

## A CRITICAL REVIEW ON *DANTODBHEDAGADANTAKA RASA*

Pawar Anuja Samindar<sup>1</sup>, Chowta Jithesh<sup>2</sup>

1. 2<sup>nd</sup> year PG Scholar, Department of Kaumarbhritya, Alva's Ayurveda Medical College Moodbidri.
2. Associate Professor, Department of Kaumarbhritya, Alva's Ayurveda Medical College Moodbidri.

Corresponding Author: [anujapawar726@gmail.com](mailto:anujapawar726@gmail.com)

<https://doi.org/10.46607/iamj12p9012024>

(Published Online: November 2024)

Open Access

© International Ayurvedic Medical Journal, India 2024

Article Received: 20/10/2024 - Peer Reviewed: 17/11/2024 - Accepted for Publication: 24/11/2024.



### ABSTRACT

Oral health is a good indicator of overall well-being and quality of life. The mouth is considered a window into the health of the body because it is a gateway to the alimentary canal. Teething is a natural physiology and development stage that all children experience and generally commences from 6 months to 3 years.

A recent literary review showed that the global prevalence of dental caries in primary teeth was 46.2% and for permanent teeth 53.8%.

*Aacharya Kashyapa* has devised a complete description of *Danta Shaarira*, which is evidenced by the particular chapter *Dantajanmika Adhaya*. He has detailed explanations about *Dantajanma*, *Sakrutajata* and *Dwija danta*, and *danta bheda*.

*Dantodbheda gadantaka rasa* is an *Ayurvedic* medicine in the tablet form having predominantly *katu-tikta rasa*, *laghu-ruksha guna*, *ushna virya* and *katu Vipaka*. It treats disorders such as *jwara* and *Atisara* during teeth eruption in children.

**Keywords:** *Ayurveda*, *Kaumarbhritya*, *Dantodbhedhagadantaka rasa*

## INTRODUCTION

Aahara is one of the *Upastambha* for maintaining health as it aids *Dantaposhana*. Healthy teeth are essential for a healthy body. *Aacharya Kashyapa* has mentioned detailed description of *Dantabheda* and its *avstha* in *Dantajanmika Adhayaya*. The two upper teeth are called *Rajdanta* (central incisors), *Vasta* (lateral incisors), *Damshtra* (canines), *Hanvya* (pre-molars and molars) erupt usually between 6 and 10 months of age<sup>1</sup>. in chewing. Oral health influences general well-being and quality of life. Oral disease can

be debilitating and is a considerable health issue discussed worldwide. The *Dantodbhed gadantaka rasa* mentioned in *Bhaishjya ratnavali Baalrogadhikara*. It has *katu-tikta rasa*, *laghu-ruksha guna*, *ushna virya*, and *katu vipaka*. It will help in fast eruption of teeth and manage the diseases during *dantjanma* in children<sup>3</sup>.

### Materials and Methods:

Reference- *Bhaishajya ratnavali, Baalrogadhikara* 160-162.

Table No. : 01 Ingredients of *Dantodbhedhagadantaka rasa*-

<i>Pippali</i>	<i>Ela</i>
<i>Pippalimoola</i>	<i>Nagkeshara</i>
<i>Chavya</i>	<i>Musta</i>
<i>Chitraka</i>	<i>Shati</i>
<i>Nagar</i>	<i>Shrungi</i>
<i>Ajamoda</i>	<i>Vida lavana</i>
<i>Yavani</i>	<i>Abhraka bhasma</i>
<i>Nisha</i>	<i>Shankha bhasma</i>
<i>Madhuka</i>	<i>Ayas loha bhasma</i>
<i>Daru(Devdaru)</i>	<i>Makshika bhasma</i>
<i>Darvi(Daruharidra)</i>	<i>Pyasa( Milk)</i>
<i>Vidanga</i>	

**Matra:** Equal quantity of each ingredient.

### **Method of preparation:**

Take each drug in an equal quantity.

Prepare the powder of all the drugs.

Give one *bhavana* with *jala* and make *vati* each of *vallmatra*(375mg).

**Anupana:** *Payasa*( Milk).

**Dose:** 1 *ratti*

Table No. 02 *Rasa Panchaka* of ingredients

Drug	Rasa	Guna	Virya	Vipaka	Doshghnta
<i>Pippali</i> <sup>4</sup>	<i>Katu</i>	<i>Tikshna, Laghu Snigdha</i>	<i>Anushna</i>	<i>Madhura</i>	<i>Tridoshahara</i>
<i>Pippalimoola</i> <sup>5</sup>	<i>Katu</i>	<i>Lagu, Ruksha</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kaphavatahara</i>
<i>Chavya</i> <sup>6</sup>	<i>Katu</i>	<i>Laghu, Ruksha</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kaphavatahara</i>
<i>Chitraka</i> <sup>7</sup>	<i>Katu</i>	<i>Laghu, Ruksha, Tikshna</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kaphavatahara</i>
<i>Daruharidra</i> <sup>8</sup>	<i>Tikta, Kashaya</i>	<i>Laghu, Ruksha</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kaphapittahara</i>
<i>Ajamoda</i> <sup>9</sup>	<i>Katu, Tikta</i>	<i>Laghu, Ruksha</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kaphavatahara</i>
<i>Yavani</i> <sup>10</sup>	<i>Katu, Tikta</i>	<i>Laghu, Ruksha, Tikshna</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kaphavatahar</i>
<i>Nisha</i> <sup>11</sup>	<i>Katu, Tikta</i>	<i>Laghu, Ruksha</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kaphavatahar</i>
<i>Madhuka</i> <sup>12</sup>	<i>Madhura, Kashaya</i>	<i>Guru, Snigdha</i>	<i>Sheeta</i>	<i>Madhura</i>	<i>Vatapittahara</i>
<i>Devadaru</i> <sup>13</sup>	<i>Tikta</i>	<i>Laghu, Snigdha</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kaphavatahara</i>
<i>Nagar</i> <sup>14</sup>	<i>Katu</i>	<i>Guru, Ruksha, Tikshna</i>	<i>Ushna</i>	<i>Madhura</i>	<i>Kaphavatahar</i>
<i>Vidanga</i> <sup>15</sup>	<i>Katu, Tikta</i>	<i>Laghu, Ruksha, Tikshna</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kaphavatahar</i>
<i>Ela</i> <sup>16</sup>	<i>Madhura, Katu</i>	<i>Laghu, Ruksha</i>	<i>Sheeta</i>	<i>Madhura</i>	<i>Tridoshahara</i>
<i>Nagkeshara</i> <sup>17</sup>	<i>Tikta, Katu, kashaya</i>	<i>Laghu, Ruksha</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kaphavatahar</i>
<i>Musta</i> <sup>18</sup>	<i>Tikta, Katu, kasahya</i>	<i>Laghu, Ruksha</i>	<i>Sheeta</i>	<i>Katu</i>	<i>Kaphapittahara</i>
<i>Shati</i> <sup>19</sup>	<i>Tikta, Katu, Kashaya</i>	<i>Laghu, Tikshna</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kaphavatahara</i>
<i>Shrungi</i> <sup>20</sup>	<i>Kashaya, Tikta</i>	<i>Laghu, Ruksha</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kaphavatahara</i>
<i>Vida lavana</i>	<i>Lavana</i>	<i>Laghu</i>	<i>Sheeta</i>		<i>Tridoshahara</i>
<i>Abharaka bhasma</i> <sup>21</sup>	<i>Madhur, Kashaya</i>	<i>Sheeta, Guru</i>	<i>Sheeta</i>	<i>Madhura</i>	<i>Tridoshahara</i>
<i>Shankha bhasma</i>	<i>Katu, Kshara</i>	<i>Grahi</i>	<i>Sheeta</i>	<i>Madhura</i>	<i>Vatapittahara</i>
<i>Ayas loha bhasma</i> <sup>22</sup>	<i>Madhura, Amla, Tikta</i>	<i>Guru, Lekhana</i>	<i>Sheeta</i>		<i>Kaphapittahara</i>
<i>Makshika bhasma</i>	<i>Amla, Kashya, madhura</i>	<i>Laghu</i>	<i>Sheeta</i>	<i>Katu</i>	<i>Tridoshahara</i>

## DISCUSSION

*Dantodbheda gadantaka rasa* is an ayurvedic medicine with ingredients like *Pippali*, *Pippalimoola*, *Chitraka*, *Chavya*, *Nagara* etc. Predominantly it has *Katu-tikta* rasa, *Laghu-ruksha* guna, *Ushna* virya, *Katu* vipaka, and mainly *Kapha-vatahara*. *Pippali* and

*Pippalimoola* contain piperie, B-sitosterol, Cepharedi-ones and essential oil, so it is best digestive and helps to relieve bloating and constipation. *Chavya* has *grahi* property, due to which it relieves diarrhoea and dysentery. *Chitraka* has *katu* rasa and *ushna* virya, a digestive appetiser that balances *vata* and *kapha*. Some of the ingredients like *pippali*, *pippalimoola* contain key

phyto-constituents like piperin, B-Sitosterol, cepharadiones and essential oil which is best digestive and helps to relieve the bloating and constipation.

*Nagaa has katu rasa*, which is used as a carminative and is helpful in good digestion and fever. *Yavani* seeds are *katu* and *tikta rasa*, acting as carminatives, appetisers, balance *vata*, and *kapha dosha*. *Haridra* has analgesic, anti-bacterial, anti-allergic, and antioxidant properties. *Abhraka bhasma* contains iron, magnesium, potassium, calcium, aluminium, and plant alkaloids, which help treat abdominal and respiratory disorders. So, the combination of *dantodbhed gadantaka rasa* is very beneficial in *jwara*, and *atisara*, which are common in children during teeth eruption<sup>23</sup>.

## CONCLUSION

Poor oral hygiene is the leading cause of oral diseases, significantly impacting an individual's quality of life. *Dantodbhed gadantakat rasa* has *katu-tikta rasa*, *laghu-ruksha guna*, *ushna virya* and *katu vipaka* and mainly it is *vata kaphashamaka*. Hence, it plays a vital role in the diseases that occur during the *danta utpatti*. The combination of *dantodbheda gadantaka rasa* is beneficial in *jwara*, *atisara* and easy teeth eruption. It has essential elements that play a significant role in many disorders.

## REFERENCES

1. P.V Tewari, *Kashyap samhita* or *Vruddha Jeewkiya tantra*, reprint 2016, Choukambha Vishwabharati, *Sutra sthana* 20<sup>th</sup> chapter, *Dantjanmika Adhayaya*, page number 16.
2. [https://www.researchgate.net/publication/380675081\\_A\\_REVIEW\\_STUDY\\_ON\\_CONCEPT\\_OF\\_DANTA\\_SHARIR\\_IN\\_AYURVEDA](https://www.researchgate.net/publication/380675081_A_REVIEW_STUDY_ON_CONCEPT_OF_DANTA_SHARIR_IN_AYURVEDA)
3. Kaviraja Govinda Das Sen, edited by Dr. Siddhi Nandan Mishra, Choukambha Surabharati Prakshana, *Baalarogadhikara, shloka* 120-123, Page number 1088.
4. Prof. D.S. Lucas, *Dravyaguna Vignan* (Study of *Dravya—Materia Medica*), volume 2, reprint 2019 Choukambha Vishwabharati, page 362.
5. Prof. D.S Lucas, *Dravyaguna Vignan* (Study of *Dravya- Materia Medica*), volume 2, reprint 2019 Choukambha Vishwabharati page number 366.
6. Prof. D.S Lucas, *Dravyaguna Vignan* (Study of *Dravya- Materia Medica*), volume 2, reprint 2019 Choukambha Vishwabharati page number 455.
7. Prof. D.S Lucas, *Dravyaguna Vignan* (Study of *Dravya- Materia Medica*), volume 2, reprint 2019 Choukambha Vishwabharati page number 244.
8. Prof. D.S Lucas, *Dravyaguna Vignan* (Study of *Dravya- Materia Medica*), volume 2, reprint 2019 Choukambha Vishwabharati page number 22.
9. Prof. D.S Lucas, *Dravyaguna Vignan* (Study of *Dravya- Materia Medica*), volume 2, reprint 2019 Choukambha Vishwabharati page number 209.
10. Prof. D.S Lucas, *Dravyaguna Vignan* (Study of *Dravya- Materia Medica*), volume 2, reprint 2019 Choukambha Vishwabharati page number 211.
11. Prof. D.S Lucas, *Dravyaguna Vignan* (Study of *Dravya- Materia Medica*), volume 2, reprint 2019 Choukambha Vishwabharati page number 411.
12. Prof. D.S Lucas, *Dravyaguna Vignan* (Study of *Dravya- Materia Medica*), volume 2, reprint 2019 Choukambha Vishwabharati page number 595.
13. Prof. D.S Lucas, *Dravyaguna Vignan* (Study of *Dravya- Materia Medica*), volume 2, reprint 2019 Choukambha Vishwabharati page number 405.
14. Prof. D.S Lucas, *Dravyaguna Vignan* (Study of *Dravya- Materia Medica*), volume 2, reprint 2019 Choukambha Vishwabharati page number 415.
15. Prof. D.S Lucas, *Dravyaguna Vignan* (Study of *Dravya- Materia Medica*), volume 2, reprint 2019 Choukambha Vishwabharati page number 248.
16. Prof. D.S Lucas, *Dravyaguna Vignan* (Study of *Dravya- Materia Medica*), volume 2, reprint 2019 Choukambha Vishwabharati page number 419.
17. Prof. D.S Lucas, *Dravyaguna Vignan* (Study of *Dravya- Materia Medica*), volume 2, reprint 2019 Choukambha Vishwabharati page number 37.
18. Prof. D.S. Lucas, *Dravyaguna Vignan* (Study of *Dravya—Materia Medica*), volume 2, reprint 2019 Choukambha Vishwabharati, page 441.
19. Prof. D.S. Lucas, *Dravyaguna Vignan* (Study of *Dravya—Materia Medica*), volume 2, reprint 2019 Choukambha Vishwabharati, page 671.
20. Prof. D.S Lucas, *Dravyaguna Vignan* (Study of *Dravya- Materia Medica*), volume 2, reprint 2019 Choukambha Vishwabharati page number 85.

21. Dr. Krishnachandra Chuneekar, *Bhavprakash nighantu* reprint 2009, 8<sup>th</sup> *Dhtwativargopnamak dhaturasoprasaratnopartnavishavargah*, Chaukambha books, page number 617.
  22. Dr. Krishnachandra Chuneekar, *Bhavprakash nighantu* reprint 2009, 8<sup>th</sup> *Dhtwativargopnamak dhaturasoprasaratnopartnavishavargah*, Chaukambha books, page number 607.
  23. <https://www.planetayurveda.com/library/dantodbhed-gadantak-ras/>
- 

**Source of Support: Nil**

**Conflict of Interest: None Declared**

How to cite this URL: Pawar Anuja Samindar & Chowta Jithesh: A Critical review on Dantodbhedagadantaka rasa. International Ayurvedic Medical Journal {online} 2024 {cited November 2024} Available from: [http://www.iamj.in/posts/images/upload/77\\_81.pdf](http://www.iamj.in/posts/images/upload/77_81.pdf)