

KRIMIDANTA W.S.R TO DENTAL CARIES AND ITS MANAGEMENT IN AYURVEDA: A CONCEPTUAL STUDY

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ABSTRACT

Dental caries is the most common complaint encountered in the clinical practice. It is a microbial disease of calcified tissue of tooth, resulting in demineralization of the inorganic portion and destruction of organic structure of the tooth. Dental caries is the most common oral disease that affects significant number of Indian population. If we analyse the clinical features of dental caries, it simulates with *Krimidanta* described in *Ayurveda*, thousands of years back! This is one among the eight diseases of the tooth. *Krimidanta* is characterised by black discolouration, cavity formation, swelling, oozing of pus and blood and severe pain. It occurs due to vitiation of *Vata* followed by *Pitta* and *Kapha* Dosha. *Krimighna*, *Vataghna* and *Ushna Veerya dravyas* are to be used in the management of *krimidanta*. An effort will be made in present paper to explore probable pathophysiology of *krimidanta* and its management in *Ayurveda*.

Keywords: *Krimidanta*, Dental caries, *Ayurveda*

INTRODUCTION

Teeth are very precious organs of the body, governing lot of functions like chewing, speech control, giving shape to the face and the most important of all is to maintain the beauty of the face; once they are destroyed, they cannot regrow.¹ Eight *Danta Rogas* are described by Acharya Sushruta; of them, *Krimidanta* is the one which gradually results in tooth loss, if not treated in time. *Krimidanta* is characterized by black discoloration, cavity

formation, swelling, pus and blood oozing and severe pain.² It occurs due to vitiation of *Vata* followed by *Pitta* and *Kapha Dosha*. On the basis of clinical features, it can be compared with Dental caries. Dental caries is the most common complaint encountered in the clinical practice. It is a microbial disease of calcified tissue of tooth, resulting in demineralization of the inorganic portion and destruction of organic structure of the tooth. We observed number

of patients of dental caries now a days due to faulty life style and poor oral hygiene; thus, this disease poses a challenge to the dentists. All these facts leave a scope to search a better remedy to the problem. In Ayurvedic texts, a good number of medicaments are explained for strengthening the teeth and gums. These remedies are made from various plants and applied to the gums and tooth in the form of powders, oils, etc. In addition to this, blood-letting is also described in classics. In the management of *Krimidanta*, the drugs having *Krimighna* (antimicrobial), *Vataghna*, *vedanahara*, *shothahara* and *Ushna Veerya* are to be used which can relieve the toothache and *Krimi*.

AIMS AND OBJECTIVES

To study "*Krimidanta*" with Ayurvedic perspective.

ETYMOLOGY³

Krimi Danta

Krimi:- "*Krum*" + "*In*"

meaning is as follows: -

Keet

Rogā vishesh

An Insect

Krimi Danta has meaning like

- To fall off
- To deteriorate
- To decrease
- To fall away from a state of health or excellence

Dental caries

Dental means - pertaining to teeth.

Caries means - decay of the bones or the teeth.

Decay means:

To fall off

To deteriorate

To decrease

DEFINITION⁴

A black coloured cavity gets created in a tooth because of absorption of *dantamajja* of tooth by vitiated *vata* predominant *Tridosha*. Food material filling the cavity gets putrefied and generates *krimis* (worms) like *Danatakrimi* which induces inflammation with bouts of severe pain without any reason. It is followed by Blood stained purulent discharge with loosening and shaking of tooth and the condition is called "*Krimidanta*".

According to **Sturdivant**:

Dental caries is an infectious microbiologic disease of the teeth that results in localized dissolution and destruction of calcified tissue.

According to **W.H.O**:

It is defined as localized post eruptive pathological process of external origin involving softening of hard tooth tissue and proceeding to the formation of cavity.

According to **Shafer, Hine, and levy**: -

It is defined it is a microbial disease of the calcified tissues of the teeth, characterized by demineralization of the inorganic portion and destruction of the organic substance of the teeth.

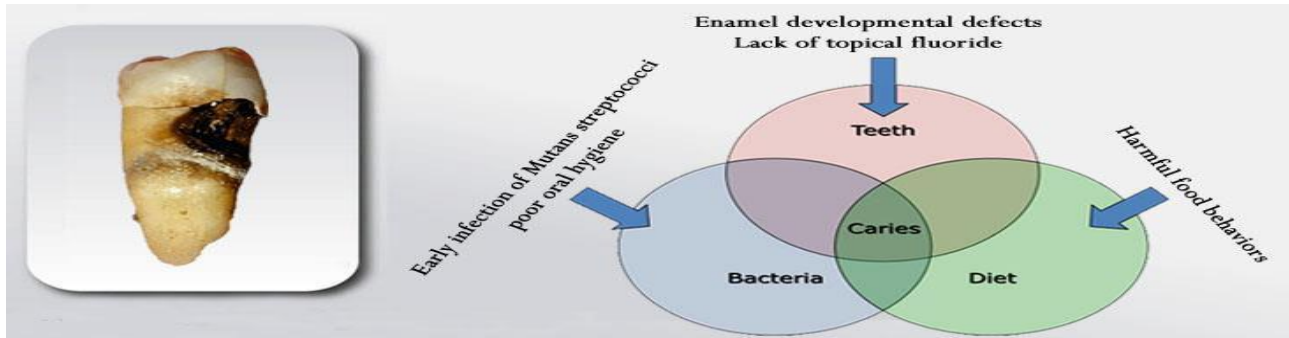
NIDANA⁵

No separate and specific *Nidanas* of *Krimidanta* have been mentioned in *Ayurvedic* texts. So, the general causative factors of *Mukharogas* can be considered as the causes of *Krimi*

idanta. Under Krimi Roga pratisedha. only *Susruta*, who have mentioned Dental Krimi by giving name *dantada* which is responsible for dental disease i.e. *Danta Roga*.

- *Aharaj Nidana*:- *Matsya Sevana* ,*Atimamsa Sevana* ,*Balamulaka* ,*Masa* ,*Dadhi* ,*Kshira* ,*Iksu* ,*Sukta* ,*Phanita*
- *Viharaj Nidana*: - *Avak Sayya*, *Danta dhavana dwesa*

Picture 1



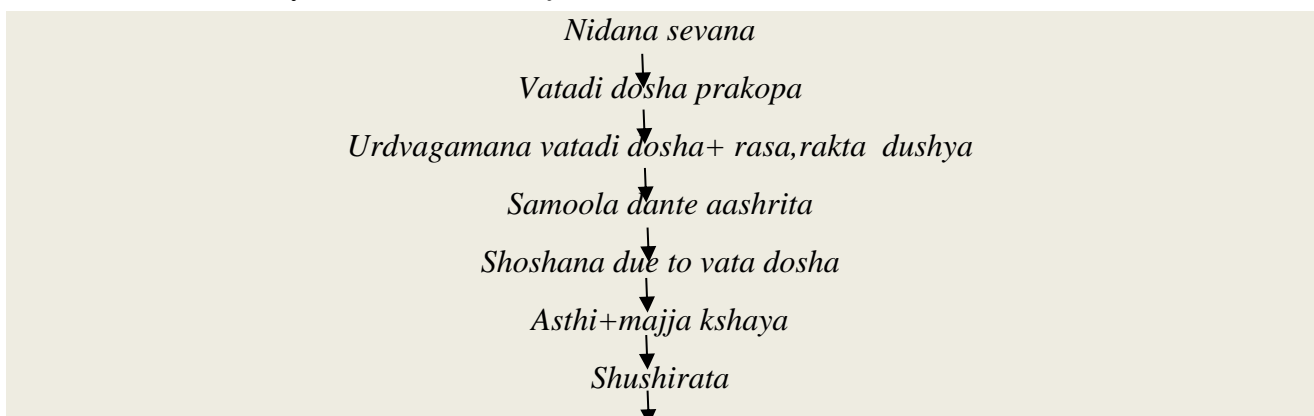
SYMPTOMS

- Toothache
- Sensitivity
- Halitosis
- Discoloration of teeth
- Difficulty in chewing
- Visible holes in the teeth

SAMPRAPTI⁶

Vatadi doshas aggravate due to *Ahara-ja* and *Vihara-ja Nidan*sevan. If this *Nidāna Sevana* continuous *Dosha Prakopa* occurs and *Dushita Ras-Rakta* interacts with *Dushita Vatadi doshas* and finally ascend to *Urdhwajatru*

(*Vimārgagamana*) and localized in *samoola Danta*. Then *shoshan* process has been done due to *vata Dosha*. So *asthi- majja kshaya* occur and *shushirata*(cavity) developed in *danta*. If patient not maintain proper oral hygiene, *annamala* accumulated in *shushira* part of the *danta* which leads to *kledata* (*putrified*) in *danta*. Then *krimis* generates in *danta* due to *kledata*. These *krimis* again developed *shushirata*(Cavity) in *danta* and leads to *dantakshaya*. In this stage, Cavity formation, discoloration, *dantaśūla* occurs and lastly in *Bhedāvasthā -Pūyasarāva*, *Caladanta*, *Danta-patana* etc. take place.



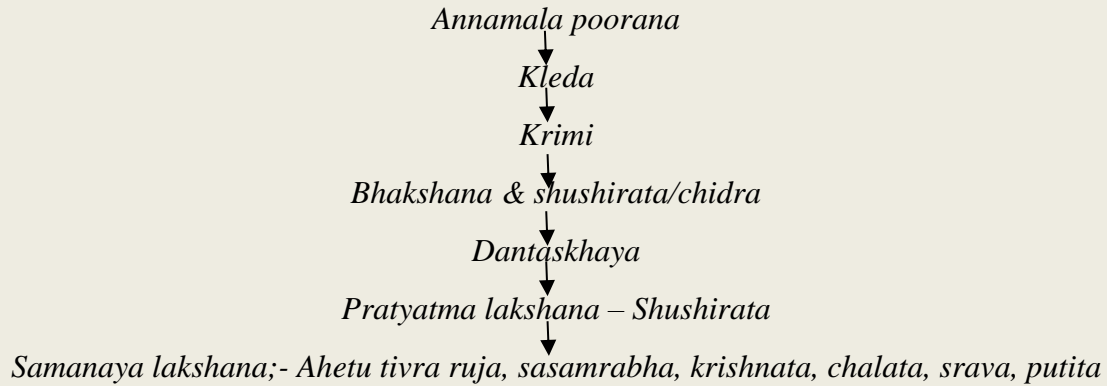


Table 1: Samprapti Ghataka

<i>Nidana</i>	<i>Mukharoga nidanas & Vataadi prakopaka Nidanas</i>
<i>Dosha</i>	<i>Mainly Vata + kapha & pitta</i>
<i>Dushya</i>	<i>Rasa., Rakta, Asthi, Majja</i>
<i>Srotas</i>	<i>Annavah, Raktavaha, Asthivaha and Majjavaha</i>
<i>Srotodusṭi</i>	<i>Sanga</i>
<i>Agni</i>	<i>Jatharagnimandhya, Dhatwagnimandhya</i>
<i>Roga Marga</i>	<i>Bahya</i>
<i>Udbhava Sthana</i>	<i>Amashaya</i>
<i>Adhithana</i>	<i>Danta</i>

TREATMENT ⁷

(A) If tooth is not moving:-

- *Swedana*
- *Rakta Moksana*
- *Vataghna Avapidana nasya*
- *Sneha Gandoosha*
- *Bhadra darvyadi Pratisarana*
- *Snigdha bhojana*

(B) If tooth is moving at the site: -

-Extraction of tooth

-*Dahanakarma.*

© If tooth is Perforated⁸: -

-Filling the gap with *Guda* or *madhuschista* and *daha* karma

-Filling the gap with the milk of *Sapthacchada* or *Arka*

(D) For Pain Relieving: -

-*Dhoopana* with the seeds of *Kantakaribeeja*

-Keeping the vati in mouth prepared with *Hingu, Vidanga* etc.

-*Sarsapa Taila nasya.*

-Application of Clove Oil at the site.

(E) If the pain is not relieved by these treatments, the tooth should be extracted.

CONCLUSION

After Survey of Ayurvedic literature in reference of *Krimidanta*, we can conclude that *krimidanta* may be defined as a *tridoshaj vyadhi* having predominance of *Vata* Dosha and characterized by *krishnachhidrata, ruja, chalata, srāva* etc. On the basis of sign and symptoms *Krimidanta* can be correlated with disease Dental caries. *Krimidanta* can be treated with the drugs having *Krimighna* (antimicrobial), *Vataghna, vedanahara, shothahara*

and *Ushna Veerya* properties which can relieve the toothache and *Krimi*.

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