A CRITICAL REVIEW ON DANTAHARSHA IN SHALAKYATANTRA

Suchitra Chawan1*, Suja K. Sreedhar2

1Assistant professor Dept of Shalakyanatrina, SHES AMC&H, Kalburgi, Karnataka, 2Deputy Director of Ayurveda, RGUHS Bengaluru, Karnataka, India.

ABSTRACT

Mukha is considered as one of the Nava dwaras. Danta is the Anga (part) of Mukha. There are various diseases affecting the Mukha and their Angas. As preventive therapy our Acharyas have mentioned Kavala, Gandusha, Dantadhavan, Mukhaprakhalana etc in Dincharya. One who does not indulge in such regimen is sure to be affected by the diseases of the Mukha.

Dantaharsha is one of the 8 Dantarogas explained by Acharya Sushruta and it is the most common disorder of the mouth. Clinically, if teeth do not tolerate cold or heat or any other kind of touch, it is known as Dantaharsha. It can be compared with dental hypersensitivity. Several people all around the world experience this painful condition and are highly prevalent in the adult populations. Dantagatharogas, its causes, prevention and treatment are explained in detail in all the ancient texts of Ayurveda. This shows the importance given to oral health during those eras an explained by the diseases of the Mukha.

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Dantaharsha is a Painful sensation in the teeth. Despite this, the condition has been described as “An enigma, being frequently encountered, but ill understood”. DH is a painful clinical condition that affects 8 to 57% of the adult population and is associated with the dentin exposure to the oral environment. The mechanism of dentine sensitivity is explained by various theories like neural theory, Odontoblastic Transduction theory, Hydrodynamic theory. Currently most investigators accept that dentin sensitivity is due to the hydrodynamic fluid shift, which occur across exposed dentin with open tubules. This rapid fluid movement intern activates the mechanoreceptors nerves of A-group in the pulp.

INTRODUCTION

Good oral hygiene is not just important, it probably even more important than we think. Bad oral hygiene can kill us. Over the past decade, researchers have discovered that bad oral hygiene can trigger immune system reaction that can lead to heart attacks and strokes. The CDC estimates that more than 90% of adults over the age of 40 have tooth decay due to bad oral hygiene. In Ayurveda Dantaswathy was explained very clearly. If oral hygiene is not maintained, it will lead to various dental illnesses. Dantaharsha is one among the eight Dantarogas mentioned by almost all Ayurveda Acharyas. Clinically, if teeth do not tolerate cold or heat or any other kind of touch, it is known as Dantaharsha.

The disease Dantaharsha can be compared to dentine hypersensitivity. Clinical experience suggests that Dentine Hypersensitivity is relatively, a common cause of pain in the teeth. Despite this, the condition has been described as “An enigma, being frequently encountered, but ill understood”. DH is a painful clinical condition that affects 8 to 57% of the adult population and is associated with the dentin exposure to the oral environment. The mechanism of dentine sensitivity is explained by various theories like neural theory, Odontoblastic Transduction theory, Hydrodynamic theory. Currently most investigators accept that dentin sensitivity is due to the hydrodynamic fluid shift, which occur across exposed dentin with open tubules. This rapid fluid movement intern activates the mechanoreceptors nerves of A-group in the pulp.

Definition

Dantanamharshoyasmat

Dantaharsha is a Pullingashabda. That which produces Harshata or tingling sensation in Danta is called as Dantaharsha.

Dantaharsha is a Dantagataroga explained in Ayurvedic texts. Separate Nidana for Dantaharsha is not available but, in general the causative factors of Mukharoga can be considered as the etiology for all Dantarogas. Mukharoga Samanyad Nidana and Samprapti

Partaking meat of fish, buffalo and boar, uncooked Moolaka; (greater in indulgence), in soup of Maasha, Dadhi (curds), Ksheera (milk), Sukta

KEYWORDS: Dantaharsha, Pratisarana, Shalakyanattra, Dental hypersensitivity.
(fermented gruel), juice of sugar cane and Phaanita (half cooked molasses), sleeping with the face down, not cleaning the teeth daily, improper administration of therapies like inhalation, emesis, mouth gargles, and venesection etc. by these causes the Doshas with the predominance of Sleshma (Kapha) get aggravated and produce diseases inside the mouth.\textsuperscript{[6]} (A.H.Ut. 21/1-2, p.184)

Matsya is having Madhura rasa, Sheetaguna, Ushnaveerya, Amlavipaka, Kapha, Rakta pitta vardhaka.

Mahisha is Madhura rasa, Guru guna, Ushnaveerya, Katuvipaka, Kapha, Rakta pitta vardhaka.

Masha is Madhura rasa, Snigdha guru guna, Ushnaveerya, Amlavipaka, Kapha pitta vardhaka.

Dadhi is Amlarasayukta, Guru guna, Ushnaveerya, Amlavipaka, Kapha pitta vardhaka.

Ksheera is Madhura rasa, Snigdhaguna, Ushnaveerya, Katuvipaka, Kapha, Rakta pitta vardhaka.

Vitiation of Shleshmadosha

Diseases of Mukha

Showing Classification of Dantarogas according to different Acharyas

Sushruta, Bhavaprakasha\textsuperscript{[7]}, Yogaratnakara, Shodala (Gadanigraha) opined number of Dantarogas are 8, Shararangadhara quotes 10; Harita\textsuperscript{[8]} quotes 5 types of Dantagatarogas.

| S.No. | Danta Rogas           | Su.Sa | VAG | B.P | Y.R | Sha.Sa | G.N | H.S |
|-------|-----------------------|-------|-----|-----|-----|--------|-----|-----|
| 1     | Dalana/Sheetadanta    | +     | +   | +   | +   | +      | +   | _   |
| 2     | Krimidanta            | +     | +   | +   | +   | +      | +   | +   |
| 3     | Dantaharsha           | +     | +   | +   | +   | +      | +   | _   |
| 4     | Bhanjanaka            | +     | -   | +   | +   | +      | +   | _   |
| 5     | Dantasharkara         | +     | +   | +   | +   | +      | +   | _   |
| 6     | Kapalika              | +     | +   | +   | +   | +      | +   | _   |
| 7     | Shyavadanta           | +     | +   | +   | +   | +      | +   | _   |
| 8     | Hanumoksha            | +     | _   | +   | +   | +      | _   | _   |
| 9     | Karaladanta           | _     | +   | _   | +   | _      | _   | _   |
| 10    | Dantachala            | _     | +   | _   | _   | +      | _   | _   |
| 11    | Adhidanta/vardhana    | _     | +   | _   | _   | +      | _   | _   |
| 12    | Dantabheda            | _     | +   | _   | _   | _      | _   | _   |
| 13    | Vataja                | _     | _   | _   | _   | _      | _   | +   |
| 14    | Pittaja               | _     | _   | _   | _   | _      | _   | +   |
| 15    | Kaphaja               | _     | _   | _   | _   | _      | _   | +   |
| 16    | Raktaja               | _     | _   | _   | _   | _      | _   | +   |
| 17    | Krimija               | _     | _   | _   | _   | _      | _   | +   |

Phaanita is Amlarasayukta, Abhishyanda karaka, Sheetaveerya, Madhuravipaka, Kaphavardhaka. All these are Kaphavardhakas leading to Mukharogas.

- In the chapter of Pranashashalyavignana, there is a reference regarding vitiated Annamala, which is a Shalya and if get deposited on Danta or Dantamoola, causes the diseases respectively.
- According to Su.Su. 42/9, Sushruta has explained the Nidana based on Rasas. Excessive consumption of Madhura rasa causes Upalepa, where as excessive intake of Amla rasa causes Dantaharsha and excessive salivation.

Flow chart no.1 Showing Samprapti of Samanyamukharoga

\begin{enumerate}
\item Nidanasevana
\item Vitiation of Shleshmadosha
\item Diseases of Mukha
\end{enumerate}
**Dantaharsha Laxana**

The Laxanas of Dantaharsha are explained by almost all Acaryas. In Ayurveda it is considered as a separate disease where as in modern science it is a symptom found in many diseases.

“Sheetamushnam cha Dashanahshahantesparshanamna cha / Yasya Tam Dantaharshamtvadhimvidyatsamiranam||” (S. Ni. 16/30; p.106).

If teeth do not tolerate cold and heat and any other touch it is known as Dantaharsha caused by Vaata. [9]

“Dantaharshopravatamlasheathamshakhsahmadvijah” | Bavantyaamlaashanaanavaerasurajaschaeva ||” (A.H.Ut.21/12; p.186)

In Dantaharsha the teeth become incapable of tolerating breeze, eating sour and cold things, feels painful as though shaking. This produced by eating too much of sour things only. [10]

"Sheetarukshapravatamlasparshanamasahadvijah |
Tatrayasyuvaatapittabyamdantaharshasakirtitah||”[11]  (B.P.66/68; p.744)

Teeth unable to tolerate cold, touch of dry things, heavy breeze and sour taste- are the symptoms of Dantaharsha caused by Vaata pitta together.

**Showing Dosha involvement according to different authors**

| No. | Authors       | Dosha Pradhanyata |
|-----|---------------|-------------------|
| 1   | Sushruta      | Vata              |
| 2   | Vagbhata      | -                 |
| 3   | Madhavakara   | Pitta Vata        |
| 4   | Yogaratnakara | Vata Pitta        |
| 5   | Bhava prakasha| Vata Pitta        |
| 6   | Shodhala      | Vata              |
| 7   | Kalyanakaraka | Vata Pitta        |

**Showing Different Laxanas according to different Acharyas**

| S.No. | Lakshanas                 | Vag | Su.Sa | B.P. | Y.R. | M.N. | K.K | G.N |
|-------|---------------------------|-----|-------|------|------|------|-----|-----|
| 1     | Sheetasahishnuta          | +   | +     | +    | +    | +    | +   |     |
| 2     | Rukshaasahishnuta         | _   | _     | +    | +    | +    |     |     |
| 3     | Pravataasaha              | +   | _     | +    | +    |     |     |     |
| 4     | Amlaasahishnuta           | +   | _     | +    | +    | _    |     |     |
| 5     | Sparashaasahishnuta       | _   | +     | +    | +    | _    |     |     |
| 6     | Sarujadanta               | +   | _     | _    |     | _    |     |     |
| 7     | Chaladanta                | _   | _     | _    |     | _    |     |     |
| 8     | Ushnaasahishnuta          | _   | _     | _    |     | _    | +   | +   |

_Sadhya Asadhyata_

“yapystuwarshobhedashchastraashadaijayat)”[12](A.H.Ut 21/69, p.850)

Dantaharsha and Dantabheda are Yapy; the remaining should be treated with surgical and medicinal treatments.

_Samanya Chikitsa for Dantaharsha_

Kapha and Raktadosha are involved in diseases of throat, gums, and teeth. Soraktavisravana chikitsa should be performed. (Y.R. Mukharoganidana chikista 84)

Warm gargles of fats or Traivrtaghrt, or of decoctions of Vata alleviating plants control Dantaharsha (tingling of teeth). Smoking, snuff, unctuous food, meat-soup, gruel made with meat-soup, milk, supernatant fatty layer of milk, ghee(extracted of milk) and Shirobasti, are beneficial and also whatever is Vata alleviating.[13] (S.Chi.22/34-35.p.478).

In all types of Dantarogassukhosnataila prepared with Vataharaaoushadhis used as a
Kavaladharana. (Y.R.Mukharogananidanchikitsa.123. p.720).

In Dantaharsha and Dantabheda, either the oil cooked with drugs mitigating Vata or marrow cooked with Ela, Kushta, and bark of Patali should be used for holding in the mouth, nasal medication etc which are unctuous (are desirable).[14] (A.H.Ut. 26/11.p.226)

In Danatsashoola, Dantaharshavatahara kriyava should used for the treatment. [15](Cd. Dantargakhikitsa 6)

Oral cavity is sticky and moist always because of presence of saliva. Kaphadosha naturally dominates the oral cavity. Hence any diseases of teeth, gums, mouth, it is important to use medicines which are Kaphahara in action.

Bones are the natural abode of Vatadosha, so in every diseases of the bone, teeth Vatadosha is affected. Hence it is important to keep Vatadosha in balanced state while treating dental disorders.

According to Bhavaprakasha 66 chapter, 160th Shloka, Panchavalkalaquatha is the best for gargle. In Dantaroga apathy

 Patients suffering from diseases of the teeth should not eat sour fruits, dry foods, not drink cold water, not brush the teeth and not eat very hard snakes / foods. (B.P. Dantargakhikitsa 66/85) [17]

CONCLUSION

Dantaharsha, a Dantaroga presenting with pain, hypersensitivity towards cold, hot, sour substances can be clinically correlated with Dentine hypersensitivity.

According to Vagbhata, Dantaharsha is a Yapyavyadhi. In dentine hypersensitivity there is loss of enamel. Enamel is formed by ameloblast cells. These cells get degenerated after enamel formation and hence if damaged, the enamel cannot repair itself. Therefore the concept of Dantaharsha said to be a Yapyavyadhi seems to be true to this date.

In the treatment aspect our Acharyas explained mainly about Gandushadharana. In this diseases Gandusha with Tailas explained. Taila covers over the Danta and mitigates the Vatadosha. Vaata is the main causative factor, which produces pain in the body.

The early diagnosis and adequate treatment of Dantaharsha will definitely relieve the patients from the disease without leading to much complications like tooth loss.

Awareness should be brought about in the society at the early stage of life regarding oral hygiene methods like Dantadhavana, Kavala, Gandusha, avoiding intake of acidic food and drinks that aggravate acidity in the oral cavity leading for the primary prevention of oral and dental disorders.

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