं शकजाश्लेषां मालतीककुम्भासनाः ।  
 तस्यन्ते दन्तपक्वने ये चाप्येवविद्या इमाः ।

नि. र. २ पृ. ७५१.  
 वा. उ. २२-१५, १५.  
 वा. उ. २२-१०७.  
 सं. र. ६१-१५.

**ASTHIARBUDA  
 Tumors or the bone**

Tumors of the bones may involve mandible and m

**Treatment**

**A. Medical**

Asthiyoga and majjayoga quath  
 Decoction of Kiratatikta, Guduchi, Chandaz.a, Ginger, Amalaka, and Musta should be taken orally.  
 Shilajitavati  
 1-2 tablets should be twice a day.  
 Triphala guggulu  
 1-2 tablets should be given twice a day.

**B. Surgical excision**

Treatment of tumor of gums and bones is based on general principles as described in the management of arbuda i.e. tumour,

**C. Diet**

Patient should take yava, mung, old rice, sriak = gourd, drumstick and betagra. He should avoid sugarcane, milk, meat of anir-als from west region and curds.

## DANTASHABDA AND DANTAKADKADI

### Chattering of teeth : Bruxism

Chattering of teeth is known as dantashabda, while chattering of teeth with noise is known as dantakadkarli. Chattering of teeth is seen in psychological conditions and indicates irritability of mind. These manifestations are encountered in with varaja constitution,

Milk medicated with legs of crabs should be mixed with ghee and boiled till water evaporates. It should be massaged over teeth daily in this condition and paste of crab legs should be applied over gums and teeth at night before sleep.

Veni prepared by tying together severed hairs of the tail of a black horse should be in the neck to get rid off dantakadkadi.

### दन्तशब्द-दन्तकडकडी

ककंडाद्रिप्रसीरपत्रं घृताभ्यङ्गणे नश्यति ।

वन्तरात्रः ककंडाद्रिप्रलेपाद्वा वल्लयोजितात् ॥

घण्टा ककंडकस्यापि साक्षरेण त्रिपात्रयेत् ।

घनताञ्च घने तस्मिन् रात्रौ चरणापनत् ॥

वन्तानां ककंडी हन्ति सत्यं सत्यश्च पार्वति ॥

कृष्णवर्णसिक्कस्य मन्तकेनो ज्ञेयिका ।

तां वदन्त्या च गले वन्तकडकडी हन्ति मानवः ॥

सं. र. ६१-४५.

सं. र. ६१-४७.

सं. र. ६१-४८.

### Sadhya Sadhyatvam : Prognosis

Amongst Dantamoolaroga, Tridoshaja Dantanadi and Mahnsoushira and amongst Dantarogas, Shyavadanta, Dalana and Bhanjanaka are incurable. In Mahasoushira, the patient dies within seven days, if not treated on emergency basis.

No treatment is available for Karala i.e. irregular teeth and Shyavadanta i.e. blackish discoloration of teeth.

### दन्तरोगे साध्यासाध्यत्वम्

वन्तकडकडी वन्तानां तु त्रिलिङ्गानि नोपिरी ।

वन्तेषु च न सिध्यन्ति श्यावदन्तान् मन्त्रजाः ।

सं. र. २३. ५९।

## CHIKITSASUTRANI

### Principles of treatment

#### General treatment

Dantarnansa, i.e. gums is an associated tissue of muscles, hence in diseases of gums, diet, activity, tonics and medicines, which act on muscular tissue should be tried. Mansayoga consisting of Patola, Nimba, Triphala, Mrudviki, Musta and Kutaja should be orally in the form of decoction or medicated ghee to improve the metabolism of the diseased gums. The same decoction may be used for gargling. Kapha is the natural dosha associated with muscles and gums. Hence it is important to maintain kapha in natural and balanced state.

Tooth is an associated tissue of bone. Pulp of the tooth responds to the bone narrow i.e. rajja. Hence asthi yoga consisting of Kirat tikta, Guduchi, Charidana and Ginger and majjayoga consisting of Guduchi, Arnalaka and Musta should be given to improve the metabolism of the diseased teeth. Apart from this, dantarasyana i.e. dental tonics which include Bakula fruit, Kakoli, Haritaki, Black sesame seeds, Nyagrodha, Arjuna, Ashoka, Anrakashta, Moukrika, Shankhabhasma- and Bhallataka should be administered in dental disorders.

Bones are natural abode of vata, Naturally in every disease of bones and teeth, vatadosha is affected. Hence it is important to keep vata in a balanced state, while treating dental disorders.

Oral cavity is all the time moist and sticky because of the presence of saliva. Kapha dosha naturally dominates in the oral cavity. Hence in all diseases of the gums as well as mouth, it is important to use medicines having kaphasharnuk action.

The general treatment should be prescribed after detailed examination of the patient and should consist of diet, activity and tonics depending on the constitution and season. If a patient is suffering from any systemic disorder, it should be treated first or simultaneously by the physician.

Panchakarma therapy i.e. purification of body by emetics, purgatives, enemas, clearing nasal medication and blood letting should be undertaken, if the patient suffers from general symptoms, accumulation of doshas in the

oody and is strong enough to undergo these cleansing procedures. Patients suffering from upakusha i.e. recurrent acute suppurative gingivitis, paridara e. atrophic gingivitis and dantanadivrana i. e. alveolar with sinus should be panchakarma. In patients from mahasoushira, treatment of sannipataka jwara i. e. septicemia should be carried out. In dental abscess, general principles of treatment of vidradhi i. e. should be advised.

#### Treatment of dental disorders

Preventive		Curative	
<b>General</b>	<b>Local</b>	<b>General</b>	
1. Diet	1. Brushing the teeth	1. Medicines	1. Gingivectomy
2. Activity	2. Gargling	2. Panchakarma i.e.	2. Incision of abscess
3. Tonics	3. Cleaning the mouth	a. emetics,	3. Caution
	4. Cleaning the tongue	b. purgatives	a. heat
	5. Gum massage with tooth paste and tooth powder	c. enema	b. chemical
	6. Chewing 2 tsp of Til daily in the morning	d. nasal medication	4. Blood
		e. blood letting	5. Fomentation
		3. Pathyparhya	6. Application of medicines to gums
		a. Do's & Dent's in diet & activity	7. Nose drops
		4. Rasayana i.e. general tonics	8. Gargling
			9. Danrya-rasayana i.e. tonics for and gums
			10. Tooth extraction as last measure

to the chapter Dantasthava  
for

#### Daatamaasachchedana : Gingivectomy

indicated in the following conditions.

1. San.vruta danta, where the teeth are enclosed by hypertrophic gums.
2. Soushira and Mahnsoushira, where the gums are necrotic.
3. Danravidarbha, where the gums are irreparably damaged due to injury.

Gingivectomy carried out by Mandalagra shastra, a de-s,gned instrument.

2. Vidracihi - bhedana: Incision of Periodontal or dental abscess :  
In Dantapupputaka and Dantavidradhi, the abscess should be incised only when it is ripe.
3. Chhedan and Lekhana: Incision and scraping of the gums :  
In Dantanadivrana, the sinus tract is incised, scraped and branded. If the sinus extends to the mandible, scooping of the mandible is advocated in addition.

#### 4. Agnikarma and Ksharakarma: Cauterisation

Cauterisation is carried out by two means

1. by applying hot iron rods. and
2. by chemical means by the use of Ksharas like Yavakshara and Sarjikshara..

Cauterisation indicated in

- a. Dantanadivrana sinus or sinus tract is cauterised after incision, intractable sinus tract filled with wax or jaggery and the area branded with hot probe.
  - b. In Dantapupputaka and Danravidradhi, after incising the abscess, the cavity is cauterised.
  - c. Dantavaidarbha i. e. gum injury following gingivectomy.
5. Blood letting from gums

Accumulation of doshas, waste products and vitiated blood in the gums is responsible for chronicity of the gum disease. Hence blood letting by incision by mandalagra shastra or by application of leeches should be advocated. After incision, the is sucked through the hollow cow's horn or blood letting is promoted by gum massage with rough leaves of Gojivha or Alabu or Kakodurnbara,

Blood letting is indicated in :

1. Dantavaidarbha i. e. to gums.
2. Dantaveshta i. e. Chronic suppurative gingivitis.
3. Upakusha i. Recurrent acute suppurative gingivitis.
4. Dantapupputaka i, e. Periodontal abscess.
5. Soushira and Mahasoushira i. e. Necrotising gingivitis.
6. Paridara i. e. atrophic gingivitis,

Swedana i. e. Fomentation :

Fomentation of the gums should be advised in upakusha i. e. recurrent suppurative gingivitis and dantapupputaka i. e. periodontal abscess.

Pratisarana :

Application of powders and pastes of various medicines various properties like astringent, cooling, anti-inflammatory, analgesic, cleansing etc. to the gums depending on the disease and the condition of gums should be undertaken. Please refer to the chapter on symptoms and drugs. The following recipes are used as general recipes for various diseases of gums.

Jovhadi pratisarana

Mixture of powder of Trjovha, Abhaya, Eja, Manjishtav. Kuraki, Patha, Jyotishmati, Lochhra, Durvi and Kushtha should be used for rubbing over teeth. It is useful in bleeding, itching and pain in the gums.

Govatyadi pratisarana

Powder of mixture of Tejovrti, Trikatu, Haridra, Daruharidra, Kushrha, Patha, Kutaki, Lodhra, Musta [in] Sarnanua (Manjishta) should be rubbed over gums. It is useful in all the diseases of gums and relieves pain, itching, oedema and bleeding.

After the specific measures are over and the inflammation of the gums settles down, the gum should be treated with oil or ghee medicated with vata shramik medicines.

Nasya i. e. Nose drops:

Tit oil medicated with various medicines is used as nose drops in different diseases of gums and teeth. These drops act as reflex soothing agents for the nerves irritated by the diseased gums and teeth. After blood letting and administration of emetics, purgatives and gargles, vatadosha is increased and should be subdued by the use of nose drops consisting of medicated oil or ghee. If kapha is the dominant dosha, til oil medicated with Triphala should be used as nose drops. If bleeding from gums is the dominant symptom, cow's ghee medicated with Triphala should be used as nose drops.

Gargling i. e. Gandushadharana :

Gargling with hot water, varrou, decoctions and medicated oil and ghee is useful in various conditions of gums and teeth. Apart from the action on the

entire oral cavity, the various recipes exert cleansing, haemostatic, tonic, astringent, healing or anti-inflammatory action on the gums and teeth.

10. Dantya-rasayana

Chewing of 2-4 gms of Black sesame seeds daily in the morning or sugarcane acts as a tonic for the teeth. The dental and gingival tonics are as follows :

Drugs used as tooth tonics

Bakul fruits, Til, Haritaki, Kakoli, Nyagrodha tips, Arjuna., Yashtimecihu, Kadarnba, Mouktikabhasma, Ushtrasthibhasma, Mrugsabhasma, Shankhabhasma, Suvarnabhasma, Shilajita etc act as tonics for teeth.

Gum tonics :

Kakoli, Kharik, Jardalu, Maharneda, Ksheerakakoli, Meda, meat, egg etc. act as tonics for the gums.

11. Tooth extraction. if all measures fails.

## दन्तरोग सामान्यचिकित्सा

दन्तस्य समस्तपृथक् वस्तुस्थित्येषु गवेषु च ।

दन्तचिकित्सां प्रयोजयति वस्तुस्थित्यनुसंधानकः ॥

दन्तरोगेषु सर्वेषु स्तो वातहरो विधिः ।

दन्तं तप्तं कृत्वा च दन्तं क्लृपयाम्ये ॥

यो. र. २ दन्तचिकित्सा-१.



## DANTAROGANAM OUSHADHANI

### Drugs and Recipes

Drugs useful for relieving various symptoms in dental disorders are enlisted below:

**Burning :**

Lodhra, Patanga, Guduchi, Lotus, Vata (Nyagrodha), Haridra, Mouktika, Gairika, Chandana, Ananta, Jari, Shrugataka and Kaseruka.

**Oedema of gums :**

Gokshuraka, Bruhati, Punamava, Arka, Lodhra, Yashtimadhu, Vacha, Jeeraka, Haritaki, Trivrut, Nyagrodha, Nimba, Karanja, Arimeda, Kareera, Bilva, Haridra, Ananta, Lohakitta and Snuhi.

**Inflammation of gums:**

Sariva, jeeraka, Guduchi, Trivrut, Lotus, Arirveda, Atibala, Haridra, Parpataka, Ja6, Madanaphala, Daruharidra.

**Ulcers of the gums :**

Katphala, Kushtha, Arka, Patanga, Manjishta, Yashtirnadhu, Laksha, Shala, Khadira, Til, Haritaki, Guduchi, Nyagrodha; Nimba, Karanja, Arjuna, Madhuka, Cinnamon, Karccra, Bilva, Kadarnba, Haridra, Devadaru, Sarala, Ananta, Jati .Madanaphala, Jyotishmati and Daruharidra,

**Halitosis**

Cloves, Cinnamon, Camphor, Bilva, Jeeraka, Devadaru, Sarala, Gajapippa.i, Chandana, Agar and Yavani,

**Cleansing action on tooth :**

Cumrnin-seeds, (Dantashodhini] Haritaki, Triphala, Castor, Rasanjana, Trivrut, Tejovati & Krushnajeeraka,

**Hypertrophy of gums:**

Triphala, Khadira, Guggulu, Kanchanara, Tuttha, Kasis, Shilajatu, Pushpakasis and Asafoetida.

8. Atrophy of gums :

Jeevaniya group of oil, meat etc.

Kshcerakaknli, Kakoli etc. and ghee,

9. Pus formation in the gums :

Shigru, Ooshakadigana, Varuna, Karanja, Agriirnantha, Agamarga, Shatavari, Bilva, Karkatashruni and Bruhatidwavi,

1. Drugs used tooth tonics :

Bakul fruits, Til, Haritaki, Kakoli, Xvagrotha rips, Arjuna, Yashtimadhu, Kadarnba, Mouktikabhasma, Ushtrastibhasma, Mrugashrunabhasrna, Shankabhasma, Suvarnabhasrna and Shilojira.

2. Gum tonics:

Kakoli, Kharik, Jardalu, Meda, Mahameda, Ksheerakacc-ii, meat, egg etc.

### General recipes useful in dental disorders

**Peetaka churna I**

A mixture of 1 part each of leaves of Patola, Yasluimadau, Priyangu, Ativisha, Ghana (Musta), Saffron, Trnvamana, Bhoonimba, Tiktarihici (Kutaki), Bibheetaka, Pomegranate peel, Haritala and Manassheela and one-third part each of Shilajita and Rasanjana should be mixed with honey and used for brushing teeth in diseases of the gums, mouth, lips, tongue and palate. Apart from its use as tooth paste, if administered with appropriate vehicle, it is useful in prolonged fever, malabsorption, pratishtya, diarrhoea, breathlessness, cough etc. (if the preparation is prepared for oral administration then bhasmas of Haritala and Manassheela should be used in place of pure Haritala and Manassheela.)

**Gruhadhoornadi churna :**

Churna of a mixture of Gruhadhooma, Rasanjana, Patha, Vyosha, Yavakshara, Chitrak(Agni), Ayasa( Loha), Vara (Triphala) and Tejovani should be mixed with honey and kept in the mouth. It is useful in mukharoga, galatoga and dental diseases.

Daruharidradi churna :

Yellow colored fine churna of bark or outer covering of Daruharidra, Saindhava, Manjisheela, Yavakshara and Haritala should be mixed with honey and ghee and kept in the mouth till dantaroga, mukharoga and galaroga.

Mukharogaharivati :

40gms of Shalajatu should be triturated with Kajjali prepared from 10gms each of Parada and Gandhaka and medicated 7-7 times individually with each of cow's urine, juice or decoction of Arka, Jati (Chameli), Nirnba, and Jalapipalli (Maharashtri). Tablets of 10gms are prepared. It should be administered with 0.5 gms Pippali churna and 6 gms of honey in severe mukhapakaroga. It should be used as lozenge in oral, dental, glossal and palatal diseases. It should be ground with Jalapippali (Maharashtri) and rubbed firmly over ulcers in the mouth and tongue. It is useful in all mukharoga, when kept in the mouth and then administered orally.

Dwijaropani gutika :

Molten Naga i. e. lead should be poured in each of decoction of Triphala, juice of Bhrungriraja, cow's ghee, goat's milk and urine, decoction of Shunthi and honey in succession. Again the same Naga is taken, melted and poured in the same solution. This process is repeated seven times with each of the above mentioned ingredients. To this equal amount of pure Parada is added and tablets are prepared. It is useful in all dental diseases. It also makes the teeth strong.

[atipz

It should be kept in the mouth with ghee in all diseases of the mouth, dental caries, tooth-ache, halitosis etc. (Useful in Krurnidanta).

Dantavikasana rasa :

A mixture of equal parts of Vangabhasma, Tarnrabhasma and Abhrakachurna should be triturated with decoction of Guduchi in Sun for 7 days, balls made out of it and heated. When it cools down by itself, the contents are removed and administered in the form of lozenge with sugar and Triphala churna for the proper eruption and development of teeth. While on this medicine, the child should avoid intake of salts. It is useful in all diseases of teeth, lips, tongue and palate.

Chaturmukha-rasa :

10gms of Parada bhasma and Suvarnabhasma and 20gms of Manjisheela should be triturated with Atasi oil and balls are prepared, which is covered by dothes and a layer of paste of Atasi fruit and heated in Dolayantra for three days. This is then taken out and lozenges are prepared by taking 60gms of this and honey. It is useful in diseases of tongue, teeth and mouth.

Khadiradigutika HI

8kg of Khadirasara and 4kg of Arirnedra should be boiled in water till one fourth of it left behind as decoction. It is filtered and heated again. When it attains a thick consistency, fine powder of 10gms each of *offseva* (white valaka), Arnba, (Black valaka) Patanga, Gairika, yellow and Red sandalwood, Lodhra, Pundra (white sugarcane), Yashtimadhu, Laksha, two Anjanas (surma and Ispahani surma), Dhatakipushpa, Katphala, Haridra, Triphala Gharurjat (Cinnamon, Cardamom, Tarnlapatra and Nagakeshar), Jogaka [Agaru], Musta, Manjistha, Nyagrodha praroha, Tarnnansi, Yavasa, Padrnaka, Aileya (Elavaluka) and Sarnanga should be added to it. After it cools down a mixture of 40gms each of Jatipatri, Jatiphala Cloves, and Kankola and 160gms of good white and fragrant camphor should be added to it and tablets prepared. It should be kept in the mouth like lozenges in all mukharogas.

Oil medicated with the same mixture mentioned above and 8kg of Arirnedra and 4kg of Khadirasar should be administered; in all mukharogas. It gives strength to the teeth,

Daily use of Khadiradigutika and Arirnedaditaila makes the teeth stronger and the person healthy.

Abhra-rasayana :

Abhraka is medicated once with juice of Punarnava, five times with decoction of Triphala and 10gms with Nirnba quath and then subjected to putapaka heating. Before each putapaka, Sulphur and Parada each in amount equivalent to one quarter of Abhraka bhasma should be added. It is then triturated with Rasendranatruka for 3 days. It should be administered in appropriate dose with 1 gm of ghee and honey or with Triphala churna or cow's milk. It is useful in vataja, pirtaja and kaphaja disease, piles, dantarog-anaemia, fistula, heart disease, splenomegaly, udara [abdominal distension), emaciation, cough, tuberculosis, bleeding,

der, eighteen types of skin diseases, kukshiroga, urinary calculi, urinary ascs, prameha, malabsorption and oedema. Constant use of this medicine is useful in postponing wrinkling of skin and greying of hair.

in todbhava: adantakarasa

Fine powder of a mixture of equal parts of Pippali, Pippalirnoola, Chavya, itrak, Girz-r, Ajnmoda, Yavani, Haridra, Yashtirnadhu, Devadaru, Daru- idra, Vidanga, Cardamom, Saffron, Musta (Neerada), Shati, Karkatash- gi, Bidalavara, Abhrakabhasma (Vyonna), Shankhabhasma, Lohabhasma and Suvarnamakshikabhasma should be triturated with water and tablets of mg. shot; be prepared. It should be administered orally and used as tooth powder in appropriate disease condition. It is useful in fever, convulsions, diarrhoea etc and the eruption of teeth take place soon.

## दन्तरोगाणां औषधानि

दन्तकृष्णम् (दन्त)

पटोलवाङ्मूलं प्रियङ्गुखतिवियमयनम् ।  
सनागपुण्ड्रं कृष्णं मूनिम्बं तिक्तरौहिणी ॥  
बिभित्कं त्रिफलाहृत्मानं मन्मथिला ।  
सर्पगन्धिका विभागांशं सगन्धैयं समाञ्जनम् ।  
पीतकं कृष्णकण्ठं मधुवाक्यं प्रतिमानम् ॥  
दन्तमूलं पटोलजिह्वातानुविकारतुम् ॥

र. यो. सा. २. पृ. १८१.

दन्तकृष्णम् रसः

मृतं सूतं च स्वर्णं द्वाभ्यामुत्थं मन्मथिलाम् ।  
बिभित्कं च मन्मथं प्रतपीमम्भयेन च ॥  
तद्गणैश्च कृष्णं बद्ध्वा लेपयेच्च समस्ततः ॥  
अतसोऽस्मिन्नेन दन्तमूलं च्यवत् पचेत् ॥  
उद्गत्य उपरोक्तेषु त्रिभुजात्तन्मन्त्ररोगतुम् ॥  
कृष्णकण्ठं प्रियङ्गुखतिवियमयनम् ।  
सर्पगन्धिका विभागांशं सगन्धैयं समाञ्जनम् ॥  
पीतकं कृष्णकण्ठं मधुवाक्यं प्रतिमानम् ।

सं. र. ६१-१२७, १२८.

गृह्यमावि चूर्ण-

गृह्यं मताक्षयं पाठास्थोषशारान्ययोऽवगतेऽर्चुः ।  
मुखवतंगलविकारे सक्षौत्रः कालको त्रिघ्रायं चूर्णः ॥

शुद्धिचूर्णं

शर्वोत्वर्कसिधुं मन्मथनः शिलायात्रगुहृरितासः ।  
घ्रायं पीतकचूर्णं वृतास्यगलामये समष्टाञ्ज्यः ॥

सं. उ. २२-१९, १०.

सहकारवटी

सहकारस्य निम्बस्य तुदिरस्याशक्तस्य च ।  
तुलां पृथग् विनिववाप्य श्लेष्मानेन चाम्बुना ॥  
एकीकृत्य कषायोरच चित्रशिष्टान् पुनः पचेत् ॥  
तत्र क्षिपेन्मलयजं चासुकं रक्तचन्दनम् ।  
गौरिकं देवपुष्पञ्च घातकीं रत्नोदयम् ।  
सोमं जातीफलं श्यामां चातुर्जातं फलत्रयम् ।  
वटप्ररोहमञ्जिष्ठांसीरम्बुधरं विडम् ।  
कटुत्रयमयश्चक्रं प्रसृत्यश्च प्रमाणातः ॥  
ततः कलापसदृशीविक्रियाद् गुडिका भिवक् ।  
रोगान् कफोष्ठरसनावन्तानामुमभ्ववान् ॥  
सहकारवटी हन्याशाखेव वदने घृता ।  
जनयेन्मुखसौरभ्यं सुहृत्तं स्मिरवन्तताम् ॥

सं. र. ६१-१०९ ते ११

मुत्ररोगहरी वटी-

रसगन्धौ समौ ताभ्यां त्रिगुणञ्च शिलाजतु  
गोमूत्रेण विमर्द्या सप्तघ्रायं च ॥  
जातीनिम्बमहाराष्ट्रोरसं सिध्यति शरुहा ।  
कणामधुमुता हन्ति मुखपाकं बुधरुणम् ।  
अप्यगज्जा मृता वक्त्रे सद्यो हन्ति वटी गदान् ॥  
महाराष्ट्रघ्रायं कल्केन मुखञ्च प्रतिषारयेत् ।  
घारणात्सेवनाच्चापि वटी हन्ति मुखामयान् ॥

सं. र. ६१-११८ ते १०

अधरसायनम्

पुनर्मथा रसंभां समभ्रकं चकषा पुनः ।

विमर्द्या सप्तघ्रायं च ॥

## DANTODDHARANAM

Extraction of the tooth

Indications :

- |                                       |  |
|---------------------------------------|--|
| 1. Dantanadivrana                     | Alveolar abscess with sinus                                      |
| 2. Adhiraansa                         | Pericoronitis of wisdom tooth.                                   |
| 3. Adhidanta i.e, Khalli-<br>vardhana | Supernumerary teeth, if tooth is painful.                        |
| 4. Tcevra Dantashoola                 | Severe toothache not controlled by medical<br>line of treatment. |

Preparation for tooth extraction :

The body should be purified by administration of panchakar-rxa i.e. emetics, purgatives and cleansing nasal medication. Mouth should be cleaned by gargling with decoction of Kshirivruksha,

Process of tooth extraction :

The patient should be made to sit facing the light. His head should be firmly fixed between the knees by the physician. Affected tooth should be held firmly by Saridamsha yantra or Sharapunkha rrukha yantra. Tooth should be extracted by a jerky movement. The upper teeth should be extracted by jerky downward movement followed by outward movement in a direction indicated by a line joining centre of hard palate to the centre of the tooth to be extracted. The outward movement should be followed by slightly upward movement. The downward, outward and slightly upward movements should follow each other briskly in continuity. In the lower jaw, the tooth should be extracted by a jerky upward movement followed by an outward movement in the direction of joining centre of hard palate to the centre of the tooth to be extracted. This should be followed by slightly downward movement. These movements should follow each other in a brisk manner. The resultant pain is minimum, if one follows the direction in which the tooth should be extracted in a meticulous manner. In every case, one should be careful to see that the tooth is completely extracted along with its root. If the roots are not extracted, one should excise surrounding bone and extract the tooth completely by instrument known as Dantashankha.

दुष्कृतं दुष्कृतं युक्तमित्तम् ।  
व्याधं नृत् गोपालावरोचिन्म ॥  
वस्वा कर्कः कर्कमिनोः वडेन ।  
नाभ्यां वेदिकावकपचर्कः ।  
प्रसव्यं कर्कमिन्नाग्यप्रोच्यम् ॥  
पूरुकरुकोलखडिरं मया ।  
पुल्पपुष्पला नाभ केमरेः ।  
मिदं तेषु मूलकञ्च उच्यते ॥  
स्त्रिंशो गोचरत्वं च यैश्चिदम् ।  
यं • विप्रश्चि हृमिदन्तकम् ।  
रिन्धं त्रिहृतात्वेष्टिभो कृतम् ॥

। प्रमथे समन्ता पाठा विष्णा तेजनी ।  
यथे ताद्विजानां रस्तव्यं हन्ति कण्डुं कञ्च ॥

त्रि. र. २ वृ. ७५४.

## ADARSHA DANTAVAIIDYA

### Ideal Dentist

Any professional person including a dentist must remain a student of science or dentistry life long. The three standard methods of study are (1) Learning from a teacher. (2) Teaching. (3) Discussing with those well versed in the subject in clinical meetings and medical conferences.

Every dentist should consider himself as a lucky man. As in the pursuit of his noble profession, he can restore health and make human life more enjoyable. In a difficult case, he should consult his senior colleagues.

Apart from his own speciality, he should be well versed in various allied sciences. His knowledge should be up to date, and he should strive continuously to achieve further proficiency in his subject. He should be kind and considerate to his patients and should win his way into patient's heart. He should have a desire to discover something new. He should always attempt to penetrate deeply into the mysteries of human life and try to solve its intricacies.

While practising dentistry and helping his patients, he should gradually develop a philosophical attitude, as ultimate aim of any branch of medicine is to make human life healthier and happier. He should now be dedicated to his task. He is well wisher of and works for the uplift of society without any expectations.

The patient's health and happiness is his goal. His own life personally should impress his patient in such a way that apart from considering him as an ideal dentist, people should worship him as an ideal man.

### आदर्शो दन्तवैद्यः

भूते पर्यवसातस्व चतुरसो दृष्टकर्मता । शक्यं शौचमिति श्रेयं वैद्ये धृत्ववस्तुषुचम् । च. सू. अ. ०  
कारणमित्युक्तमत्रे, तस्य परित्याग-निवृत्तात् यो मिषम्यति, यः पुराणं प्रथमं कुर्यात्, तस्य वापुः सर्वम  
विकृतं यथावत् । स च सर्वं धातुसाम्यं विकीर्णं प्रारभमानमेवास्ति, परिकीर्णं तस्य वापुः ० धर्मिनिर्वालि परम  
कृत्स्नवहृत्स्य कार्यं स्थापितवर्तते समर्थो न वेति; तत्रमे मिषम्यता यं रूपपत्रे मिषम्यतात्स्यमिषम्यते सत्य  
प्रवर्ति; तद्यथा - पर्यवसातभूतता, परिरुष्टकर्मता, शक्यं, शौचं, जितहृत्स्य उपकरणता, सर्वत्रियोपपन्न  
प्रकृतिमता, प्रतिपत्तिमता, चेति ॥ च. वि. ८-४३.

तस्वाधिगतभास्त्रायो दृष्टकर्म स्वयं कृत्वा । लयहस्तः शक्तिः शूरः सज्जोष्यन्तः श्रेयः ॥  
प्रत्युपश्रमतिर्धोमान् व्यवसायो विचारवः । सत्यधर्मधरो यथा स मिषम्यत् स च उच्यते । सु. सू. ३४-१८, १९

dental extraction, the area should be cauterised by ksharas (terry) or by branding. Later the patient should be asked to gargle with a solution of Jali, Madanaphala, Gokshuraka and Khadira. Gargling with a mixture of til oil, honey and is also helpful.

### Complications of tooth extraction :

Severe bleeding, squint, facial palsy, injury to bones, eyes and ears and complete removal of teeth are the complications. Complications are more likely to occur when extracting teeth from upper jaw. One should as far as possible avoid extraction of teeth in weak and debilitated persons and persons suffering from vatavyadhi i.e. C.N.S. disorders and other disorders.

In the western literature tooth extraction has been mentioned in Babylonian literature as early as 700 B.C.

### दन्तोद्धारणम्

धिनस्यपेक्षिते इन्ते हनुं सास्त्रियगति श्रेयम् ।  
उद्यते वृत्तरे इन्ते गोणितं प्रत्यवेदयि ॥  
रक्तातिसेकाल्युचिता घोरा रोगा भवन्ति हि ।  
काणः संजायते जन्तुरवितं तस्य जघने ॥  
असमप्युत्तरं इन्तमतो नैवोदरेभिरुत्तम् ।  
समसं वगतं तस्मादुदरेभ्यः नमस्य च ॥

नि. र. २. प. ७५२.

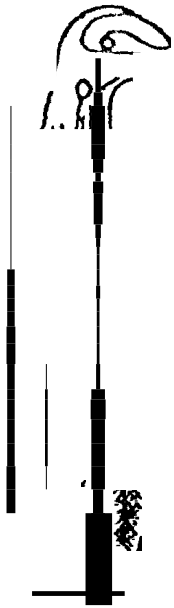
क्रियायोगं बहुविधं रित्यसतिरुद्धं मृतम् ।  
द्वयमप्युदरेभ्यः पूर्वं मूलादिमोक्षितम् ॥  
सर्वशक्येन लघुना इतनिर्घातनेन वा ।  
तेन सपष्टपाद् वरत्रोगं हृत्तो मधुना कतः ॥  
ततो विवारौ उदरेभ्यः सुदृष्टिः स च निर्वृत्तः ॥  
तेन वसुधेश्वरो रसिद्धं युजोत वाचनम् ॥  
कृशदुर्बलवृद्धानां वातातानां च उदरेभ्यः ।  
नोदरेभ्योत्तरं इतं बहुपत्रव कृत्स्न च ॥  
एवामप्युदरे स्निग्धः स्वादुः शीतः क्रमो हितः ॥

वा.उ. २२-२३, २४, २५, २६.

# Instruments used by Nimi



Nandalegra



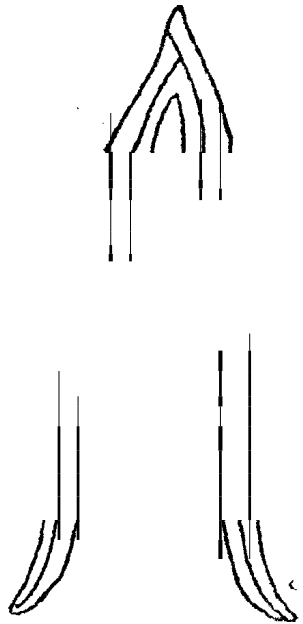
Kankamukha



Sharapokhamukha



Sburimukha



Sandambayam