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 Sushrutha; 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.

ETYMOLOGY

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

DEFINITION
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 Danatadakrimi 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.

NIDANA
No separate and specific Nidanas of Krimidanta have been mentioned in Ayurvedic texts. So, the general causative factors of Mukharrugas 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 dhavan dwesa

**Picture 1**

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

**SAMPRAPTI**

Vatadi doshas aggravate due to Ahara-ja and Viharaja Nidansevan. 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 acc- cur 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 shu-shirata(Cavity) in danta and leads to dantakshaya. In this stage, Cavity formation, dis-coloration, dantaśūla occurs and lastly in Bhedāvasthā -Pūyasrāva, Caladanta, Dantapatana etc. take place.
Table 1: Samprapti Ghataka

<table>
<thead>
<tr>
<th>Nidana</th>
<th>Mukharoga nidanas &amp; Va-tadi prakopaka Nidanas</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dosha</td>
<td>Mainly Vata + kapha &amp; pita</td>
</tr>
<tr>
<td>Dushya</td>
<td>Rasa., Rakta, Asthi, Majja</td>
</tr>
<tr>
<td>Srotas</td>
<td>Annavah, Raktavaha, Asthivaha and Majjavaha</td>
</tr>
<tr>
<td>Srotodusṭī</td>
<td>Sanga</td>
</tr>
<tr>
<td>Agni</td>
<td>Jatharagnimandhya, Dhatwagnimandhya</td>
</tr>
<tr>
<td>Roga Marga</td>
<td>Bahya</td>
</tr>
<tr>
<td>Udbhava</td>
<td>Amashaya</td>
</tr>
<tr>
<td>Sthana</td>
<td>Danta</td>
</tr>
</tbody>
</table>

TREATMENT

(A) If tooth is not moving:
- Swedana
- Rakta Moksana
- Vataghna Avapidana nasya
- Sneha Gandoosha
- Bhadra daryadi Pratisarana
- Snigdha bhojana

(B) If tooth is moving at the site:
- Extraction of tooth
- Dahanakarma.

© If tooth is Perforated:
- 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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