

“DANTA SHARIR IN AYURVEDA”

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ABSTRACT:

Ayurveda has described the knowledge regarding Danta sharir.

Sushruta has mentioned Danta as a Asthi prakara and classified it in Ruchak type. Kashyapa explained danta prakara, dugdha danta as 20 & permanent teeth as 32. Raj danta in the middle, Vasta by its side & others by its side are Danstra. Remaining are Hanvya.

Kashyapa gave qualities of healthy teeth such as: sampat(completeness), shweta(whiteness), smooth, clean, vyadhi rahita. Kashyap is the sage that described Danta in detail. For instance in Dant janmika adhyaya, Dantotpatti as per prakar, dentition period, Danta prakar, Danta guna etc are well described.

Key words: Danta, Sampat, Ruchak, Raj danta etc.

INTRODUCTION:

Sushruta while describing Sharirstahana has illustrated mamsa, sira, snayu, asthi & sandhi in a unique way. He has mentioned Danta as a Asthi prakara and classified it in Ruchak type. Charak said it is part of body that grows. Sushruta & Vagbhata described various diseases of Danta. Kashyap is the sage that described Danta in detail. For instance in Dantjanmika adhyaya, Dantotpatti as per prakar, dentition period, Danta prakar, Danta guna etc are well described. In todays fast life by having so much of junk food & unhealthy food stuffs, people often use the teeth for mastication but still don't consider teeth as important but has a casual approach towards them. Care of teeth is equally important in that regard. Hence the current article might be an effort to entail importance of teeth as mentioned in ancient literature by catch hold of todays modern era.

REVIEW OF LITERATURE:

a) Shabdotpatti:

Dam+Tan = Danta

Dam meaning is Tooth & Tan meaning is Continuous.

b) Vyakhya:

Danta is a word that is related to mastication process & is a asthi prakar.

c) Paryay: Dashana, Radana, Dwija, Kharu.

d) Garbhakalin utpatti:

Utpatti of all sharir avayav & indriya begins in 2nd month & gets completed in 7th month. Kashyap says that janmottar danta erupted in the month is same that erupts in the same month in intra embryonic life.

e) Pramana: 02 angula

f) Asthi & Danta sambandh: 05 Asthi prakara are described such as Kapala, Ruchaka (Danta), Taruna, Valaya & Nalaka. Hence, Danta is Ruchakasthi.

g) Sandhi prakara: 08 Sandhi prakara are described such as Kora, Ulukhala, Samudga, Pratara, Tunnasevani, Vayasatunda, Mandala and Shankhavarta. Out of which Ulukhala sandhi is seen in Danta.

h) Shad Garbhotpadaka bhava: Pitruja & Paarthiva bhava is seen in Danta.

i) Upadhatu: Updhatu of Asthi dhatu is Danta (Sharangdhara)

j) Mala: Meda dhatu mala (Sharangdhara).

k) Prakara:

A) 1. Sakrujjata : 08 : once eruption

2. Dwija : 24 : twice eruption

B) 1. Rajdanta : 04: Middle upper and lower teeth

2. Vasta : 04 : side of Rajdanta

3. Damstra: 04 : lateral of Vasta

4. Hanavya : 20 : lateral to Damstra

I) Dantotpatti:

Ayurveda says that dantotpatti is seen from 04th month onwards. Total 32 teeth are present. The month in which they fall in the same number they appear. Janmottar, in the month they appear, they fall & come up in the same year.

J) Dantotpatti prakara:

1. Samudga
2. Samvruta
3. Vivruta
4. DantaSampat.

K) Vikruti :

A) 1. Danta abhava –Anodontia

2. Heena danta – Partial anodontia

3. Adhika danta – maximum number of teeth

B) 1. Vishal Danta- Macrodontia

2. Hraswa danta – Microdontia

C) 1. Viraladanta – space between two teeth

2. Karala Danta – irregular teeth

3. Vardhana /Adhidanta– Extra teeth

D) 1. Vivarna danta – discolored

2. Shyaava Danta – black

E) 1. Bhanguradanta - fragile

2. Saamudga Danta – worn-out

OBSERVATION

- Sushruta has mentioned Danta as a Asthi prakara and classified it in Ruchak type. Charak said it is part of body that grows.
- Sushruta & Vagbhata described various diseases of Danta.
- Kashyap is the sage that described Danta in detail. For instance in Dantjanmika adhyaya, Dantotpatti as per prakar, dentition period, Danta prakar, Danta guna etc are well described.

DISCUSSION

Sushruta has mentioned Danta as a Asthi prakara and classified it in Ruchak type. Kashyapa explained danta prakara, dugdha danta as 20 & permanent teeth as 32. Raj danta in the middle, Vasta by its side & others by its side are Danstra. Remaining are Hanvya.

Kashyapa gave qualities of healthy teeth such as : sampat(completeness), shweta(whiteness), smooth, clean, vyadhi rahita. Kashyap is the sage that described Danta in detail. For instance in Dantjanmika adhyaya, Dantotpatti as per prakar, dentition period, Danta prakar, Danta guna etc are well described.

CONCLUSION:

Ayurveda has described the knowledge regarding danta sharir.

Kashyap is the sage that described Danta in detail. For instance in Dantjanmika adhyaya, Dantotpatti as per prakar, dentition period, Danta prakar, Danta guna etc are well described. Hence, anatomical study of teeth was well illustrated in Ayurveda.

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