

# Single Arm Clinical Study to Access the Role of Tila Taila Gandush in Dantaharsh & Dantashool w.s.r.to Dinacharya upkrama

Dr.Pramod Shinde<sup>1</sup>, Dr. Abhijit A. Mane-Patil<sup>2</sup>, Dr. Kalpana K. Jadhav<sup>3</sup>

<sup>1</sup> PG Scholar, <sup>2</sup> Guide, <sup>3</sup> HOD

Yashwant Ayurvedic College, post Graduate Training and Research Center, Kodoli

Received : 3 November 2023

Accepted : 12 December 2023

## Abstract

Today, in this competitive era when you see a glorious smile, you definitely forget problems and tensions because smiles are contagious. Smiles make others believe and smiles are stepping stone to great things. The glorious and beautiful smiles flash only with glossy white and well-arranged teeth. These are the most important organ of mechanical digestion

in body. Unless the teeth pulverize the food, the enzymes cannot chemically digest it. Hence, painful teeth, sensitive teeth, an absence of teeth or diseased teeth and gums often lead to indigestion and insufficient utilization of the undigested food, results in malnutrition. So it is the need of time to treat these conditions in time to prevent further consequences. Acharya Vagbhata in Mukharogapratishehdh Adhyaya in Uttarsthana of Ashtang Hrudya has mentioned Vatadosha alleviating treatment should be given for Dantaharsha. So in this study, Tila taila gandush has been given for patients of dantaharsha and dantashool. It can be used as a daily measure in Dinacharya Upakrama. It was found significant.

**Keywords** - smile, teeth, gandush, dantaharsh

## Introduction:

There is very much importance has been given to Dental hygiene for maintaining health and beauty. The healthy teeth are very much necessary for healthy body. If the teeth are not clean, healthy and strong they cannot be capable to mastication and proper digestion and without proper digestion there cannot be proper nutrition. Āyurveda, the science of healthful living, emphasizes equally on preventive and curative aspect of diseases. It also suggests that a wise person who wants to be healthy should take care of his body. Asatmya

indriyārtha samyoga, Prajnaparadha and Parinama are the root cause of all diseases.<sup>1</sup>

Shalakyatantra, one amongst the eight specialities of Ayurveda, deals with the precious Supra clavicle organs, Head and Neck, the diseases affecting them and their management.<sup>2</sup> Susruta has explained the surgical management of various diseases of shalya & shalakyā speciality. The Mukha i.e. oral cavity, work as reflector of the body health by acting as gateway of the alimentary canal and in that way it is considered to be one of the most important part of the Urdhwa Jatru. In Nidana stha, Sushruta has described the disease of Mukha, according to the seven sub sites i.e. Auṣṭa, Danta, Dantamūla, Jihwa, Tālu, Kaṅṭha and

### Author Correspondence

Dr. Pramod Shinde

Yashwant Ayurvedic College, Kodoli

Email : shindedrpramod@gmail.com

Sarvani.<sup>3</sup> The 'Danta Rogas', are responsible for tooth loss. The disease, dantharsha is considered under this group. Other Danta rogas are Dalan, Krimidanta Dantaharsa, Dantabhanjanaka, Danta Sharkara, Kapalika, Syava Danta, Hanumoksa and Karala.

The treatment of Mukha Rogas is one of the oldest forms of medico surgical skill. The disease Dantaharsha and Dantashool is mainly caused by vitiated Vata along with vitiated Kapha and Pitta. It can be managed by various types of. local applications of various drugs into the cavity and danta. Acharya Vagbhata has advised Vatanashak chikitsa for Danta vydhis.<sup>4</sup> It should be used as a measure in Dinacharya. Dinacharya, according to Ayurveda , is a daily routine that promotes self-care through different daily activities. By bringing in tune with nature, it regularizes own biological clock and makes more self-aware. It includes early waking, cleansing, exercise, massage, abhyanga etc. This includes Gandusha also. So present study has selected containing Tila taila gandush for Dantaharsha and dantashool.

#### **Aim :**

To study the efficacy of Tila taila gandush in Dantaharsha and Dantashool.

#### **Objectives:**

1. To study the Dantaharsh.
2. To study the Dantashool.
3. To study the Gandush.
4. To study the efficacy of Tila taila gandush in Dantaharsha and Dantashool as a measure of Dinacharya.

#### **Material**

1. Literary review of Dantaharsha and dantashool in all Ayurvedic texts.
2. Review of available information regarding Gandush.
3. Review of internet material, Journals, magazines and previous research papers related to this subject.

#### **Review of literature:**

##### **Dantaharsh -**

It causes due to excessive intake of sour taste. It has following symptoms:<sup>5</sup>

1. Teeth do not tolerate hot food
2. Teeth do not tolerate cold food
3. Teeth do not tolerate air
4. Teeth do not tolerate chewing food
5. Feeling of pain
6. Feeling of movements of teeth

##### **Dantashool :**

It causes due to vitiation of Vata dosha. It has symptom of pain in teeth.

##### **Gandush :**

Gandusha is the process of "holding any medicated liquid in the mouth to its full capacity for a specific time without allowing any movement inside the mouth". Gandusha is done with the unctuous substances or fats (sneha) like oils (tailadi) or ghee (grita) etc., milk (Kshira / paya), honey (kshoudra), honey-water (madhudaka), meat soup (mamsarasa), wine (madhya), urine of animals (mutra), sour liquids (amla), wash of grains fermented by keep ing overnight (dhanyamla), herbal decoctions (kashya) or warm water (ushnodaka)etc. according to the doshas

## Types of Gandasha according to different Ayurvedic Acharyas

Sushruta	Vridha Vagbhata	Vagbhata	Sharangadhara
Snehana(oleating)	Snigdha(oleating)	Snehika(oleating)	Snigdha(oleating)
Prasadana (palliating)	Shamana (palliating)	Shamana (palliating)	Prasadana (palliating)
Shodhana (purificatory)	Shodhana (purificatory)	Shodhana (purificatory)	Samshodhana (purificatory)
Ropana(healing)	Ropana(healing)	Ropana(healing)	Ropana(healing)

**Procedure:**

The individual should be made to sit comfortably in erect posture in devoid of breeze in sunlight. His shoulders, throat, cheeks and forehead should be massaged and fomented. He should be asked to hold the medicated liquid in his mouth without doing any movement inside with concentrated mind and face slightly lifted up. He should be advised not to drink the liquid and hold it until the mouth gets filled with oro-pharyngeal secretions (kapha) and watery discharge (jalasrava) appears from the nose (nasa) and the eyes (netra). Then it should be spat out and relaxes. After that next Gandusha should be done.

In this way at a stretch, three, five or seven times Gandusha dharana can be done to get rid of the doshas till the appearance of signs and symptoms of proper (Samyak-lakshanas) of Gandusha therapy. The person is advised to do gargle (kavala) with warm water, spit out and relaxes.

**Duration :**

Gandush should be performed till

- Filling the throat by oropharyngeal secretions (kapha purnasyata)
- Watery discharge from the nose (khantha srava)
- Watering of the eyes (akshi srava)

**Benefits of Taila Gandūsha:**

Gandusha can be practiced daily to maintain good oral health. Regular practice of Taila (oil) Gandusha elaborates the following benefits:<sup>6</sup>

1. It strengthens the voice (swarabalam) by supporting and promoting the vocal chords. It lubricates, reduces toxic load and purifies the vocal chords. Voice becomes more effective and melodious.
2. It strengthens the jaws or mandible (hanurbalam) by lubricating and supporting.
3. It nourishes the mouth (vadanopachaya) and makes face healthy and beautiful by giving proper exercise to the muscles of cheeks, tongue, lips and soft palate. It also increases motor functions of these muscles.
4. It improves taste perception (param – rasajnana mruchyam) by honing the taste buds. It also preps the appetite, clearing any fogs covering the digestive fire of the stomach.
5. It prevents dryness of mouth and throat (nachasyakanthashosha) by balancing the pH of the oral cavity.
6. It prevents cracking of lips (naoshtayoh sputhanadbhavam) and supports the lips health.

7. It makes the teeth strong (dridamuladanta) and healthy by strengthening the roots of the teeth. It increases the stability of teeth and gums.
8. It prevents dental caries (krimidanta) and toothache (nashulyante) and dental hypersensitivity (nahrishyante) by nourishing the nerve tissue and nerve endings.
9. It also provides resistance against the oral disorders of oral cavity. It prevents the disorders of oral cavity (doshaja or aganthujamukharogas), head (shirah), throat (kantha), ear (karna), nose (nasa) and eye (netra). It also helps indirectly to improve immunity system (vyadhikshamatwam).

#### Tilataila :

- Latin name: Sesamum indicum
- Family : pedaliaceae
- Part used: oil
- Rasa -Madhur
- Guna-guru, snigdha, sukshma, vyavahi, vishadha
- Virya-ushna
- Vipaka-madhura
- Doshagnata- vata-kaphashamaka
- Karma – balya, sthairyakara, brimhana, deepana, shulaprashamana.
- Rogaghanta - brimhana, balya, vataroghara, twachya.
- Chemical composition- lipids, glycolipids, glycosides, sesamol, sesaminol etc

Resistance to oxidative deterioration is an excellent characteristic of sesame oil. Its remarkable stability is due to the presence of endogenous antioxidants sesaminol and sesamol. Glycolipids are most essential part of cell membrane for stability of cell. Lipids are crucial for healthy functioning of nerve cells of nervous

system in body. Tilataila improves intelligence .massage of sesame oil helps to strengthen the bones, muscles, joints.

#### Material and Methods:

##### Inclusion Criteria:

1. Patients presenting with signs and symptoms of Dantaharsha and Dantashool, described as per Ayurvedic and Modern science.

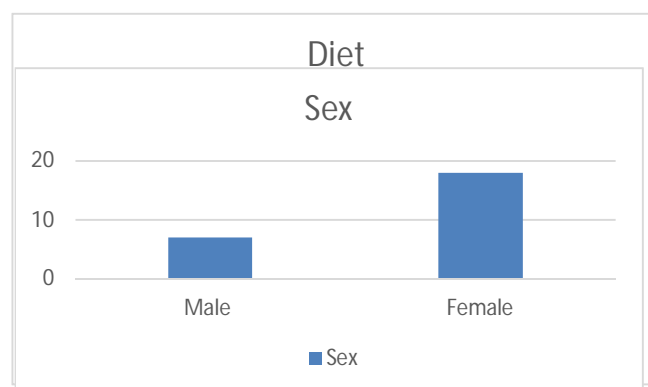
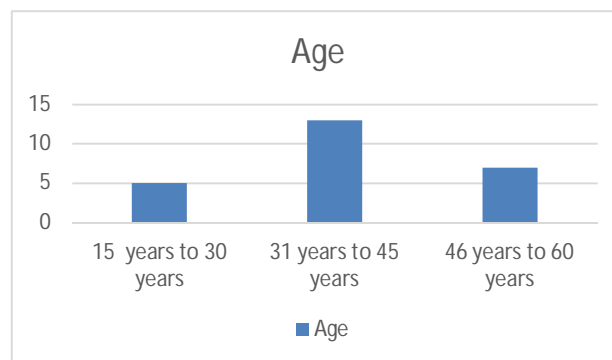
##### Exclusion Criteria:

- Age below 15 years and above 60 years.
- Fractured tooth.
- Patients with Periodontal abscess.
- Patients with other diseases of Oral cavity

**Sample size:** 20

**Duration of treatment:** 21 days

#### Observation :



**Result :**

Sr. No.	Symptom	Improvement in percentage
1	Teeth do not tolerate hot food	84 %
2	Teeth do not tolerate cold food	71 %
3	Teeth do not tolerate air	85 %
4	Teeth do not tolerate chewing food	93 %
5	Feeling of pain	79 %

**Discussion and Conclusion:**

- Dantaharsha is one of the eight teeth disease mentioned in Sushrut Samhita.
- Dantaharsha and dantashool have symptoms as Teeth do not tolerate hot food, do not tolerate cold food, do not tolerate air, do not tolerate chewing food, Feeling of pain , Feeling of movements of teeth
- Acharya Vagbhata has advised Vatanashak chikitsa for Danta vydhis.
- It should be used as a measure in Dinacharya.
- Tila taila gandush was found effective in Dantaharsha and dantashool.

**References :**

1. Acharya Vidyadhar Shukla and Dr Ravidutta Tripathi, Charaksamhita of Agnivesa, Chaukhambha Sanskrit Pratishtan, Delhi, Reprint edition 2010, Part I, page no. 176.
2. Kaviraj Ambikadutta Shastri, Sushrut Samhita of Maharshi Sushruta, Choukhambha Sanskrit Sansthan, Sutrasthana, part I, reprint Edition 2009, pg. no.39..
3. Kaviraj Ambikadutta Shastri, Sushrut Samhita of Maharshi Sushruta, Choukhambha Sanskrit Sansthan, sutrasthana, part II, reprint Edition 2009, pg. no.381.
4. Dr. Ganesh Krishna Garde, Sarth vagbhat, Proficient Publishing House, Pune, Reprint edition 2009, Page no. 476.
5. Dr. Ganesh Krishna Garde, Sarth vagbhat, Proficient Publishing House, Pune, Reprint edition 2009, Page no. 471.
6. Acharya Vidyadhar Shukla and Dr Ravidutta Tripathi, Charaksamhita of Agnivesa, Chaukhambha Sanskrit Pratishtan, Delhi, Reprint edition 2010, Part I, page no. 100.