

**STUDY OF DANTSAMPAT IN DIFFERENT PRAKRUTIS****<sup>1</sup>Dr. Ankush Dattatraya Khedkar and <sup>2</sup>Dr. Holkar Dhanashree Samir**<sup>1</sup>Asst. Prof. in Rachana Sharir Dept., SVNHT Ayu. College Rahuri.<sup>2</sup>Reader in Rachana Sharir Dept., SVNHT Ayu. College Rahuri.Article Received on  
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Rahuri.**ABSTRACT**

In Ayurveda Danta is considered as the one type of Asthi called Ruchak Asthi. Ruchaka means “that which imparts taste” Asthi means “bone”. Thus Ruchakaasthi means “that which is associated with the function of imparting taste”. But Shaarangadhara considered it as an Upadhatu of Asthi. According to Kashyapa teeth are 32 in number. Upper middle teeth are called Rajadanta [central incisor], besides that are Vasta [lateral incisor], besides Vasta are Damstra [canines], beside it are Hanavya [premolars & molars]. Same pattern is seen in lower jaw also. Two types of dentition told, Primary dentition consists of 20 teeth & secondary/permanent dentition consists of 32 teeth. Kashyapa defined it as Dantasampat, its Lakshanas are Poornata, Samata,

Ghanata, Snigdhatta, Shuklata, Shlakshnata, Nirmalata, Niramayata, little elevated and properly placed. Dantabandhana should be Sama, Snigdha, Reddish, Strong, Dense and steady root. In this work study will be done on Danta Rachana told in different Prakruti which are told in our classics and a survey study on Ekadoshaja Prakruti's.

**KEYWORDS:** Danta, Danta Sampat, Prakruti.**INTRODUCTION**

In Sanskrit, Ayurveda is made up of the word Ayush and veda. Ayus means life and veda means knowledge. Ayurvedic medicine aims to integrate and balance the body, mind, and spirit.

Scientific research has shown that, healthy teeth have an important effect on your diet, health and overall sense of well being. Healthy teeth cannot be taken for granted. Age plays no role and any one can be affected.

Shushruta Sharirasthan is comprised of 10 chapter, which explain Rachana of dhamani, snayu, sandhi, asthi, and its type etc.

Acharya Shushruta has defined Danta as a type of asthi, which belongs to ruchak (the one which provide taste) class.

Acharya Kashyapa is the only one to describe details about Dant. In Dant janmika adhyaya Acharya Kashyapa has described all details about Danta i.e. Dant Eruption as per type, period of dentition in deciduous and permanent teeth, causes of early and late eruption of danta according to sex, type of danta, characteristic of danta. This available description is informative and gives important clues regarding the current subject, available in ancient period. In day to day routine teeth care is neglected due to busy schedule.

As per Kashyapa the teeth erupted in 8<sup>th</sup> month of in a child are considered to be Sarvgunasampanna

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This topic was selected for research after studying above sutras.


## AIM AND OBJECTIVES

**AIM:-** Study of Dantsampat in different prakrutis

## OBJECTIVES

- 1) Comprehensive study on Dantsampat.
- 2) Study of concept of dantsharir with reference Dantsampat.
- 3) To study the concept of prakriti from brihatrayee in details.

## MATERIALS AND METHODS

 **Source of data:-** During the study conceptual data were collected from Bruhatrayis, Laghutrayis and other classical books including journals, presented papers and previous thesis work done along with details of modern dentistry.

For the observational study, minimum 30 healthy individuals in each prakruti were selected from Campus of Ayurveda Mahavidyalaya and Ayurvedic hospital, Within the age group of 20 to 40 years of both sex.

✚ **Study design:-**Assessment of prakruti with the help of prakruti parikshan proforma for assessment of Dantashareer based on dantasampat lakshanas Minimum 30 healthy individuals in each Ekdoshajapradhan prakruti with age group of 20 to 40 years irrespective of sex were selected.

✚ **Inclusion criteria:-**30 individuals in each Ekdoshpradhan prakruti with age group of 20 to 40 years of both sex were included from campus of Ayurved Mahavidyala & Ayurvedic Hospital.

#### ✚ **Exclusion criteria**

- Tobacco chewer
- Volunteers with artificial denture or history of dental treatment
- Other than dantsampat
- Dental carries with grade ii to vi (G.V. classification)

#### ✚ **Materials**

- Blotting paper
- Dental shade guide
- Mirror
- Vernier calliper
- Torch
- Gloves and mouth mask
- Observational proforma
- Disinfectant hand wash
- Cloth and hand towels

## **METHODOLOGY**

The study was conducted in campus of Ayurved Mahavidyalaya & Ayurvedic Hospital.

Before the study prior consent was taken. During the examination, Prakruti parikshan was done by other person to avoid the Bias, and then Dantparikshan was carried out.

Poornata was studied by counting the total numbers of teeth, colour of teeth was assessed by using the Dental shade guide. Sthirmul and Dantbandhana was assessed by asking the questions i.e. Darshan sparshan and prashne.

### Assessment criteria

#### 1) Danta

Poornata :- Total number of Teeth (completeness)

Samata :- Leveled or size similarity i.e. height and alignment

Ghanata:- Thickness or compactness

Shuklata:- Colour of teeth i.e. whitish yellow, whitish grey, whitish brown.

Kinchiduttoronata:- Slight elevation of upper teeth over the lower teeth.

#### 2) Dantabandhana

Samata:- Gums are equally covered on teeth

Raktata:- Colour of gum like reddish or pinkish in dark and pale scale

Sthirmoola :- Steady roots

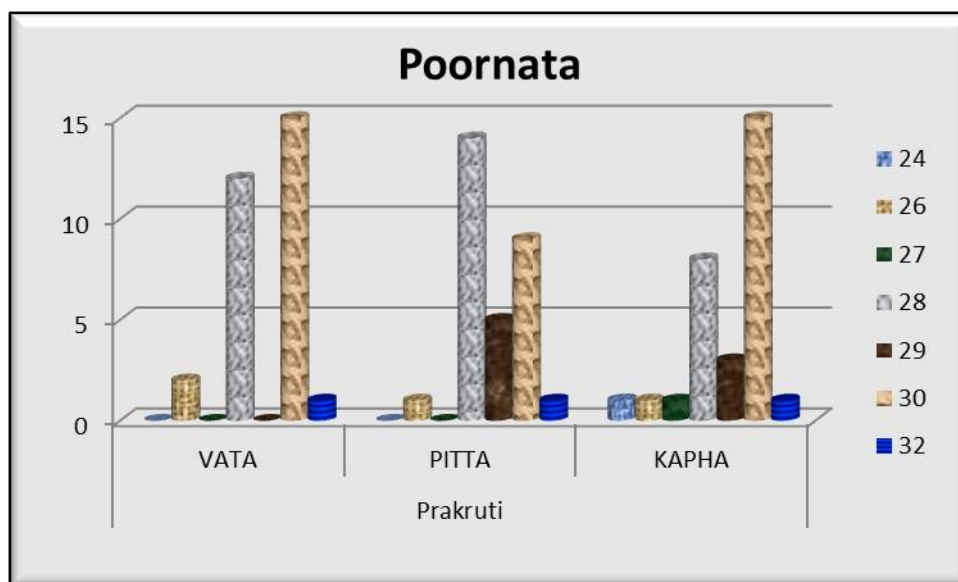
This data collected and entered in master chart. Since the data were mostly qualitative, percentage were computed for comparison.

### OBSERVATION

**Table 1: Poornata.**

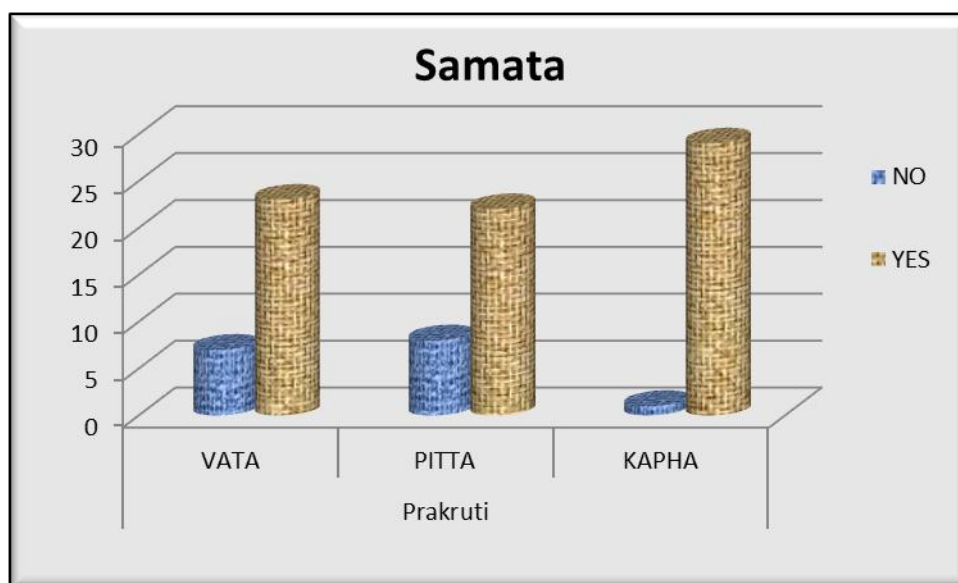
The frequency distribution of patients according to Poornata along with its bar graph is given below.

Poornata	Prakruti			Total
	VATA	PITTA	KAPHA	
24	0	0	1	1
%	0.0	0.0	3.3	1.1
26	2	1	1	4
%	6.7	3.3	3.3	4.4
27	0	0	1	1
%	0.0	0.0	3.3	1.1
28	12	14	8	34
%	40.0	46.7	26.7	37.8
29	0	5	3	8
%	0.0	16.7	10.0	8.9
30	15	9	15	39
%	50.0	30.0	50.0	43.3
32	1	1	1	3
%	3.3	3.3	3.3	3.3
Total	30	30	30	90
%	100.0	100.0	100.0	100.0

**Table 2: Samata**

The frequency distribution of patients according to Samata along with its bar graph is given below.

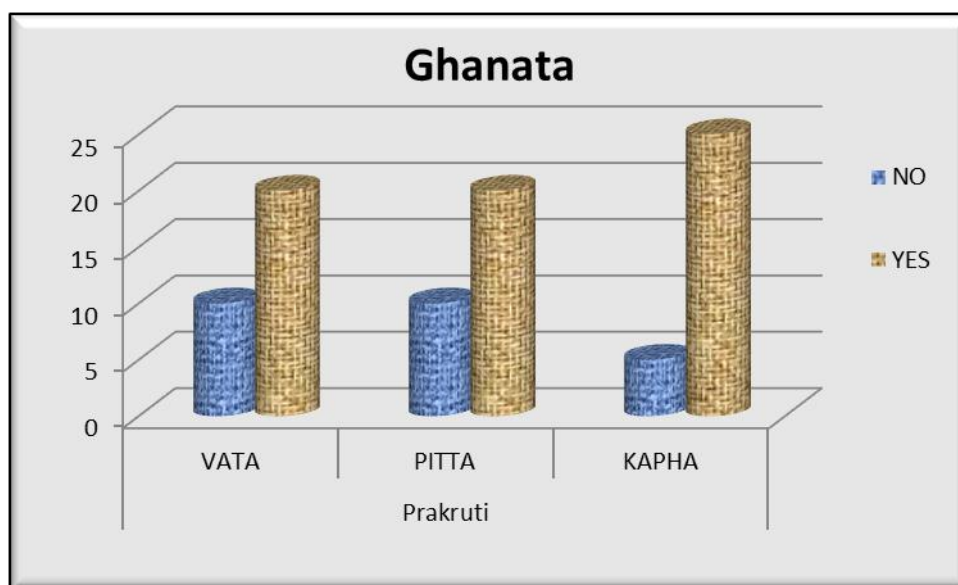
Samata	Prakruti			Total
	VATA	PITTA	KAPHA	
NO	7	8	1	16
%	23.3	26.7	3.3	17.8
YES	23	22	29	74
%	76.7	73.3	96.7	82.2
Total	30	30	30	90
%	100.0	100.0	100.0	100.0



**Table 3: Ghanata**

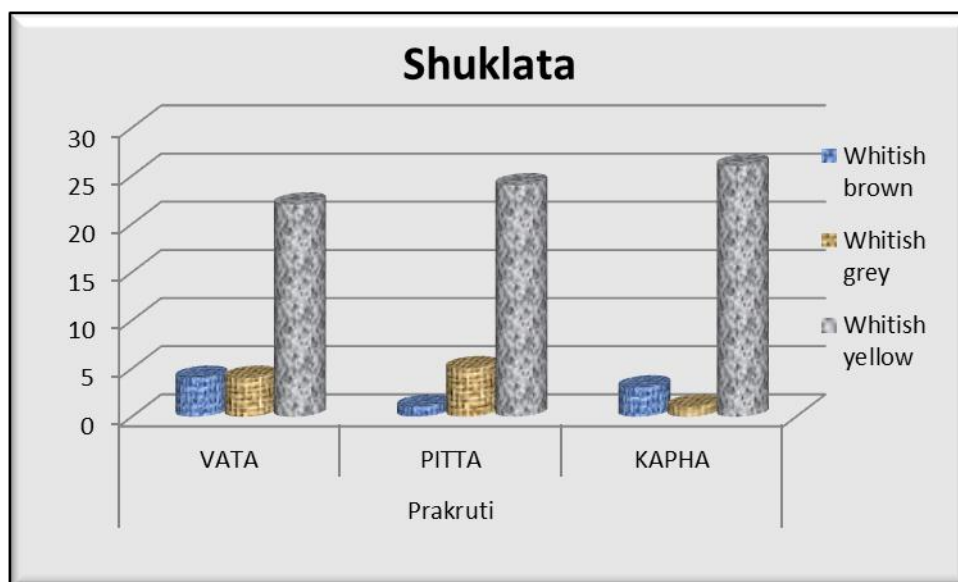
The frequency distribution of patients according to Ghanata along with its bar graph is given below.

Ghanata	Prakruti			Total
	VATA	PITTA	KAPHA	
NO	10	10	5	25
%	33.3	33.3	16.7	27.8
YES	20	20	25	65
%	66.7	66.7	83.3	72.2
Total	30	30	30	90
%	100.0	100.0	100.0	100.0

**Table 4: Shuklata**

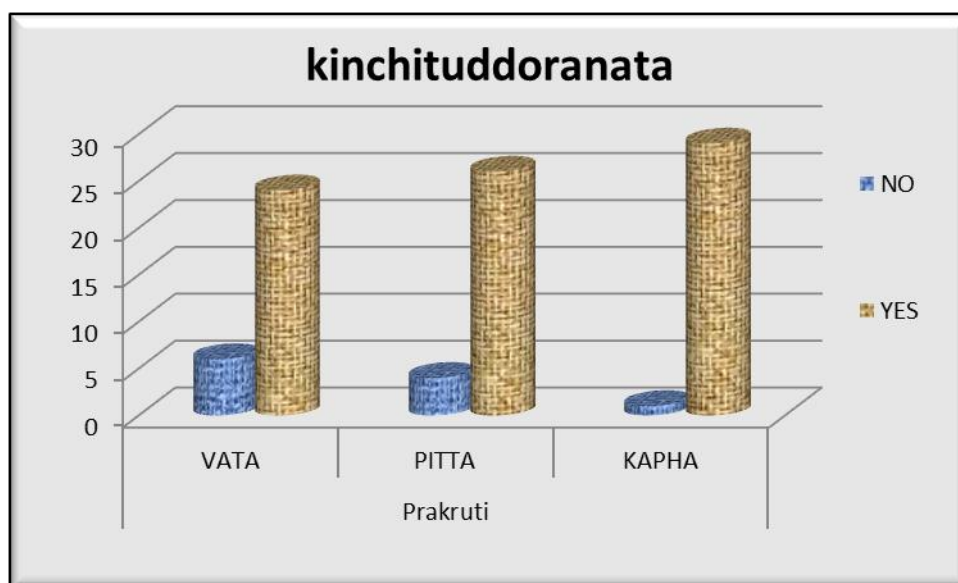
The frequency distribution of patients according to Shuklata along with its bar graph is given below.

Shuklata	Prakruti			Total
	VATA	PITTA	KAPHA	
Whitish brown	4	1	3	8
%	13.3	3.3	10.0	8.9
Whitish grey	4	5	1	10
%	13.3	16.7	3.3	11.1
Whitish yellow	22	24	26	72
%	73.3	80.0	86.7	80.0
Total	30	30	30	90
%	100.0	100.0	100.0	100.0

**Table 5: Kinchituddoranata**

The frequency distribution of patients according to kinchituddoranata along with its bar graph is given below.

Kinchituddoranata	Prakruti			Total
	VATA	PITTA	KAPHA	
NO	6	4	1	11
%	20.0	13.3	3.3	12.2
YES	24	26	29	79
%	80.0	86.7	96.7	87.8
Total	30	30	30	90
%	100.0	100.0	100.0	100.0



**DISCUSSION**

A minimum of 30 volunteers in each Ekadoshaja Pradhanaja Prakruti, irrespective of sex were studied under the age group from 20-40 years.

**POORNATA**

Out of 30 Vata Prakruti volunteers, 2(6.7%) volunteers have 26 teeth, 12(40.0%) volunteers have 28 teeth, 15 (50.0%) volunteers have 30 teeth and 1(3.3%) volunteer have 32 teeth.

Out of 30 Pitta Prakruti volunteers, 1(3.3%) volunteers have 26 teeth, 14(46.7%) volunteers have 28 teeth, 5(16.7.0%) volunteers have 29 teeth, 9(30.0%) volunteer have 30 teeth and 1(3.3%) volunteers have 32 teeth.

Out of 30 Kapha Prakruti volunteers, 1(3.3%) volunteers have 24 teeth, 1(3.3%) volunteer have 26 teeth, 1(3.3%) volunteers have 27 teeth, 8(26.7%) volunteer have 28 teeth, 3(10.0%) volunteers have 29 teeth, 15(50.0%) volunteers have 30 teeth and 1(3.3%) volunteer have 32 teeth.

Using one way ANOVA, Mean of Vata, Pitta and Kapha are 29.00, 28.83 and 28.94 respectively.

There is no significant difference in poornata according to prakruti.

**SAMATA; LEVEL**

Among 30 Vata Prakruti volunteers, 23(76.7%) had Samata in the level of teeth and remaining 7(23.3%) were not having Samata.

Among 30 Pitta Prakruti volunteers, 22(73.3%) had Samata in the level and 8(26.7%) not had.

Among 30 Kapha Prakruti volunteers, 29(96.7%) volunteers had Samata & 1(3.3%) were not having.

Incidence of Samata in level is more observed in Kapha Prakruti volunteers, less in Pitta Prakruti Volunteers.



**SAMATA; ALIGNMENT**

Among 30 volunteers of Vata Prakruti, 20(66.7%) had Samata in alignment & 10(33.3%) not had.

Among 30 Pitta Prakruti volunteers, 23(76.7%) had Samata whereas 7(23.3%) not had.

And in 30 Kapha Prakruti volunteers 27(90.0%) had Samata and 3(10.0%) volunteers not.

Incidence of Samata in alignment also more observed in Kapha and Pitta Prakruti volunteers, less in Vata Prakruti Volunteers.

**GHANATA**

Out of 90 volunteers, 20(66.7%) volunteers from Vata, 20(66.7%) volunteers from Pitta & 25(72.2%) volunteers from Kapha Prakruti had Ghanata.

And 10(33.3%) volunteers from Vata, 10(33.3%) from Pitta & 5(16.7%) from Kapha Prakruti not had Ghanata.

Incidence of Ghanata is more found in Kapha Prakruti volunteers, moderate in Pitta and less in Vata Prakruti volunteers.

Vata is having Sukshma and Laghu Guna (less Density). And it also told in Samhitas that Vata prakruti persons will have the Danta as Alpa, Tanu, and Sukshma. Here also we can see less Ghanata (compactness) in Vata Prakruti volunteers.

**DANTA VARNA (SHUKLATA)**

Among 30 Vata Prakruti volunteers 22(73.3%) had whitish yellow color of teeth, 4(13.3%) had whitish brown color and 4(13.3%) were having whitish grey color.

Among 30 Pitta Prakruti volunteers 24(80.0%) had whitish yellow color of teeth, 1(3.3%) had whitish brown color and 5(16.7%) were having whitish grey color.

Among 30 Kapha Prakruti volunteers 26(86.7%) had whitish yellow color of teeth, 3(10.0%) had whitish brown color and 1(3.3%) was having whitish grey color.

Whitish yellow color is more observed in Kapha and Pitta Prakruti volunteers, where as whitish brown color is more observed in Vata Prakruti volunteers. In modern science also Whitish yellow color is mentioned as a commonly observed color.

**KINCHIDUDORANATA**

Kinchidudoranata was observed in 24(80.0%) volunteers in Vata Prakruti, 26(86.7%) volunteers each in Pitta and 29(96.7%) Kapha Prakruti. Same level of upper and lower dental arches were observed in 6(20.0%) in Vata, 4(13.3%) in Pitta & 1(3.3%) in Kapha Prakruti.

Kinchidudoranata is more observed in Kapha Prakruti & Pitta Prakruti volunteers, less in Vata Prakruti Volunteers compared to other two Prakruti. As the alignment of teeth is not normal in Vata Prakruti persons, Kinchidudoranata may be less observed in Vata Prakruti compared to other Prakruti.

**CONCLUSION**

More characteristic of Dantsamapat are seen in kaphaprakriti.e Poornata, Samata, Ghanata, Shuklata, Kinchidudoranata, Raktata and Sthirmul. Hence we can say that KaphaPrakriti volunteers have healthy teeth in comparison with other prakritis.

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