

**DENTAL CARIES W.S.R.TO KRIMIDANTA AND IT'S  
MANAGEMENT IN AYURVEDA –A CASE REPORT****Dr. Kiran<sup>1\*</sup>, Dr. Pallavi Jagtap<sup>2</sup> and Dr. Akshat Sirdhyal<sup>3</sup>**

<sup>1</sup>PG Scholar, Shalakya Tantra Department, Dr. D.Y. Patil College of Ayurved and Research Centre, Pimpri, Dr. D.Y. Patil Vidyapeeth, Pune 411018 (Deemed to be University), Maharashtra, India.

<sup>2</sup>Guide and Professor, Shalakya Tantra Department, Dr. D.Y. Patil College of Ayurved and Research Centre, Pimpri, Dr. D.Y. Patil Vidyapeeth, Pune 411018 (Deemed to be University), Maharashtra, India.

<sup>3</sup>PG Scholar, Swasthavritta and Yoga Department, Dr. D.Y. Patil College of Ayurved and Research Centre, Pimpri, Dr. D.Y. Patil Vidyapeeth, Pune 411018 (Deemed to be University), Maharashtra, India.

Article Received on  
23 August 2023,

Revised on 12 Sept. 2023,  
Accepted on 02 Oct. 2023

DOI: 10. 20959/wjpr202317-29863

**\*Corresponding Author****Dr. Kiran**

PG Scholar, Shalakya  
Tantra Department, Dr. D.Y.  
Patil College of Ayurved  
and Research Centre,  
Pimpri, Dr. D.Y. Patil  
Vidyapeeth, Pune 411018  
(Deemed to be University),  
Maharashtra, India.

**ABSTRACT**

Dental caries, often known as tooth decay, is the gradual deterioration of tooth structure. The most frequent kind of orofacial discomfort is aching, and when it is severe, it is a dental emergency. Painkillers will be the first line of defences against pain, but using them has several negative effects. In *Ayurveda*, for the management of pain in *Krimidanta*, it is mentioned that *Krimighna* (anti-microbial), *Vataghna* (which relieves *Vata*), and *Ushnaveerya Dravyas* (drugs with hot potency) are to be used. These can relieve the toothache and discoloration. However, it's over prescription leads to kidney disorders, liver disorders, etc. Therefore, an effort was made to identify a substitute medication that is efficient, has no contraindications, and has no adverse effects. Here, the patient was given local treatment with *Swarna ksheeri Ksheera* (milk of Argemone Mexicana Linn.) and *Dantapichu* (soaked cotton swab). Following therapy, a considerable

improvement in a number of symptoms, including tooth pain, tingling, and swelling, was seen.

**KEYWORDS:** Dental caries, *Krimidanta*, *Dantapichu*, *Swarna ksheeri Ksheera*.

## INTRODUCTION

Dental decay affects the general health of populations in underdeveloped nations like India. About 50–60% of Indians are said to have dental caries, especially those from lower socioeconomic backgrounds. 3.6% of the world's population, or 2.43 billion individuals, have dental caries in their permanent teeth.<sup>[1]</sup> Nearly all individuals, according to the World Health Organization, suffer from dental caries at some point in their lives. In recent years, both children and adults have started to experience them more frequently. The illness is Due to a higher consumption of simple sugar, it is more prevalent in the developed world and less prevalent in the poor world. It happens when there is a net loss of minerals and the rate of demineralization is higher than the rate of re-mineralization. According to *Ayurveda*, it is comparable to the illness *Krimidanta*, which is defined by *Maharuja* (extreme pain), *Krishnachidra* (black coloured pit), *Chala* (mobile tooth), and *Samramba* (inflammation) and appears as a result of vitiation of the *Vatapradhana tridosha*.<sup>[2]</sup>

## MATERIAL AND METHODS

### Case study

A Hindu, married, 39-year-old male patient from the middle class presented to the out-patient department (OPD) of the Dr. D.Y. Patil college of *ayurvedic* and research centre, Pimpri pune complaining of severe pain and mild tingling in the lower molar tooth. The patient's history of the current illness revealed that, up until a month ago, he appeared to be in good health. However, over time, he began to experience mild tooth pain and a slight blackening of his teeth. To treat this, he visited his family doctor and began taking internal medications (painkillers), which helped to improve his condition. For a while but did not experience relief. Day by day, the issue got worse with escalating discomfort from light to severe, minor tingling, mild swelling, and He visited our hospital for additional management of his blackish discoloration.

### Associated complaints

- Severe Pain (*Maharuja*)
- Swelling (*Samramba*)
- Blackening of his teeth (*Krishanchidri*)

**Past history:** History revealed no evidence of trauma, diabetes mellitus, or hypertension.

**Table 1: Personal history.**

Name – XY	<i>Bala - Madhyama</i>	<i>Prakriti – Vata, Kapha</i>
Age – 39 years	Marital status - Married	BP – 130/80 mm of Hg
Sex – Male	Addiction - None	Weight – 65 Kg
Occupation – Chocolatier	Bowel Habit - Irregular	<i>Koshtha – Madhyam</i>
Sleep – Disturb	Appetite - Lost	Height – 150cm

The general examination of the patient showed no pallor, cyanosis, icterus and discoloration of nails and gums.

### Local Inspection

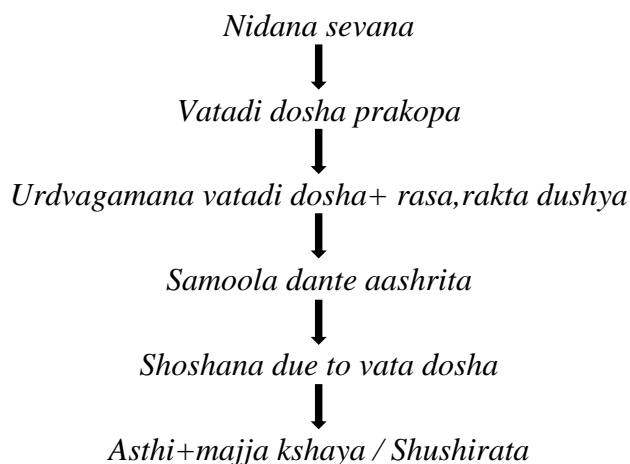
- Oral cavity- Appearance of health
- Odour- Nonexistent
- Pain in the first left molar teeth is excruciating.
- Tingling- Mild form with consumption of drinks and meals
- Mild gum edema around the left molar teeth causes swelling.
- Absence of redness, and absence of discharge
- No tooth movement/fixed teeth
- Mild tooth cavity discolorations that is blackish in hue.

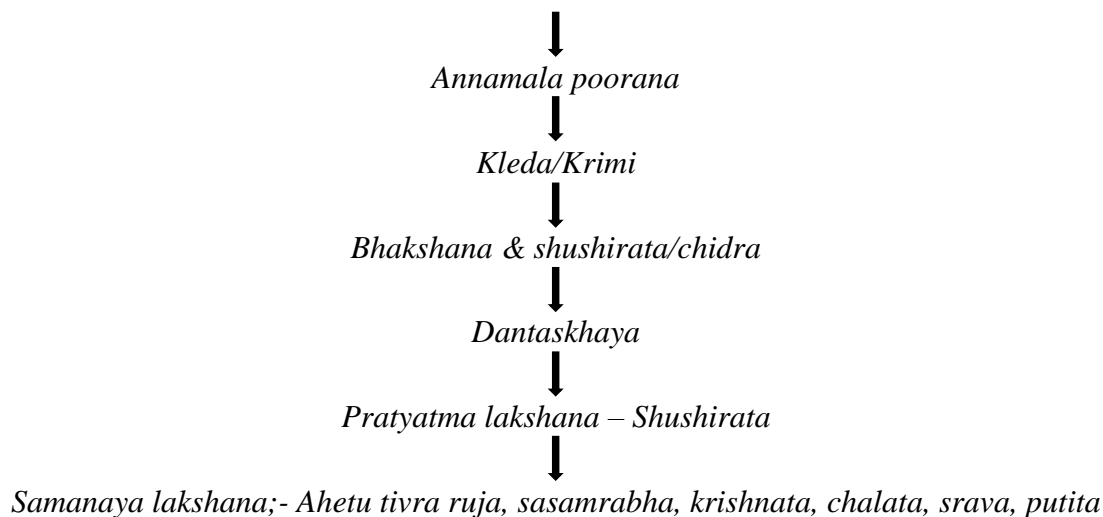
### ➤ Systematic Review

S1, S2 heard. All systems are functioning properly because there were no additional noises, the P/A felt soft to the touch, and no other abnormalities were found at the time of the inspection.

- **Dental caries is the clinical diagnosis** for *krimidanta*.

### ➤ *Samprapti*





### ***Samprapti Ghatka***

- *Nidana - Mukharoga nidanas & Vatadi prakopaka Nidanas*
- *Dosha - Mainly Vata + kapha & pitta*
- *Dushya - Rasa., Rakta, Asthi, Majja Srotas Annava, Raktavaha, Asthivaha and Majjavaha*
- *Srotodusṭī - Sanga*
- *Agni - Jatharagnimandhya, Dhatwagnimandhya*
- *Roga Marga – Bahya*
- *Udbhava Sthana - Amashaya*
- *Adhisthana Danta*

### **Approach to Application**

*Dantapichu* with *Swarna ksheeri Ksheera* as treatment.

For five days, the patient was instructed to place a cotton swab soaked in fresh milk made from the leaves and stem of the *Swarna ksheeri plant* over the painful tooth for about 30 minutes twice a day (morning and evening before too).

### **PRECAUTION**

The patient was instructed to separate the first two to three bouts of saliva after using the cotton swab that had been soaked in solution in order to prevent nausea and throat discomfort.

## RESULT

After five days of treatment, the patient reported complete relief from pain, tingling, and swelling around the tooth. However, the patient's blackish discoloration had persisted, and there had been a very slight but not appreciable change in the color's intensity. The patient stated that there had been no recurrence of the complaint at the second follow-up appointment (after 15 days of medication). This was followed by mouthwash made of lukewarm water.

## DISCUSSION

Clinical tests revealed that the patient had *Vatapradhana Tridoshaja* illness, which is characterised by intense discomfort, a tingling feeling, and slight *edema*. *Bhavaprakasha Nighantu* explains the medication *Swarna ksheeri*. In addition to having Tikta rasa, Krimigna, and Bhedagna, it also has berberine, protopine, and a trace quantity of potassium nitrate in its chemical makeup. As Tiktarasa is the best Krimigna<sup>[5]</sup> and protopine is an analgesic, it is likely that these two medications aid with the pain.<sup>[6]</sup> Berberine and *bhedagna* work as anti-inflammatory agents, reducing pain and swelling.<sup>[7]</sup> The *Krimigna* of *Swarna ksheeri* aids in the sense of tingling, and it was noted that the patient had pain alleviation and other side effects only after five days of treatment.

## CONCLUSION

Dental caries and the illness *Krimidanta* can be linked based on the clinical signs and symptoms. *Dantapichu* and *Swarna ksheeri Ksheera* participated in this study. Shown to be both safe and efficient in the treatment of dental caries-related pain and tingling. Therefore, in the future, we may utilize this medication as the best analgesic for dental caries, and research can be done on a large number of patients for better analysis.

## CONFLICT OF INTEREST

Nil.

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