

AN AYURVEDIC APPROACH TO DANTOTATPATTI AND DANTA RAKSHA W.S.R. TEETHING

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ABSTRACT

[Teething is a natural physiology, development stage that all children experience and generally commence from 6 month to 3 year of age. The appearance of the 1st tooth in oral cavity in an infant is considered an important milestone in child's life Primary dentition in infant cause lots of problems which disturbed the infant growth Acharya Kashyapa given description of insemination (*nishchana*), manifestation (*nishikta*), teeth eruption, prodermal feature, complication & their management in *Kashyapa Samhita*].

KEYWORD: Teething, *Kashyapa samhita*, teeth eruption.

INTRODUCTION

Teething is the natural physiology process. There are 32 teeth present in human being, out of 32, eight (8) teeth erupt once (that's called *sakrutajata*) and teeth mounted in own root and also called *Svarudha* & rest teeth twenty-four (24) are called *Dwija* which erupting twice in life. (ka.su.20/4). An infant first teeth (the deciduous teeth, often called milk teeth) sequentially appear by emerging through the gums, typically arrive in pair. In mandibular, central incisors are the first primary teeth to

erupt, usually between 6 and 10 month of age. The general pattern of tooth emergence is

1. Lower central incisors (2) at approximately 6 month.
2. Upper central incisors (2) at approximately 8 month.
3. Upper lateral incisors (2) at approximately 10 month.
4. Lower lateral incisors (2) at approximately 10 month.
5. First premolar (4) at approximately 14 month.
6. Canines (4) at approximately 18 month.
7. Second premolar (4) at approximately 2-3 year

Primary Dentition

Teeth	Eruption (in month)		Exfoliation (in year)	
	Maxillary	Mandibular	Maxillary	Mandibular
Central incisor	6-10	5-8	7-8	6-7
Lateral incisors	8-12	7-10	8-9	7-8
Canines	16-20	16-20	11-12	9-11
First molar	11-18	11-18	9-11	10-12
Second molar	20-30	20-30	9-12	11-13

According to *Kashyapa*, upper two teeth are called *rajadanta* (central Incisors) these are hollow, any breakage in these two teeth makes the child unfit and become unsacred for homage to late parents.

Lateral incisors and Canine are called *vasta* and *Damsta*. Premolar and molar are *hanavya*. (ka.su.20/4)

Time of teeth eruption, fall, and reeruption

Acharya Kashyapa given a unique view of primary teeth eruption. In these month the tooth buds are inseminated in the jaw of the fetus during intrauterine life. In the same number of month the eruption of teeth starts and there will be appearance of primary teeth. In that month the primary teeth eruption after the birth, it falls on the same number of years followed by eruption of secondary teeth. i.e *Dwija*. (ka.su.20/4)

Pathological classification of teeth according to acharya kasayap. (ka.su.20/7).

Pathological Teeth	Symptoms	Conditions
1.Samvruta	<i>Adanya</i> (looking ugly not appreciated) <i>Malistum</i> (Discolored, Deposition etc.)	Fluorosis, Vitamin deficiency, lead poisoning, adverse effect of tetracycline
2.Samudga	<i>Kshychi</i> (Decay) <i>Nityasanpatata</i> (Early falling)	Osteogenesis imperfect, Gingival disorders
3.vivruta	<i>Nityalalaupahat</i> (excessive salivation) <i>asanachana</i> (unable to close the mouth) <i>vaivarnayata</i> (discoloration)	More prone to diseases due to external exposure of teeth. Mal-fitting, Mal occlusion bony deformities etc.

Danta-sampat (Good Quality of teeth)-these teeth have following qualities. (ka.su.20/6).

A. Puranata	Complete in number and structure
B. samata	Equal size
C. Ghanata	Compactness
D. Shukalata	Whiteness
E. Snigdhatata	(Unctuousness), Oily in nature, Shinning
F. Shalakanshanata	Smoothness
G. Nirmalata	Clean, without any deposition
H. Kinchit-uttaronnata	slightly protuberance. i.e anterior surface of teeth should be convex
I. Dantabandanasammatta, rakkattata, Bhrutaghana, Sthira moolata	Gums should also have evenness, redness, unctuousness and compactness with large compact and stable root of teeth

Aprashasta danta (Inauspicious Teeth)

Sadanta janama - (presence of teeth at birth i.e. natal teeth)

Puravamauttaradanta- Janma - (early and late eruption of teeth)

Viral danta - (Scattered teeth)

Heena danta - (less number of teeth)

Adikya dantata- (Dreadful teeth)

Vivarna danta - (Discolored teeth)

Sphutita danta - (cracked teeth) in these type of teeth grow Acharya kasayap advice *maruti- yasti yajya*. (ka.su.20/6).

Sexual Variation in teething

Eruption of teeth in girls is earlier and least trouble causing due to teeth porosity and softness. while the eruption of teeth in male takes more time with lots of problems due to compactness of teeth and stable in nature. (ka.su.20/5).

Why there is no teething if secondary teeth fall-

Asthi – majja two main *dhatu* which is responsible for teeth- formation in children .If strength of *dhatu*s have inadequate potency, The teeth fall off and getting maturity in *dhatu* the new teeth eruption again. In old person, teeth re-eruption does not take place due to inadequate potency of *dhatu*. (A.S.U.2/21)

Signs and symptom

In Modren view, common symptoms are drooling, Swollen gum, tugging ear, cry, increased chewing, mood change, coughing, fever, diarrhoea, pain irritability, sleeplessness. These symptoms usually begin about three to five days before the tooth shows, and they disappear as soon as the tooth breaks the skin.

Samprapti or pathogenesis of dantodbhad evam dantodbhad –janya roga

Mainly two *dhatu asthi- majja*, get maturity in course of time, when get localized into the gum, then results in slightly swelling in upper and lower teeth Due to irritable effect on the muscles cause horripilation in the body, due to *kapha dosha* induced itching at that side results in nipple bite. Aggravated *vayu*, gets localized in root of teeth which penetrated in bone and bone marrow (*Asthi and majja*) at site where *kapha* is priorly placed. From these site *vata* and *kapha* both dispersed in all direction being associated with *pitta*, vitiate the *dhatu* and *Mala*. which causes various complication in body (A. S.U.2/23). Such as *jwar, vid-bhada, kasa, chhardi, shiroruja, abhisyadi, pothaki* (trachoma), *visarpa* (Erysipelas) *trishana* (thirst) (A. H.U.2/26) *Shiroabhitapa, kukunaka* (conjunctivitis), *bhruma* (giddiness). (A. S.U.2/29)

Sometime aggravated *vata* combine with *pitta* causes dryness of *dhatubeeja* (i.e. *asthi majja*) .it destroys the process of teething. (A.S.U 2/17)

Samprapti ghatak

Dosha- vata- kapha dosha pradanta tridosha

Dusya –Rasa, asthi, majja mamsa

Srotas-rasavaha, asthivaha, majjavaha

Agani-Jatharaagni, Dhatvagni

Adisthan-Danta mool

Udabhava sthana-ama-pakavasya

Severity of pain during teething, according to Ayurveda

In ayurvedic literature eruption of teeth in children very painful condition. Acharays said this condition have equal severity of pain which occur during broken of

vertebra column of a cat and at the time of feathering in a peacock during teething *tridosha* is vitiated, so no body element left back without pain. This indicated high risk sensitive, painful, hard and most vulnerable period for various infection. (A. H.U.2/28)

Danta rakasha vidhi (Prevention and treatment)

Teething used to be considered (wrongly) a cause of death, as many children died in the first years of life, at the same time as teething occurs. "The tendency in the past to attribute serious disease to teething was so prevalent that in 1842 teething was the registered cause of death in 4.8% of all infants who died in London under the age of 1 year and 7.3% of those between the ages of 1 to 3 years according to the Registrar General's report.

In ayurvedic literature, eruption of teeth in children very painful Disorders which arise due to dentition should not be over treated. Teething is a developmental milestone and a natural process. It will resolve as itself when teething is completed Hence, only symptomatic and supportive treatment should be employed.

In *ayurveda*, during *dantauttapti* have two main *dosha*, *vata* – *kapha* aggravated, so we used *vatahara* and *kaphaghana chikitsa*, *Deepan*, *Pachana*, *Anuloman*

Pratisarana (rubbing with powder or paste)

Pippali (piper longum) or *Dhataki pushpa* over the gum gently with honey.

Dry meat of *lava*, *Tittara* bird mixed with honey- apply over gum areas of child. (A.S.U.2/22)

Churana

Balachatrabhadrika churna (*Chakradatta*)

Mustadi churna

Rajanayadi churna (A.H.40/2)

Rasa ausadhi

dantodabhegadantak rasa (B. *Ratanavali*)

Ghruta

kumara kalyan ghruta (*Chakradatta* 64/77)

Kashyapa ghruta (A.S. 3/40)

Dantodabhadajanya ghruta

Safe parenting in child during teething

Hand Hygiene both Mother and child before and after meal.

A piece of *yastimadhu* root, carrot and teething ring etc. can be given for chewing.

Clean the baby gum with soft washed cloth after each feeding.

Avoid using chemical based teething gel and toys.

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