

**A review of Danta (Asthi Updhatu) from Ayurvedic Samhita****Dr.Mayuri U.Thakur \***

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**Abstract**

Normal teeth are responsible for proper digestion as well as increasing beauty of individual. In Ayurveda, Kashyap Samhita very well explained about Danta shareer. Due to Change in food habit, environment, life style there is increase in number of patient towards dentist now a days. Therefore now there is need to create an awareness about dental problem amongst people. According to Ayurveda the Danta is a Updhatu of Asthi<sup>[1]</sup>. Danta play an important role in Pachan of Anna. In Children there is number of Dantaudbhavjanya Vyadhis are explained by Acharya. In classics (Samhita), information about Danta in different chapters are mentioned with its relation to Dosha, Dhatu, Mala, Prakruti, Arishta Vidgyan, Ahar, Vidhar, Dincharya, Vyadhi, Aushadhi, Chikitsa etc. Kaval, & Gandush these are basic Kriya kalpa for maintaining health of Danta according Ayurveda.

**Scope of article :** The Scope of this Article deals with understanding all aspect of Danta (Asthi Updhatu) mentioned in Ayurvedic Samhita.

**Keywords :** Danta (Asthi Updhatu), Kashyap Samhita, Dantaudbhavjanya Vyadhi, Kaval, Gandush

**Introduction :**

Ayurveda is science of life. From last few years people are attracted towards Concepts of Ayurveda, Ayurvedic treatment, Panchkarma. Rather than treatment, prevention is unique feature of Ayurveda. Tridosha, Saptadhatu, Trimala, Panchmahabhoota are Basic element Of Ayurveda. Among Saptadhatu Asthidhatu plays major role in Supporting and strengthening the body. As mentioned in Charaka Chikitsasthana Asthidhatu is formed from Medadhatu<sup>[2]</sup>. Akasha Mahabhoot plays an important role in formation of asthidhatu. In, formation process of Asthi dhatu Danta is regenerated as asthi Updhatu while Nakha and Kesha as Asthi mala.

**Danta Shareera<sup>[3]</sup>:**

Danta shareer is very well explained in Kashyap Samhita Sutrasthana in Dantajanmik Adhyaya (chapter no. 20). There are 32 numbers of teeth normally where as 8 are known as Sakrujjat (only one time appeared) and 24 are known as Dwija (two time appeared). Among upper teeth centrally

placed 2 teeth are known as Rajdanta these are holy in belief. the teeth lateral to Rajdanta on both side known as Vastho. Lateral to Vastho on both side are Danshtre. Remaining teeth are known as Hanvyta. Same arrangement is carried out in lower gum except Rajdanta name.

**Uttapti of Danta<sup>[4]</sup>:**

There are 4 types for - Dantauttapti mentioned in Kashyap samhita .

- 1) Samugda - decayed teeth
- 2) Sanvrutta – Dirty teeth
- 3) Vivrutta - continuous Salivation
- 4) Dantasampata – healthy teeth

**Dantasampat lakshana<sup>[5]</sup>:**

Equally placed, complete, hard, whitish in color, clean, healthy are lakshana of Dantasampat. Eruption of teeth in 8<sup>th</sup> month is ideal. Eruption of teeth in girl child is easier, earlier & less complicated in nature inspite of that in male child it is harder, later & more complicated in nature. Teeth of girl child are soft and porous than male child which is stronger and compact in them.

Eruption of tooth in child is depend upon so many factor like nature , heredity etc.

**Relation Between Danta and Dosha , dhatu -**

Health of Danta depend on equilibrium state of Tridosha. Disturbance in function of kapha dosha result excessive salivation , vitiated pitta dosha affect the danta (sensitive teeth) , Vata dosha and asthi dhatu has reciprocal relation , vitiated Vatadosha causes pain in danta (Dantashool).

Danta is related with Asthidhatu as it is Updhatu of Asthidhatu. In Asthivrudhi lakshana there is Adhidanta ( extra tooth) lakshana [6]. In asthikshaya, dwij patan ( early loss of teeth ) [7].

Individual having Asthisara Prakruti is characterized by bigger teeth , nail & bones. [8]

In ayurvedic asthi prakara Ruchakaasthi ( teeth) is one of the type of asthi [9]. They are whitish in color like crystal.

**Dantadhavan Vidhi** : [10] this is procedure which is carried out 2 times in daily routine according to ayurveda . In this procedure kashay (astringent),Katu (spicy),Tikta (bitter) rasatamak tree’s branches are taken & making brush like structure from them using for brushing. This procedure help in maintaining oral & dental health.

**Danta and Vyadhi :**

Dantoudbhavjanya Vyadhi : [11] fever, Vomiting, diarrhoea, Cough,Convulsion,Eczema etc. these sign and symptoms are produced during eruption of teeth in children Dantaharsha, Dantabheda, Dantachala, Dantasharkara, Krumidanta, Sheetad, Dantapupput, Dantavidradhi , Sushir, Mahasushir, Adhimansa, are example of disease described in ayurveda. [12]

**Modern literature related teeth** [13] :

Teeth are important part of digestive system & plays important role in speech.Enamel, Dentin, Pulp, Cementum these are parts of teeth.Normally in adult 32 number of teeth are present. Primary dentition is composed of 20 teeth while permanent dentition is composed of 32 teeth. Permanent eruption of teeth start at age of 6 years and complete approximately at age of 13 years.

Nomenclature of teeth

- 1) Incisors – (08) middlemost four teeth on upper & lower jaw.
- 2) Canines (04) pointed teeth just outside the incisors.

- 3) Premolar (08) between the canines and molars.
- 4) Molar(08) flat teeth for grinding
- 5) Wisdom teeth or third molars (04) erupt at age of 18 almost

Cavities,Decay of tooth,Periodonitis, Gingivitis, Plaque etc . these are some example of disease of teeth.The human dentition is composed of two sets of teeth – primary and permanent.

**Discussion :**

Danta is Updhatu of Asthidhatu.main role of danta is in digestion and speech. Base of Danta develop in 6 week of age of intrauterine life and those are developed from Pitruja bhava and mainly Pruthavi mahabhoota. In ayurvedic Samhita, feature of healthy Danta is mentioned known as Dantasampat.It should be White,hard,clean,equally placed.These qualities of danta are determine person health. Total number of danta is 32 in number.Procedure mentioned in Daantadhavan Vidhi in Dincharaya is helpful in maintaining health of teeth.Danta has different feature according to different Prakriti. There is also close relation in between Asthisara individual and danta.kaval, Gandush these procedure are used to maintain health of teeth. Some medicated oil , ghee , decoction are used for this purpose. Sometime Nasya ,one of the procedure in Panchkarma is useful for teeth immunity. So many number of disease related to Danta is mentioned in Ayurvedic samhita.

**Conclusion :**

From above discussion it is revealed that the knowledge of Danta is very important for health.As danta is updhatu of asthidhatu so health of danta is totally depend upon Asthi.Ahar, Vihar ,Habbit, environment plays an important role in maintaining teeth health. Lavan,amla rasa should be avoided in excessive quantity as affect teeth. Dantadhavan vidhi should be followed.Knowledge of Danta is also useful in diagnosis and prognosis of disease.

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