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Anatomical consideration of painless *Dant* (teeth) extraction - Literary Review

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ABSTRACT

Dentistry, since ancient ages, is a medical science focused on the principles of oral hygiene. Amongst other dental procedures, tooth extraction is always of great challenge in itself because of its complexity and risks involved during or post operative period. In lack of development of anesthesia, ancient physicians practiced the tooth extraction using skills or *Jalandhar Bandha* without causing pain or any complications. In today's world also these painless techniques involving no usage of drugs can be boon for patients having idiosyncratic response and hypersensitive reactions towards various anesthetic drugs. In ancient times, painless tooth extraction technique was implemented but being traditional, and the knowledge is not being properly channeled leading to its extinction. Though in different texts, oral hygiene and dentistry is studied but it is scattered. Hence, comprehensive literary study of physiological and clinical aspects of dentistry from Ayurvedic texts can act as base for routine clinical implementation of dental care in Ayurveda. Also, scientific workout behind tooth extraction without the use of any anesthetic drugs is the need of the time.

Key words: *Dant Shareer, traditional painless Dant extraction, Jalandhar Bandha, Ayurvedic dentistry.*

INTRODUCTION

Ancient *Ayurveda* in recent years has developed in detail focusing mainly on healthy life in future. *Ayurvedic* texts have elucidated *Dincharya, Rutucharya* etc. in detail which included oral hygiene and its clinical implications. Dentistry has cosmetic values. In *Ayurveda*, *Acharya Kashyapa* considered teeth as the index of good health. *Acharya Sushrut* has mentioned 32 as the *Shankya* of *Dant*, while in chapter 16th of *Nidansthana, Sushrut Samhita*, 65 *Mukharogas* are mentioned including *Dantagata* and *Dantamoolaghata*

Rogas while included *Dant* amongst types of *Asthi*, specifically named it as *Ruchakaasti*.

Bhel Samhita has mentioned *Dant* as one of hard structure made up of *Prithvi Mahabhoota*,^[1] while *Acharya Sharangdhar* has considered *Dant* as *Upadhatu* of *Asthi Dhatu*.^[2]

AIMS AND OBJECTIVES

Aim of the study is to understand:

1. Anatomical consideration of structures involved in *Dant* extraction.
2. Anatomical concept for painless *Dant* extraction practiced by traditional *Vaidyas*.
3. Evaluation of methodology in *Dant* extraction.

METHODOLOGY

The literary review of *Dant* extraction as per *Ayurveda* and *Yogic* science is collected for review through *Brihatrayi, Laghutrayi*, *Yogic* texts and other *Ayurvedic* texts including journals, dictionaries like *Shabdakalpa druma* and previous dissertation work etc. and

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analysed and correlated with the knowledge of contemporary science on same topic.

Dant Valka

Teeth enamel is referred as *Danta Valka* by Acharya *Sushrut* while Acharya Dalhana used term *Danta Twak*.^[3]

Dant is defined as *Charavana Sadhanani*.^[4] This refers to the organ having masticator action.

Dant extraction pain is similar like a scorpion bite causing frustration for patient as the *Sira* at the site is the seat of all the *Indriya* on the body from where the pain may radiate to ear, eye, head etc.

In *Sushrut Samhita Chikitsasthan*, *Dantautpatana* during *Dantanadichikitsa* is mentioned, but that was not mentioned as painless tooth extraction. While in Yogic principle, *Jalandara Bandha* is mentioned as painless tooth extraction. In today's time, this has been proved as a boon for patient who is sensitive to xylocaine and is prone to other infections.

Dental Anesthesia

All the teeth in the one half of mandible are supplied by the inferior alveolar nerve which is a branch of mandibular nerve. This nerve is often anesthetized in dental procedures. This dental anesthesia will anesthetize the lower lip also.

Since lingual nerve also run along the inferior alveolar nerve, it is also anesthetized simultaneously.

For upper teeth the superior alveolar nerve is blocked by inserting the needle beneath the mucous membrane.

Later on, anesthesia solution is infiltrated slowly through the area of the root of the teeth meant to be treated.

Marma's Relation

Urdwajatru Marma are of specific importance while any dental procedure. These *Marma* are as follows;

- *Apanga Marma*
- *Phana Marma*
- *Srungataka Marma*

- *Sthapani Marma*
- *Vidhur Marma*
- *Krakatika Marma*

Teeth extraction methods as per Ayurvedic text

The teeth extraction procedure is done in following steps:

Preoperative steps

In this patient as per excluding and including criteria are selected, prepared and positioned. This is compared in classics for plantation *Bhumi* should be prepared. Here *Deha* is the *Bhumi* where *Dant Vikara* has been developed due to improper usage of *Kala*, *Artha* and *Karma*.

Patients with *Krimidanta*, *Dantabhanga*, *Dantasarkara* and *Dantshoola* need teeth extraction as primary line of treatment in *Chaladant*.

Instruments and other supportive objects to be used are selected. In *Ayurveda*, *Samdamsya Yantra* which has *Kilabadha* for a good grip is used for teeth extraction. Along with this instrument, different supportive tools like cow horn forceps, root forceps, straight forceps and other different forceps are used for different teeth.

Operative steps

While operating, the positioning of patient and extractor plays vital role. The patient is made to sit calmly on a chair with heel distance. The chest and head should be covered by pure fumigated cloth. The position of extractor should be behind the patient for proper grip. Afterwards the patient should gargle his mouth with luke warm saline water to clean out excess saliva for better grip. Now move the neck in both the directions for about four times to remove the stiffness. While teeth extraction, give ample pressure on right side of neck to compress the nerve for respective teeth and then neck is extended backwards. Later, extraction can be done.

Post operative steps

After teeth extraction, check for complete extraction of the desired teeth and look out for any bleeding.

Teeth extraction methods as per Yogic science

Jalandhar Bandha

Jala means net, web or mesh. *Jalandhar Bandha* is one amongst the neuromuscular blocks or *Bandha* explained by yogic sciences.^[5] In *Jalandhar Bandha*, *Jala* means water while *Dhara* means any tubular structure. *Jalandhar Bandha* blocks the flow of *Bindu* towards *Vishuddi Chakra*. In *Jalandhar Bandha*, after opting a comfortable posture like *Siddhasana*, *Vajrasana*, *Padmasana* or *Sukhasana*, the neck and throat are contracted keeping both the hands joined together to relax the entire body while the chin rests and kept firmly on the chest in the notch between the collar bones at the top of breast bone. While doing this inhale a slow and deep breath making elbows straight and raising the shoulders. Since *Jalandhar Bandha* binds the *Sirajala* moving in downward direction and simultaneously control the fluid situated in the skull, it is believed to destroy old age and extremely useful in throat diseases.^[6] As the patient hold the *Jalandhar Bandha*, teeth extraction can be done by the extractor.

DISCUSSION

Ayurvedic method of tooth extraction

Traditional method of tooth extraction involved the neck and head movements that block the pain receptors and thereby leading to painless extraction. The head movements divert the concentration of *Mana* due to its virtue of *Chalaguna*, leading to painless teeth extraction. These movements also compress the *Marma* giving local de-sensitize effects. Also, this method had lesser oral tissue injury since the extraction involved no lingual and buccal movements during procedure.

Tooth extraction by Jalandhar Bandha

According to *Yogic* literature, the *Jalandhar Bandha* binds the energy flow in *Ida* and *Pingala* thus disruption of energy circuit occur allowing the energy to flow to *Sushshumna*.

Anatomically, nerve fibers pass through neck while *Jalandhar Bandha* exerts a transient pressure on them restricting the flow of nervous impulses to the brain,

thus allowing the patient to feel no pain throughout the procedure. After the procedure is done, relaxation from *Jalandhar Bandha* leads to establishment of nervous impulse flow again. Hence, the *Bindu* mentioned in *Jalandhar Bandha* can be correlated to nerve conductions.

Mandibular and maxillary bone possess the sockets for Trigeminal nerve, the largest cranial nerve supplying the teeth through its two branches mandibular branch and maxillary branch. The nerve conduction blockage of these either through *Jalandhar Bandha* or through traditional method can lead to painless teeth extraction.

CONCLUSION

On the literary review it can be concluded that both the procedures are different in themselves in their techniques. But both of them focused on nerve conduction blockage and hence can be conveniently used for painless teeth extraction. Since both the procedures require particular movements hence should be practiced by trained practitioners only and the knowledge should be passed on from teachers to the Ayurvedic students.

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