



Review Article

A CRITICAL REVIEW ON *DANTAHARSHA* IN SHALAKYATANTRA

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**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 *Dantaroga* 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 and even now, it is rightly said oral health is equal to overall health. Many remedies are prescribed in modern medicine for the treatment of dentine hypersensitivity like use of fluorides, oxalates etc in the form of paste, lasers etc. But these methods are quite expensive and often recurrence of the symptoms is seen. Long use of these are said to cause allergic reaction to gums. So it becomes relevant to develop an easy, economic, non toxic and approachable modality as a treatment measure in *Dantaharsha*.

**KEYWORDS:** *Dantaharsha*, *Pratisarana*, Shalakyatantra, Dental hypersensitivity.

**INTRODUCTION**

Good oral hygiene is not just important, its 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 *Dantaswathya* 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*<sup>[1]</sup>.

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<sup>[2]</sup>. 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.<sup>[3]</sup> The mechanism of dentine sensitivity is explained by various theories like neural theory, Odontoblastic Transduction theory, Hydrodynamic theory<sup>[4]</sup>. 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*<sup>[5]</sup>**

*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 Samanya Nidana and Samprapti***

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

(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.<sup>[6]</sup> (A.H.Ut. 21/1-2, p.184)

*Matsya* is having *Madhura rasa, Sheetaguna, Ushnaveerya, Amlavipaka, Pitta kaphavardhaka.*

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

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

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

*Ksheera* is *Madhura rasa, Snigdha guna, Ushnaveerya, Amlavipaka, Kaphavardhaka.*

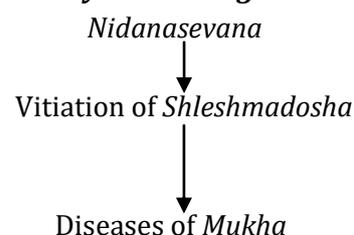
*Ikshu rasa* is *Madhura rasa, Snigdha guru gunayukta, Sheetaveerya, Madhuravipaka, Kaphavardhaka.*

*Phaanita* is *Amlarasayukta, Abhishyanda karaka, Sheetaveerya, Madhuravipaka, Kaphavardhaka.*

All these are *Kaphavardhakas* leading to *Mukharogas*.

- In the chapter of *Pranashtashalyavignana*, 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



#### Showing Classification of Dantarogas according to different Acharyas

Sushruta, Bhavaprakasha<sup>[7]</sup>, Yogaratnakara, Shodala (*Gadanigraha*) opined number of *Dantarogas* are 8, Shararangadhara quotes 10; Harita<sup>[8]</sup> 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/wardhana	-	+	-	-	+	-	-
12	Dantabheda	-	+	-	-	+	-	-
13	Vataja	-	-	-	-	-	-	+
14	Pittaja	-	-	-	-	-	-	+
15	Kaphaja	-	-	-	-	-	-	+
16	Raktaja	-	-	-	-	-	-	+
17	Krimija	-	-	-	-	-	-	+

**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 Dashanahsahantesparshanamna cha |*

*Yasya Tam Dantaharshamtuvyadhividyaatsamiranam||*” (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*.<sup>[9]</sup>

“*Dantaharshopravatamlasheetabhakshaakhshmadwajah |*

*Bavantyaamlaashanaanevasarujaschaeva ||*” (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.<sup>[10]</sup>

“*sheetarukshapravatamlasparshanamasahadvijah |*

*Tatrayasyuvaatapittabyamdantaharshasakirtitah||*”<sup>[11]</sup> (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 Dosh involvement according to different authors**

No.	Authors	Dosha Pradhanyata
1	<i>Sushruta</i>	<i>Vata</i>
2	<i>Vagbhata</i>	-
3	<i>Madhavakara</i>	<i>Pitta Vata</i>
4	<i>Yogaratanakara</i>	<i>Vata Pitta</i>
5	<i>Bhava prakasha</i>	<i>Vata Pitta</i>
6	<i>Shodhala</i>	<i>Vata</i>
7	<i>Kalyanakaraka</i>	<i>Vata Pitta</i>

**Showing Different Laxanas according to different Acharyas**

S.No.	Lakshanas	Vag	Su.Sa	B.P.	Y.R.	M.N.	K.K	G.N
1	<i>Sheetaasahishnuta</i>	+	+	+	+	+	+	+
2	<i>Rukshaasahishnuta</i>	-	-	+	+	+	-	-
3	<i>Pravaataasaha</i>	+	-	+	+	+	-	-
4	<i>Amlaasahishnuta</i>	+	-	+	+	+	-	-
5	<i>Sparashaasahishnuta</i>	-	+	+	+	+	-	+
6	<i>Sarujadanta</i>	+	-	-	-	-	-	-
7	<i>Chaladanta</i>	+	-	-	-	-	-	-
8	<i>Ushnaasahishnuta</i>	-	+	-	-	-	+	+

**Sadhya Asadhyata**

“*yapyastuharshobhedashchashastraauushadaijayat|*”<sup>[12]</sup> (A.H.Ut 21/69, p.850)

*Dantaharsha* and *Dantabheda* are *Yapya*; 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 chikitsa* 84)

Warm gargles of fats or *Traivrtagharta*, 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.<sup>[13]</sup> (S.Chi.22/34-35.p.478).

In all types of *Dantarogassukhoshnataila* prepared with *Vataharaaoushadhis* used as a

*Kavaladharana*. (Y.R.Mukharoganidanachikitsa.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).<sup>[14]</sup> (A.H.Ut. 26/11. p.226)

In *Danatashoola*, *Dantaharshavataharakavala* should be used for the treatment. <sup>[15]</sup>(Cd. Dantarogachikitsa 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, 160<sup>th</sup> Shloka, *Panchavalkalaquatha* is the best for gargle.

#### **Vishishta Chikitsa**

“Dantaharshatathabedhesarvavaataharakriya|  
Tilayastimadhushrutamksheeramgandushadharanam||  
<sup>[16]</sup> (A.H.Ut. 22/13; p.851)

In *Dantaharsha* & *Dantabheda* all *Vataharakriyas* should be performed. *Tila* and *Yashtimadhu shritaksheera* used for *Gandoosha*. *Sarvavaatahara kriyais* advised. *Tila* and *Yashtimadhushritaksheera* used for *Gandoosha*. In *Dantachalagandoosha* is done with *Dashamoola-quatha siddha taila*.

#### **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. *Dantarogachikitsa* 66/85) <sup>[17]</sup>

#### **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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**Cite this article as:**

Suchitra Chawan, Suja K. Sreedhar. A Critical Review on Dantaharsha in Shalakyatantra. International Journal of Ayurveda and Pharma Research. 2020;8(8):87-91.

**Source of support: Nil, Conflict of interest: None Declared**

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