



Comprehensive Study on *Danta Shaareera* in Different *Prakruti* W.S R. To *Ekadoshaja Prakruti*

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Abstract: Everyone loves a bright and nice smile with white evenly spaced teeth but not all are born with the perfect set of teeth. Among the significant factors affecting overall dental appearance are tooth color, shape, and position; quality of restoration; and the general arrangement of the dentition.

In *Āyurveda Danta* is considered as the one type of *Asthi* called *RUCHAKĀSTHI*. These are 32 in number. These are called *Rajadanta* [central incisor], *Vasta* [lateral incisor], *Damstra* [canines], and *Hanavya* [premolars & molars].

Teeth are the accessory digestive organs located in sockets of the alveolar processes of the Mandible and Maxillae. Two types of dentition told, Primary dentition consists of 20 teeth & secondary/permanent dentition consists of 32 teeth.

Regarding the ideal teeth *Vagbhata* I and II told that it should be *Ghana*, *Snigdha*, *Shlakshana*, *Sita* and *Sama*. *Kāshyapa* defined it as *DANTASAMPAT*, its *Lakshanas* are *Poornata*, *Samata*, *Ghanata*, *Snigdha*, *Shuklata*, *Shlakshnata*, *Nirmalata*, *Niramayata*, little elevated and properly placed. *Dantabandhana* should be *Sama*, *Snigdha*, Reddish, Strong, Dense and steady root.

We get different *Lakshanas* related to *Danta* in different *Prakruti*'s in our *Samhitas*.

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.

Through this study we can assess the health of an individual using the status of *Danta Rachana*; we can also advise them if any care is needed.

Key Words: *Danta*; *Asthi*; *Danta Sampat*; *Prakruti*, Survey.

1. INTRODUCTION:

Bright and beautiful teeth are an attractive asset. They provide us with self-confidence, improve our quality of life and allow us to feel more natural. But, it is not only for appearance that we have healthy teeth. Scientific research has shown that healthy teeth have an important effect on our diet, health and overall sense of well-being. Healthy teeth cannot be taken for granted. Age plays no role and anyone can be affected. Teeth can be lost as a result of many factors: gum disease, tooth decay, or due to an accident.

A gap in the teeth is not only an aesthetic problem, but it can also adversely affect everyday life, whether it is eating a meal, speaking to a colleague, or laughing with a loved one.

Just as everyone has a unique fingerprint, each person has a particular pattern of energy - an individual combination of physical, mental and emotional characteristics - which comprises their own constitution. This constitution is determined at conception by a number of factors and remains the same throughout one's life. *Prakruti* is defined as the cluster of innate characteristics of an individual customary from birth till death.

“*Danta*” refers to tooth and “*Shastra*” the science. So *Danta Shastra* or dentistry refers to the Science which deals about the teeth. In *Āyurveda* it is one of the sub specialties of the *Shaalakya Tantra*, the branch of *Āyurveda* which deals with the diseases of head and neck. *Danta* and *Dantolukala* are considered as the *Asthi* & its number is given as 32 each.

When we go through the qualities of *Prakruti* in various *Samhitas* there we get different *Lakshanas* related to



Danta. While explaining about the *Prakruti Lakshanas* in the *Vimana Sthana* 4th chapter it is mentioned that *Kapha Prakruti* person will have well arranged teeth.

As per modern view Tooth is one of the hard conic structures set in the alveoli of the upper and lower jaws of the mouth & used for cutting and chewing food and assisting in articulation.

When we go through the qualities of *Prakruti* in various *Samhitas* there we get different *Lakshanas* related to *Danta*.

The oral health is important to overall well-being. Just as the mouth cannot be separated from the rest of the body, oral health cannot be considered separate from the rest of other health. Often thought to be only the presence or absence of tooth decay, oral health actually includes all the sensory, digestive, respiratory, structural, and emotional functions of the teeth, the mouth, and associated facial structures. Like other aspects of health, oral health must be considered in the context of social, cultural, and environmental factors.

The concept of *Dantashaareera* is available in our texts in a scattered manner; hence there is a need to compile it. *Lakshanas* of *Dantasampat* are same as an ideal occlusion in modern dentistry. In this study survey was conducted on *Dantashaareera* in different *Prakruti*.

Most cases of malocclusion are hereditary; preventing the disorder can be difficult. Parents of young children should limit pacifier and bottle use to help reduce changes in the development of the jaw. And also early detection of malocclusion may limit the duration of treatment needed to correct the problem. This study helps to identify the type of occlusion or malocclusion in different *Prakruti* and helps to reduce its chances by taking proper care and to detect and treat the problem early which allows for quicker results and more success.

2. OBJECTIVE:

- Comprehensive study on *Danta shaareera*.
- Conceptual study on *Danta shaareera* in different *prakruti* as explained in our classics.

3. LITERATURE REVIEW:

3.1 AYURVEDIC REVIEW

Danta and *Dantamoola* are also given as the parts of *Mukha*. *Dashana*, *Radana*, *Rada*, *Dwija*, *Kharu* are the synonyms of *Danta*. *Prakruti Danta* is two *Angula* in length. *Danta* is also a type of *Asthi* which are 32 in number. Some *Ācharyaas* *Dantolukhala* as *Asthi*. *Ācharya Shaarangadhara* is the only person who considered *Danta* as the *Upadhatu* of *Asthi*.

Based on morphology *Danta* classified as 4 types. They are *Rajadanta*, *Vasta*, *Damstra* & *Hanavya*. *Dantotpatti* is said to be of four types. *Saamudga*, *Samvruta*, *Vivruta* & *Danta Sampat*.

Saamudga: - It means the number of teeth is less here due to falling of it perpetually.

Samvruta: - It means the inauspicious and dirty teeth.

Vivruta: - It means worn-out and invariably affected teeth with salivation. Here teeth get easily discolored due to being uncovered by the lips and easily afflicted with diseases.

Dantasampat: - It includes some features of *Danta* and *Dantabandhana*, they are as follows:-

Features of *Danta* told as:-

Poornata- completeness

Ghanata - compactness

Samata – evenness

Shuklata – whiteness

Snigdhata – unctuousness

Shlakshnata – smoothness

Nirmalata – cleanliness

Niramayata – disease free state

Kinchiduttaronnatata – slight protuberance of upper teeth.

Features of *Dantabandhana*:-

Samata – evenness

Raktata – redness

Snigdhata – unctuousness

Bruhat, *Ghana Sthira Moola* – compactness of gums with big and stable roots.



In *Sushruta Samhita Nidana Sthana* 16th chapter *mukharoga Nidana Adhyaya*, *Dantamoolaroga* and *Dantagata Rogas* are explained in detail. Like *Dhalana*, *Krimidanta* etc.

The predominant element (*Vata*, *Pitta*, and *Kapha*) present during the time of fertilization determines the *Prakruti* of a person. *Prakruti* is basically of two types *Doshaja Prakruti* & *Manasa Prakruti*.

According to *Bruhatrayis*, *Doshaja Prakruti* is seven in number, *ekadoshaja*, *dwidoshaja* & *tridoshaja*.

Dantashāreera in *Vāta Prakruti* in *Samhitas* are:- *Parushata*, *Tanu*: -*Rooksha*, *Alpa* & *Sukshma*. *Dantashāreera* in *Pitta Prakruti* in *Samhita* is:- *Vishuddha Varna* & *Dantashāreera* in *Kapha Prakruti* in *Samhita* is:- *Subandhana*.

3.2 MODERN REVIEW

Teeth are one of the hard conic structures set in the alveoli of the upper and lower jaws of the mouth & used for cutting and chewing food and assisting in articulation. Each tooth has 3 parts, crown, root & neck. Structurally each tooth is composed of two types of tissue, hard tissue and soft tissue. Hard tissues are enamel, cementum and dentin. Soft tissue is pulp. Arrangement of teeth in the mouth is called as the dentition. It is two types, primary/ deciduous and secondary/ permanent dentition. There are 20 teeth in deciduous dentition and 32 in permanent dentition. Normal color of deciduous teeth is bluish white and of permanent teeth is whitish brown/yellow/grey. In normal dental alignment Lower incisors bite against the palatal surfaces of the upper incisors, the latter normally obscuring about 1/3rd of the crowns of the lower.

Gums/gingiva are the part of the keratinized masticatory oral mucosa that covers the alveolar process of the jaws and surrounds the neck of the teeth. These are Coral pink in color in normal. It is lighter in the individuals with a fair complexion than in persons with dark complexion. Although described as the coral pink, variation in color is possible. Size contour & shape considerably varies. Healthy gingiva is firm in consistency.

Occlusion means simply the contact between teeth or more technically, it is the relationship between the maxillary (upper) and mandibular (lower) teeth when they approach each other, as occurs during chewing or at rest. The absence of the relationship between the upper teeth and the lower teeth is known as malocclusion. It is also called as a "bad bite". Malocclusion can cause a number of health and dental problems.

Numerous structural abnormalities can occur during development of teeth. These structural abnormalities may either be primary or secondary to environmental influences. It may be in number, shape or size. Dental caries is an irreversible microbial disease of the calcified tissues of the teeth, characterized by demineralization of the inorganic portion and destruction of the organic substance of the tooth, which often leads to cavitations. It is a result of the production of acid by bacterial fermentation of food debris accumulated on the tooth surface.

4. MATERIALS AND METHODS :

Source Of Data:-

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

Āyurvedic concept of *Dantasampat* was given more importance.

For the observational study, minimum 35 apparently healthy individuals in each *Prakruti* were selected from in and around Alva's ayurveda medical college campus, Moodbidri, within age group of 25– 44 years of either sex, were incorporated for the study.

Study design:-

- A separate study proforma was designed for the assessment of *Prakruti* with the help of senior dissertation work and proforma for assessment of *Danta Shaareera* based on *Dantasampat Lakshanas*. The questionnaire was based on the *Lakshanas* of different *Dehaprakruti* and *Dantasampat Lakshanas* which were collected from different Āyurvedic classics.

Inclusion criteria:-

Minimum 35 individuals in each *Prakruti* within the age group of 25- 44 years of both sex were selected from in and around Alva's ayurveda medical college campus, Moodbidri.

Exclusion criteria:-

- Denture wearer and who is undergoing dental treatment.
- Fluorosis.



- Edentulous.
- Whose deciduous teeth have not fallen.
- Chronic diseases of the oral cavity, nutritional disorders which affect the teeth.
- Dental caries with grade II to VI (G.V.Black’s classification).
- Who is taking medicines which cause discoloration of teeth.
- Who is having/had the habit of chewing pan, gutka, tobacco etc.

Materials:-

1. Gloves and mouth mask
2. Cotton
3. Plain mouth mirrors.
4. Periodontal probes & Tweezers.
5. Tray
6. Containers (1 for used instrument & 1 for sterilized instruments).
7. Concentrated sterilizing solution. i.e. Dettol
8. Disinfectant hand wash
9. Cloth & hand towels
10. Observational proforma.
11. VITA Shade guide for assessing color of teeth.

FIGURE NO1: - VITA SHADE GUIDE



Figure 1 VITA Shade Guide

Methodology:

The survey was conducted in and around Moodbidri. Before the study the volunteers were informed about the study and prior consent was taken. Specially designed proforma were assigned to the each volunteer for the assessment of *Prakruti* and *Dantashaareera*. An examination was done by the researcher with trained assistant. Examination was done with adequate natural illumination. During the examination first the *Prakruti* assessment was done later the *Danta Pareeksha* was done properly. *Poornata* was studied by counting the number of teeth. Color of the teeth was assessed by using the Vita shade guide. *Sthiramoola* of *Dantabandhana* was assessed by asking the questions. Other criteria were assessed by simple visualization.

Assessment criteria:

Assessment was done based on these *Lakshana*:-

<i>Danta:-</i>	<i>Dantabandhana:-</i>
<i>Poornata</i> - completeness [Number of teeth].	<i>Samata</i> - Sameness- gums equally cover the teeth.



<i>Samata</i> - Sameness- of height -in alignment	<i>Raktata</i> - Reddish/pinkish color of gums- dark or pale
<i>Ghanata</i> - Compactness	<i>Sthiramoola</i> - Steady root
<i>Shuklata</i> - Whitish brown/Whitish yellow/Whitish grey.	
<i>Kinchiduttaronnatata</i> - All upper teeth fit slightly over the lower teeth.	

Table 1 Assessment Criteria

The data thus collected were entered in to a master chart. Since the data were mostly qualitative, percentages were computed for comparison.

OBSERVATION

This present survey study was conducted in and around the Alva’s ayurveda medical college campus, Moodbidri. A minimum of 35 volunteers in each *Ekadoshaja Pradhanaja Prakruti*, irrespective of sex were studied under the age group from 25-44 years.

Name of the <i>Prakruti</i>	Number of Volunteers	Percentage
<i>Vata Prakruti</i>	35	35%
<i>Pitta Prakruti</i>	35	35%
<i>Kapha Prakruti</i>	35	35%

Table 2 Distribution of Volunteers in each *Prakruti*

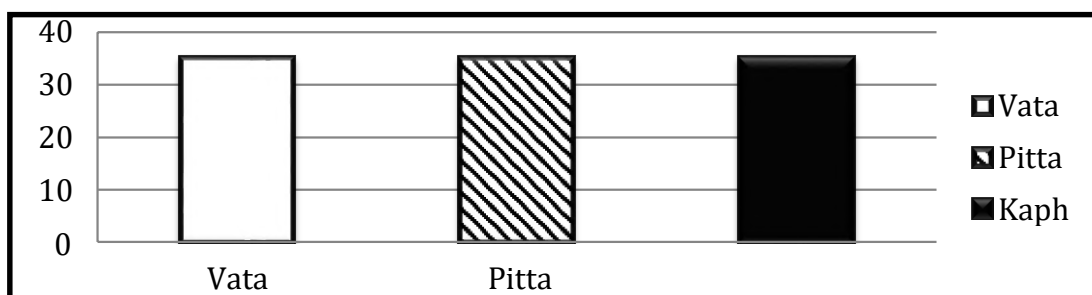


Chart 2 Distribution of Volunteers in each *Prakruti*

Age in years	No. volunteers in <i>Vata Prakruti</i>	Percentage	No. volunteers in <i>Pitta Prakruti</i>	Percentage	No. volunteers in <i>Kapha Prakruti</i>	Percentage
25-29	14	40%	16	45.7%	17	48.5%
30-34	9	25.7%	10	28.5%	11	31.4%
35-39	7	20%	6	17.1%	4	11.4%
40-44	5	14.2%	3	8.5%	3	8.5%

Table 3 Distribution of Volunteers according to Age

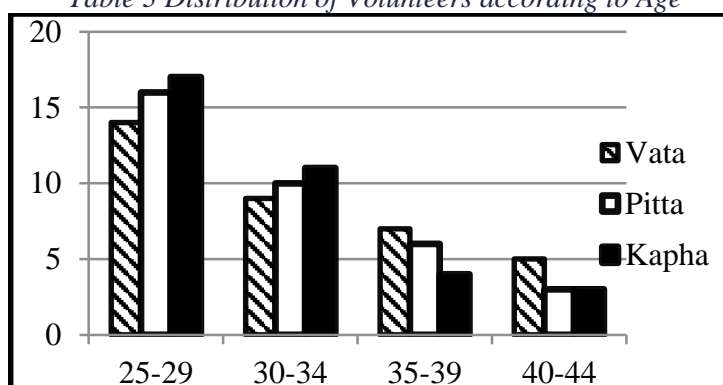


Chart 3 Distribution of Volunteers according to Age



Brushing habits	No. volunteers in Vata Prakruti	Percentage	No. volunteers in Pitta Prakruti	Percentage	No. volunteers in Kapha Prakruti	Percentage
Once	23	65.7%	21	60%	19	54.2%
Twice	12	34.2%	14	40%	16	45.7%

Table 4 Distribution of Volunteers according to Brushing habits

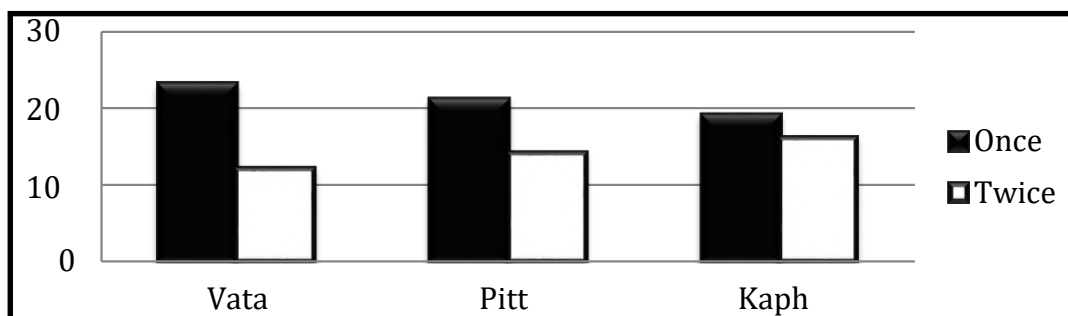


Chart 4 Distribution of Volunteers according to Brushing habits

Diet	No. volunteers in Vata Prakruti	Percentage	No. volunteers in Pitta Prakruti	Percentage	No. volunteers in Kapha Prakruti	Percentage
Veg	8	22.8%	8	22.8%	6	17.1%
Mixed	27	77.1%	27	77.1%	29	82.8%

Table 5 Distribution of Volunteers according to Diet

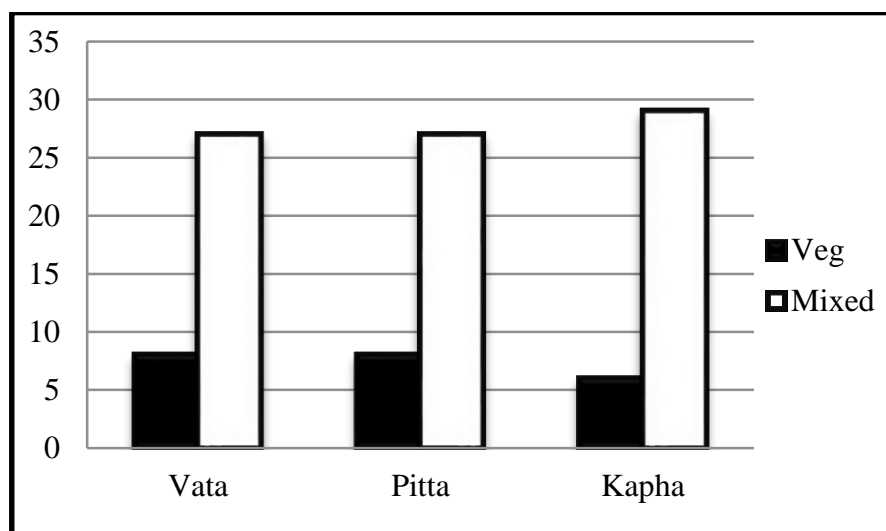


Chart 5 Distribution of Volunteers according to Diet

Poornata	No. volunteers in Vata Prakruti	Percentage	No. volunteers in Pitta Prakruti	Percentage	No. volunteers in Kapha Prakruti	Percentage
Present	34	97.1%	31	88.5%	32	91.4%
Absent	1	2.8%	4	11.4%	3	8.5%

Table 6 Distribution of Volunteers according to Poornata

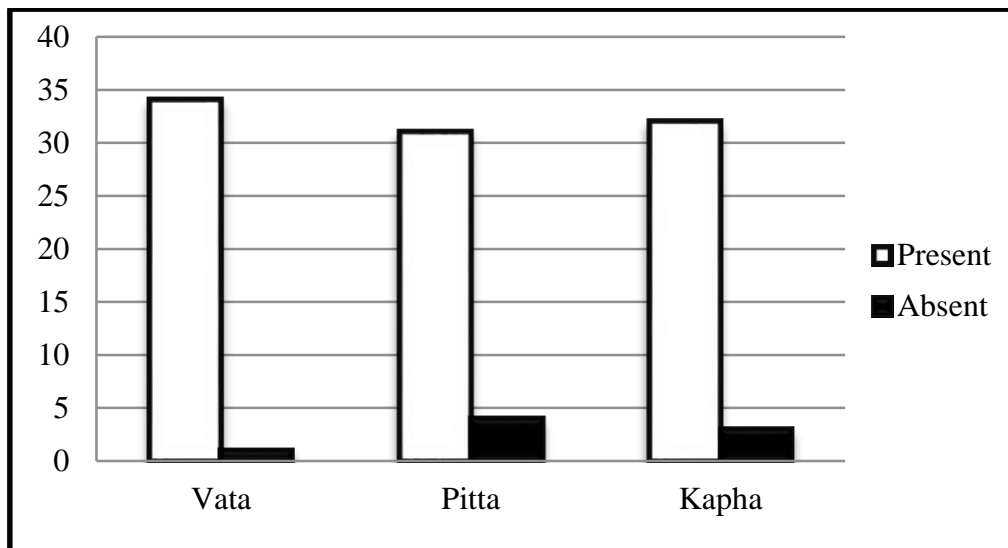


Chart 6 Distribution of Volunteers according to Poornata

Samata ; Level	No. volunteers in Vata Prakruti	Percentage	No. volunteers in Pitta Prakruti	Percentage	No. volunteers in Kapha Prakruti	Percentage
YES	5	14.2%	22	62.8%	30	85.7%
NO	30	85.7%	13	37.1%	5	14.2%

Table 7 Distribution of Volunteers according to Samata; Level

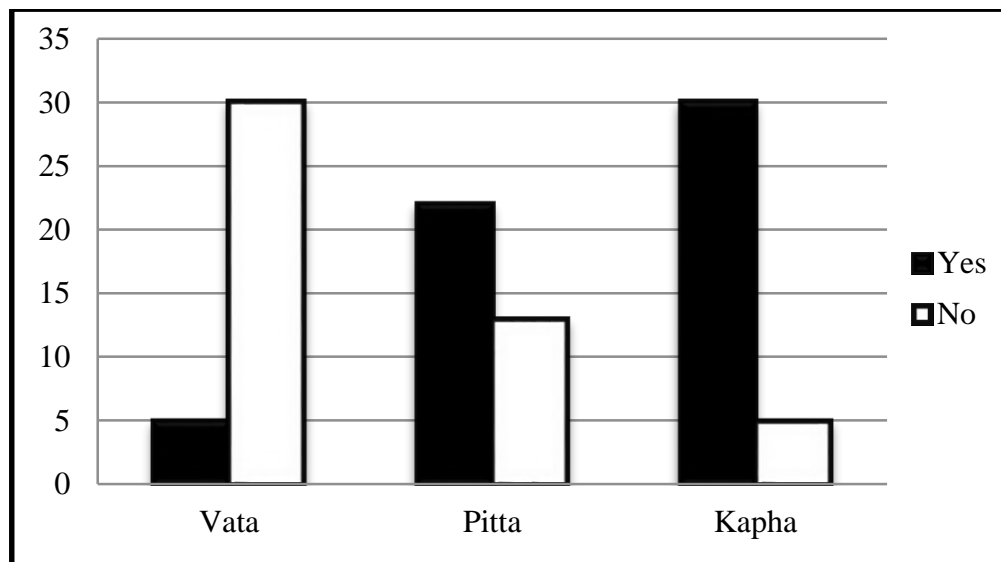


Chart 7 Distribution of Volunteers according to Samata; Level

Samata; Alignment	No. volunteers in Vata Prakruti	Percentage	No. volunteers in Pitta Prakruti	Percentage	No. volunteers in Kapha Prakruti	Percentage
YES	15	42.8%	25	71.4%	31	88.5%
NO	20	57.1%	10	28.5%	4	11.4%

Table 8 Distribution of Volunteers according to Samata; Alignment

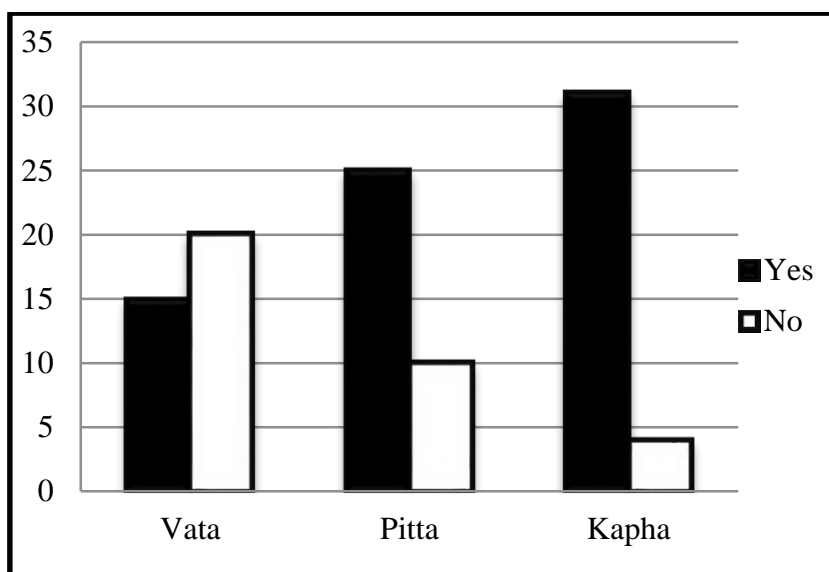


Chart 8 Distribution of Volunteers according to Samata; Alignment

Ghanata	No. volunteers in Vata Prakruti	Percentage	No. volunteers in Pitta Prakruti	Percentage	No. volunteers in Kapha Prakruti	Percentage
YES	13	37.1%	18	51.4%	27	77.1%
NO	22	62.8%	17	48.5%	8	22.8%

Table 9 Distribution of Volunteers according to Ghanata

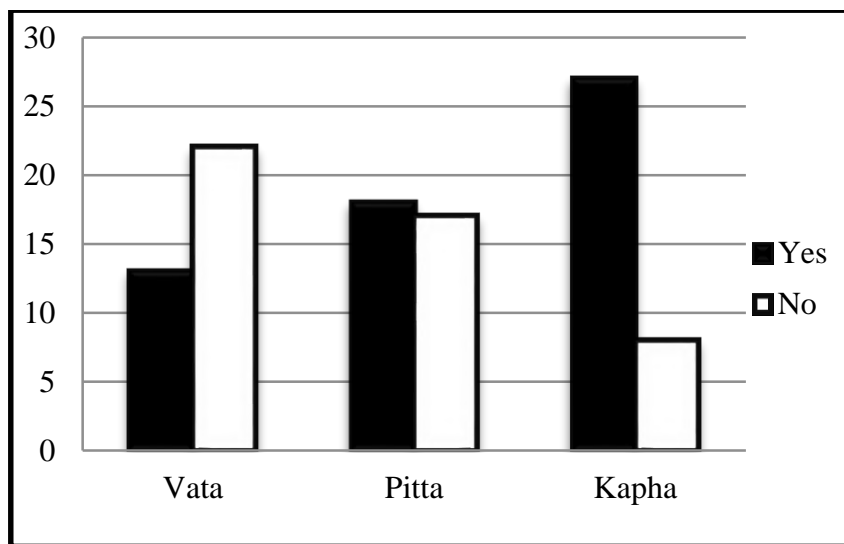


Chart 9 Distribution of Volunteers according to Ghanata

Shuklata	No. volunteers in Vata Prakruti	Percentage	No. volunteers in Pitta Prakruti	Percentage	No. volunteers in Kapha Prakruti	Percentage
Whitish yellow	14	40%	22	62.8%	25	71.4%
Whitish Brown	12	34.2%	8	22.8%	9	25.7%
Whitish Grey	9	25.7%	5	14.2%	1	2.8%

Chart 10 Distribution of Volunteers according to Danta Varna (Shuklata)

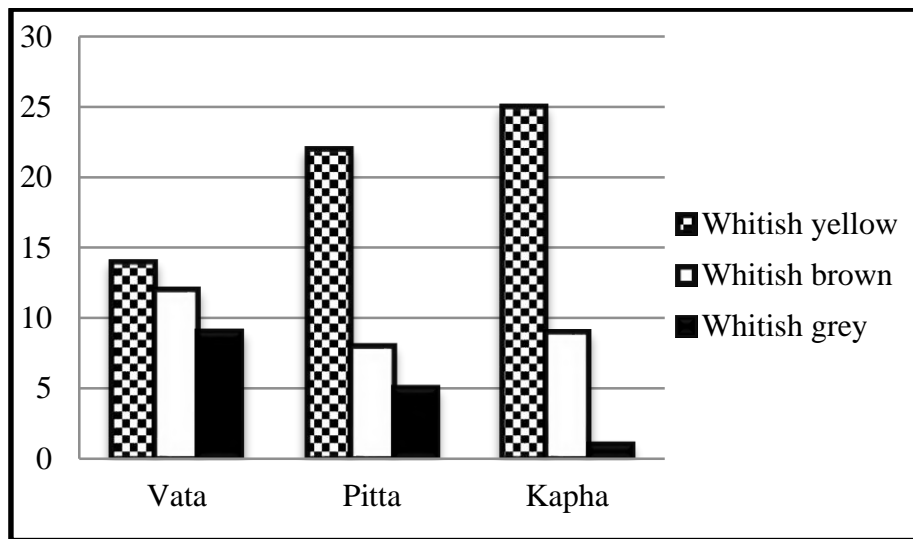


Chart 110 Distribution of Volunteers according to Danta Varna (Shuklata)

<i>Kinchiduttaronnata</i>	No. volunteers in <i>Vata Prakruti</i>	Percentage	No. volunteers in <i>Pitta Prakruti</i>	Percentage	No. volunteers in <i>Kapha Prakruti</i>	Percentage
YES	29	82.8%	33	94.2%	33	94.2%
NO- Same level	5	14.2%	1	2.8%	2	5.7%
NO- Lower teeth front	1	2.8%	1	2.8%	0	0%

Table 10 Distribution of Volunteers according to *Kinchiduttaronnata*

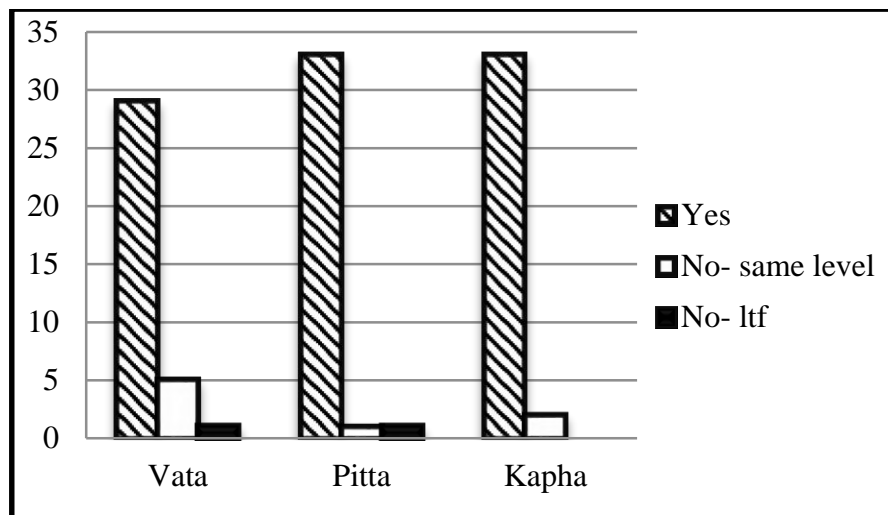


Chart 12 Distribution of Volunteers according to *Kinchiduttaronnata*

<i>Dantabandhana Samata</i>	No. volunteers in <i>Vata Prakruti</i>	Percentage	No. volunteers in <i>Pitta Prakruti</i>	Percentage	No. volunteers in <i>Kapha Prakruti</i>	Percentage
YES	18	51.4%	29	82.8%	34	97.1%
NO	17	48.5%	6	17.1%	1	2.8%

Table 11 Distribution of Volunteers according to *Dantabandhana; Samata*

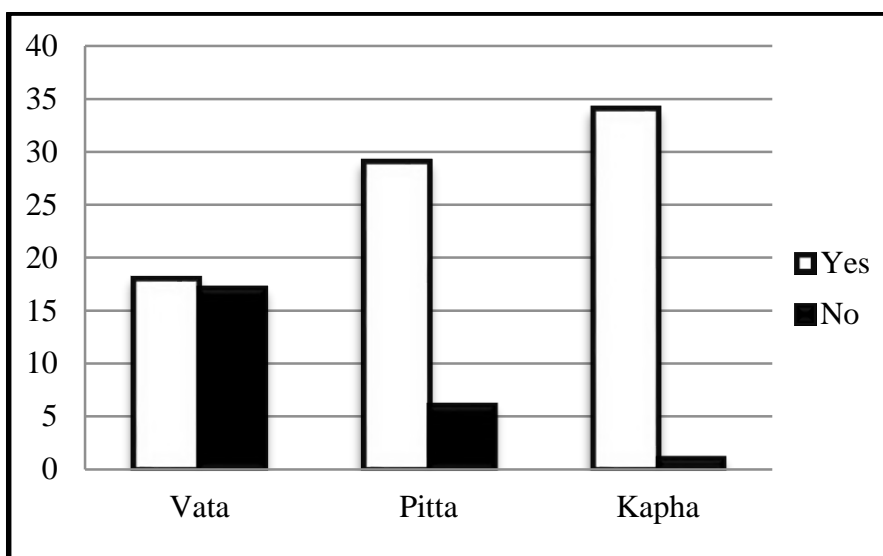


Chart 13 Distribution of Volunteers according to Dantabandhana; Samata

Dantabandhana ; Varna	No. volunteers in Vata Prakruti	Percentage	No. volunteers in Pitta Prakruti	Percentage	No. volunteers in Kapha Prakruti	Percentage
Dark reddish	16	45.7%	12	34.2%	9	25.7%
Dark pinkish	13	37.1%	21	60%	17	48.5%
Pale reddish	2	5.7%	2	5.7%	5	14.2%
Pale pinkish	4	11.4%	0	0%	4	11.4%

Table 12 Distribution of Volunteers according to Dantabandhana; Varna

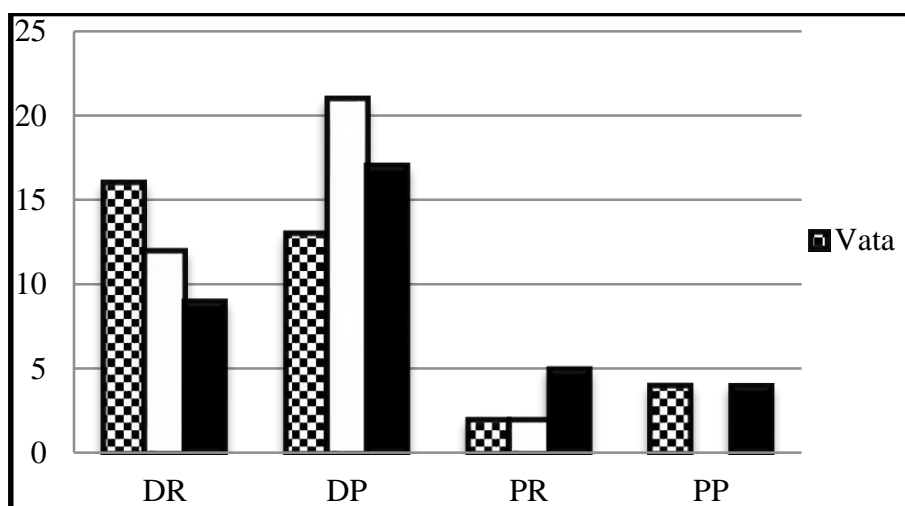


Chart 14 Distribution of Volunteers according to Dantabandhana; Varna

Dantabandhana ; Sthiramoola	No. volunteers in Vata Prakruti	Percentage	No. volunteers in Pitta Prakruti	Percentage	No. volunteers in Kapha Prakruti	Percentage
YES	16	45.7%	21	60%	30	85.7%
NO	19	54.2%	14	40%	5	14.2%

Table 13 Distribution of Volunteers according to Dantabandhana; Sthiramoola

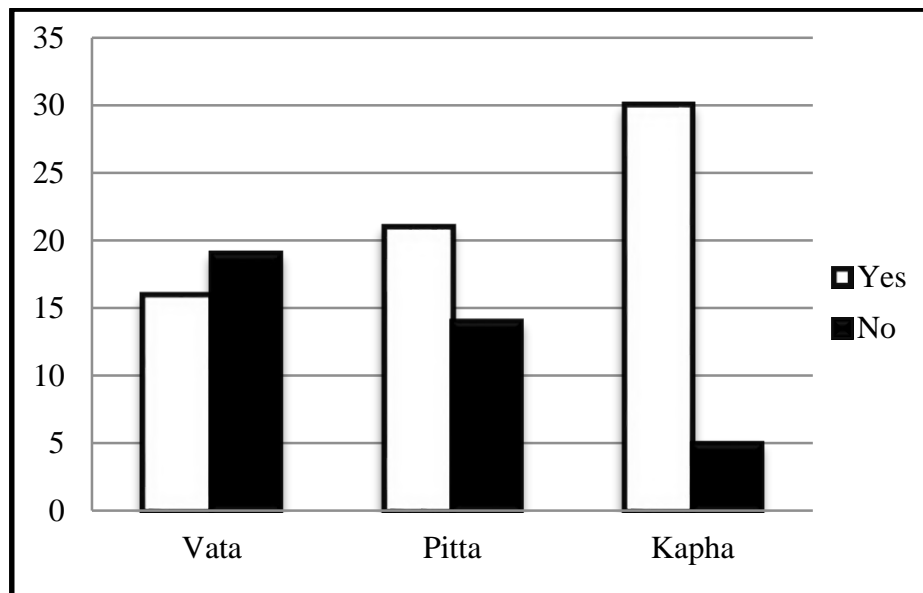


Chart 15 Distribution of Volunteers according to Dantabandhana; Sthiramoola

Dental caries	No. volunteers in Vata Prakruti	Percentage	No. volunteers in Pitta Prakruti	Percentage	No. volunteers in Kapha Prakruti	Percentage
No	7	20%	15	42.8%	22	62.8%
Yes, 1teeth	6	17.1%	7	20%	7	20%
Yes, 2teeth	17	48.5%	8	22.8%	2	5.7%
Yes, 3teeth	3	8.5%	2	5.7%	1	2.8%
Yes, 4teeth	2	5.7%	3	8.5%	3	8.5%

Table 14 Distribution of Volunteers according to Dental caries

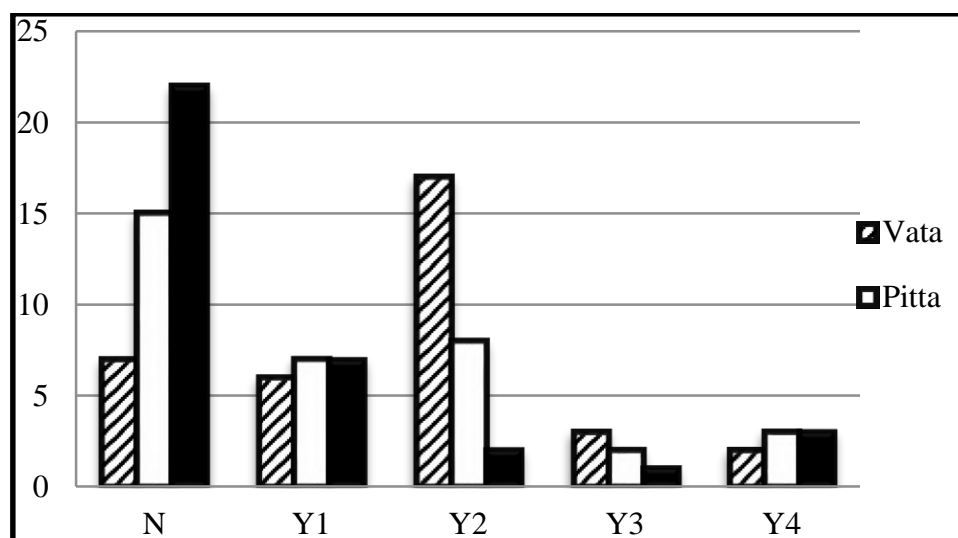


Chart 16 Distribution of Volunteers according to Dental caries

PHOTOS



Figure 2 PHOTO OF TEETH IN VATA PRAKRUTI



Figure 3 PHOTO OF TEETH IN PITTA PRAKRUTI



Figure 4 PHOTO OF TEETH IN KAPHA PRAKRUTI



5. DISCUSSION:

Danta is a masticator organ, a part of *Mukha* situated inside the mouth which is concerned with *Charvana*. It is mistaken as a tooth because these are the accessory digestive organ, set in the alveoli of the upper and lower jaws of the mouth and used for cutting and chewing food and assisting in articulation.

PRAMĀNA OF DANTA:-

According to *Āyurveda*, *Prakruta Danta* is two *Angula* in length. In that the part which is covered by the *Mamsa* is one *Angula* and the exposed part is again one *Angula*. Here one *Angula* is equal to approximately 1.8 cm, so total length of a tooth is 3.6cm.

- According to *Sushruta*, *Danta* and *Asthi* both are from *Pitruja Bhava*. The *Danta* are composed of *Asthi* and *Majja* and hence its origin is from *Pitruja Bhava*.
- Both predominant in *Pruthvi*, this can be compared with the histological composition of tooth and bone. Both contain calcium and other inorganic salt which gives hardness to bones.

DANTA AS UPADHĀTU:-

In *Āyurveda*, only *Āchaarya Shaarangadhara* has considered *Danta* as *Upadhatu* of *Asthi*.

DISCUSSION ON THE CONCEPT OF PRAKRUTI:-

Knowledge about the *Prakruti* not only helps in following normal good health but also helps in treatment, dosage of medicines, types of medicines to be prescribed as well as in following *Pathya*, etc.

Dantashāreera in *Vāta Prakruti* in *Samhitas* are:- *Parushata*, *Tanu*: -*Rooksha*, *Alpa* & *Sukshma*

Dantashāreera in *Pitta Prakruti* in *Samhita* is:- *Vishuddha Varna* (It means *Vimala*, *Vishada* and *Shuchi* i.e. without mala, clear)

Dantashāreera in *Kapha Prakruti* in *Samhita* is:- *Subandhana* (Here *Subandhana* refers to the Proper arrangement of *Danta* with equal height, good alignment and no gap in between the teeth).

DISCUSSION ON OBSERVATIONAL STUDY:-

PRAKRUTI:-

Among the 100 volunteers 35% were *Vata Prakruti*, 35% were *Pitta Prakruti* and 35% were *Kapha Prakruti*. As my study concentrated on a minimum of 35 volunteers in each *Prakruti*, these percentages of volunteers were studied.

AGE:-

The present study involved the volunteers between 25- 44 years of age.

As I concentrated more in and around the *Alvas Āyurvedic medical college* campus more volunteers were within the age group of 25-29 & 30-34.

BRUSHING HABITS:-

In this study maximum numbers of people are having the habit of brushing once per day. This shows that even the educated people are still not giving much importance to the oral hygiene.

DIET:-

There is nothing much significance found in this observation.

POORNATA:-

Danta is also considered as a type of *Asthi* and it is the seat of *Vata*. This may be the reason to see more *Poornata* in *Vata prakruti* volunteers, where *Vata* might have influenced the fast eruption of teeth due to its *Chala Guna* compared to other *Prakruti*.

SAMATA; LEVEL:-

Incidence of *Samata* in level is more observed in *Pitta* & *Kapha Prakruti* volunteers, less in *Vata Prakruti* Volunteers. In *Ayurveda* it is mentioned in *Samhitas* that *Vata Prakruti* persons are having *Danta* qualities as *Alpa*.



Here Alpa is not mentioned whether it refers to size or height. So we can consider here Alpa as less in the length/height of the teeth.

SAMATA; ALIGNMENT:-

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

GHANATA:-

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):-

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

KINCHIDUTTARONNATATA:-

Kinchiduttaronnatata 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, Kinchiduttaronnatata may be less observed in Vata Prakruti compared to other Prakruti.

DANTABANDHANA; SAMATA:-

Dantabandhana; Samata is also more observed in Kapha Prakruti & Pitta Prakruti volunteers, less in Vata Prakruti Volunteers. Vata Prakruti people are told as having more Ruksha Guna, which causes the more regression of gingiva than the other Prakruti's. So Dantabandhana; Samata may be less observed in Vata Prakruti.

DANTABANDHANA; VARNA:-

Dark pink is more observed in Pitta and Kapha Prakruti, dark pink & dark red are almost equally observed in Vata Prakruti persons. In modern dentistry it is told that color of gums will be dark in dark complexion and lighter in fair complexion. As Pitta and Kapha Prakruti person are told as having fair complexion so dark pink may be observed, and Vata Prakruti people are dark in complexion so dark red may be observed.

DANTABANDHANA; STHIRAMOOLA:-

Sthiramoola of Dantabandhana is more observed in Kapha Prakruti volunteers and less in Vata Prakruti volunteers. Vata is having more Chala Guna and normal alignment is also less seen in Vata Prakruti, this causes more chances of dental caries; this in turn leads to less Sthiramoola of Dantabandhana.

DENTAL CARIES:-

Incidence of dental caries is more observed in Vata Prakruti volunteers, it may be because of more Rukshata in the oral cavity and presence of malocclusion. In Āyurveda also Krimidanta is told as a Vata Pradhanaja Roga. Modern science also considers genetic factor as the one of the cause for dental caries.

6. CONCLUSION :

Among the types of teeth, Rajadanta compared to central incisors, Vasta can be compared to lateral incisors and Damstra can be compared to Canines and Hanavya to premolars and molars based on its position. Dantotpatti can be correlated to the eruption of teeth as both explain about the appearance of teeth in the oral cavity. Based on its source of formation and its characteristics, Mala of Danta can be correlated to dental plaque. Krimidanta of Āyurveda can be linked to the dental caries based on the similarity in its cause and signs and symptoms. Dantasampat can be correlated to the normal physio anatomy of teeth and gums along with its normal alignment.

Based on observational study, we can wrap up the Dantashaareera Lakshanas in different Prakruti's as

- *Samata* in level and alignment of teeth is present in *Kapha Prakruti* and less observed in *Vata Prakruti* persons.



- *Ghanata, Samata in Dantabandhana & Dantabandhana Sthiramoola are more seen in Kapha Prakruti persons.*
- Whitish yellow color is predominantly seen in *Pitta* and *Kapha Prakruti* persons.
- *Kinchiduttaronnatata* and Dark red and dark pink color of *Dantabandhana* are seen in all the *Prakruti*.
- Dental caries more observed in *Vata Prakruti* compared to other *Prakruti*'s.

That is *Subandhana* of *Danta* is seen in *Kapha Prakruti*. The sequential order of *Subandhana* is *Kapha Prakruti* > *Pitta Prakruti* > *Vata Prakruti*.

7. Limitations of my study :-

It was very difficult to get the volunteers of *Ekadoshaja Pradhanata* in *Prakruti*, so the study was limited only to 35 volunteers in each *Ekadoshaja Pradhanaja Prakruti*

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