

MANAGEMENT OF DANTHARSHA WITH DASHMOOLA TAILA NASYA- A PILOT STUDY

**Dr. Hardikkumar V. Parmar^{*1}, Dr. Krishna Makadia², Ronak Gosai³, Dhaval Sojitra³,
Kinjal Oza³ and Brinda Kanakhara³**

¹M. S Scholar, Dept. of Shalakyatantra, Govt. Akhandanand Ayurved College, Ahmedabad.

²Associate Professor, Dept. of Shalakyatantra, Govt. Akhandanand Ayurved College,
Ahmedabad.

³M. S Scholar, Dept. of Shalakyatantra, Govt. Akhandanand Ayurved College, Ahmedabad.

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***Corresponding Author**

Dr. Hardikkumar V.

Parmar

M. S scholar, Dept. of
Shalakyatantra, Govt.
Akhandanand Ayurved
College, Ahmedabad.

ABSTRACT

Dantharsha is progressive destruction of enamel. Because of attrition, erosion or abrasion, enamel loose away from tooth and sensitivity occur. It is one of the major problems in dentistry. On the basis of clinical features, it can be compared with Dental hypersensitivity which is one among the eight diseases of Danta. In this study, the patients of Dantharsha were selected from OPD of Shalakyatantra Department and put in one group. All the patients were treated with Nasya by Dashmoola taila. This clinical study shows that Dashmoola taila nasya is markedly effective in Dantharsha.

KEYWORDS: Dantharsha, Dashmoola taila Nasya.

INTRODUCTION

In Sushruta samhita, the Mukharoga are described in Nidansthan.^[1] & chikitsasthan.^[2] There are 8 sub-sight of Mukharoga. A disease Dantharsha is one part of Dantaroga which is one among them.

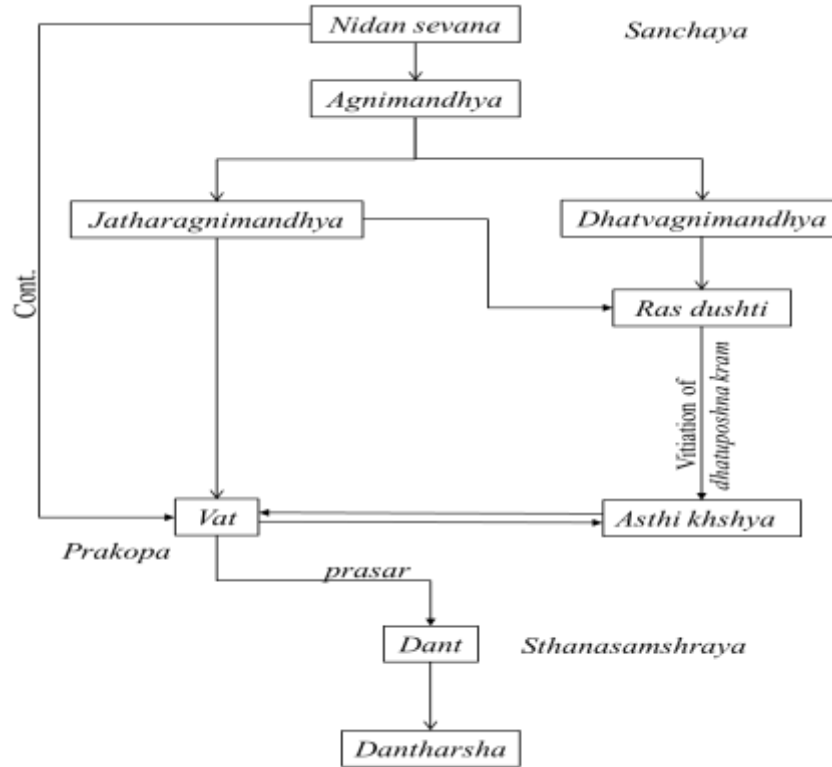
However, in the Samhitas there is no any etiological factors describe for Dantharsha, but the general Nidana for Mukha Rogas are described by Acharya Vaghbhatta which can be consider as nidana for Dantharsha.

According to Sushruta following signs & symptoms are found in Dantaharsha.

शीतमुष्णम् च दशानाः सहयन्ते स्पर्शनं न च ।

यस्य तं दन्तहर्षं तु व्याधि विधात् समीरणात् ॥ सु.नि.१६/३०

Probable Samprapti of Dantharsha



According to modern era, faulty dietary habit & poor oral hygiene is very commonly found in illiterate as well as educated people. Poor nutritional diet, Brushing too hard, gum disease (gingivitis), teeth grinding, receding gums, tooth bleaching, dental erosion (food & drink), root planing, recurrent scaling, calculus, addiction etc. are responsible for dental hypersensitivity.^[3,4]

In Ayurvedic classics several treatment modalities such as Kaval, Snehika nasya, Shirobasti, Dhuppan etc.^[5] have been mentioned for the management of Dantharsha.

Among these, Nasya is the kind of local management which mainly possesses therapeutic effects such as Shodhana & Shamana.

The Dashmoola taila has Vathar and Vedanahar property. Which would help to treat dental pathology. So Dashmoola taila has been selected for Nasya.

AIMS AND OBJECTIVES

To evaluate the efficacy of nasya in Dantaharsha.

MATERIALS AND METHODS

Patients were selected from the O.P.D of Shalakyatantra department, Govt. Akhandanand Ayurveda College and Hospital, Ahmedabad, having classical signs & symptoms of Dantaharsha. A total of 10 patients were registered and all patients completed treatment schedule.

Examination

1. Routine vital data.
2. Routine Dental examination (Inspection and palpation).

Inclusion Criteria

- Patients with age of 16-70 years.
- Patients presenting with signs and symptoms of Dantaharsha, described as per Ayurvedic and Modern science.

Exclusion Criteria

Patients below 16 years and above 70 years.

Grouping Pattern

Group N: Treated with Nasya.

Posology

- **Drugs:** Dashmoola taila.
- **Dose:** 8 drops.
- **Direction to use:** As per Classical Method.
- **Duration of therapy:** 8 Drops -7 days with 7 days interval- 2 sitting.

Assessment Criteria

Clinical changes in signs & symptoms of disease assessed with the gradation.

Table 1: Shit padarth ashayata.

Symptoms	Gradation
No Shit ashayata	0
Mild Shit ashayata	1
Moderate Shit ashayata	2
Sever Shit ashayata	3

Table 2: Usna padarth ashayata.

Symptoms	Gradation
No usna ashayata	0
Mild usna ashayata	1
Moderate usna ashayata	2
Sever usna ashayata	3

Table 3: Vat ashayata.

Symptoms	Gradation
No vat ashayata	0
Mild vat ashayata	1
Moderate vat ashayata	2
Sever vat ashayata	3

Table 4: Dantharshata.

Symptoms	Gradation
No dantharshata	0
Mild dantharshata	1
Moderate dantharshata	2
Sever dantharshata	3

Interpretestion of Result

- Cure: More than 81% and up to 100% relief in the signs and symptoms.
- Marked improvement: More than 61% and up to 80% relief in the signs and symptoms.
- Moderate improvement: More than 41% and upto60% relief in the signs and symptoms.
- Mild improvement: More than 21% and up to 40% relief in the signs and symptoms.
- Unchanged: More than 0% and up to 20% relief in the signs and symptoms.

OBSERVATIONS AND RESULTS

Total 10 patients were registered in Group-N; all patients were completed the treatment.

The maximum number of the patients, reported in the age group of 21-30 & 41-50 years. Majority of the patients (60%) were females. There are 80% of patients who were using the tooth brush. Most of the patients were use tooth paste (70%). Frequency of cleansing the teeth was one time (70%). The majority of Hindu patients (60%). All patients never use any auxiliary aids.

Table 5: Distribution of 10 Patients of Dantharsha According to Physical Symptom.

No.	Symptoms	Total	Percent %
1	Shit padarth ashayata	10	100
2	Usna padarth ashayata	6	60
3	Vat ashayata	2	20
4	Dantharshata	7	70

Table 6: Effect of Therapy in the 10 Patients of Dantharsha Effect of Therapy on Physical Symptoms.

Sr. No.	Complaints	'n'	Mean score			%	W	p
			BT	AT	Diff.			
1	Shit padarth ashahyata	10	2.40	0.80	1.60	68.33	55	0.002
2	Usna padarth ashahyata	6	1.50	0.33	1.17	86.11	21	0.031
3	Vatashayata	2	1.00	0.00	1.00	100.0	3	0.5
4	Dantharshata	7	1.29	0.29	1.00	80.95	21	0.031

1. Statistically significant ($p < 0.01$).
2. Statistically significant ($p < 0.05$).
3. Statistically insignificant ($p > 0.05$).
4. Statistically significant ($p < 0.05$).

Over All Therapy

W= 55.000 ($p = 0.002$).statistically significant ($p < 0.01$).

DISCUSSION

Achary Sushruta describe two types of nasya: sirovirechana and snehana nasya. Among them Snehan nasya is indicated in Dant roga.^[6] In Dantharsha, Vat is main dosha and for that taila is best among four Sneha which has Vat-kaphhar & Brihaniya propertise.^[7] As per Acharya Charaka, taila is best for Vat (नास्ति तैलात् परं किञ्चिदौषधं मारुतापहम्).^[8] It may decrease the Vat prakopa by nourishing shira, sandhi & snayu of shir.

The nose is the gateway of shir (नासा हि शिरसो द्वारं).^[9] Hence Shir sthita Dantgataroga may be pacified by nasya.

Also, Abhyang with Sneha is beneficial for Vat dosha and Usna guna of Swedan also decrease the Vat.

Most of the drugs of Dashmoola taila described for nasya therapy have Madhur, Kashaya ras; Usna virya; Katu vipaka and Vat-kaphar properties.^[10] These drugs produce Brihana effect which nourish and strengthen the Asthi Dhatu. Usna virya decreases Vat. Also Dashmoola taila's Snigdha, Balya, Brihana & Vathar properties may useful to regenerates the exposed dentin layer. Which may helped to reverse the pathology of Dantharsha.

CONCLUSION

On the basis of result of present study, it can be concluded that nasya of Dashmoola taila can be used in Dantharsha. It may be more effective with local treatment.

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