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An Analytical Review of Dental Disorders in *Charak Samhita* and Their Correlation with Modern Odontology

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Abstract

This study aims to explore the dental disorders mentioned in the *Charak Samhita*, an ancient Ayurvedic text, and their correlation with modern odontology. The *Charak Samhita*, written between 1000 BCE and 200 CE, provides a detailed account of various health conditions, including oral diseases such as *Dantashoola* (toothache), *Sheetada* (gingivitis), and dental caries (*Krimi Danta*). The paper draws comparisons between these traditional descriptions and contemporary dental issues, emphasizing the relevance of ancient Ayurvedic concepts in modern dentistry. The study highlights how both systems, Ayurvedic and modern dentistry, share commonalities, especially in recognizing the impact of diet, hygiene, and overall health on oral conditions. Additionally, Ayurvedic treatments, such as oil pulling (*Gandusha*) and herbal tooth powders, are examined for their potential benefits, which modern research is beginning to validate. By synthesizing the findings from both fields, this paper demonstrates that ancient Ayurvedic knowledge can contribute to the development of more holistic, patient-centered dental care practices. The study calls for an interdisciplinary approach, integrating Ayurveda with modern dental science, to enhance preventive care, improve clinical outcomes, and promote long-term oral health. This review also emphasizes the need for further clinical studies to explore the effectiveness of Ayurvedic treatments in contemporary dental practice.

Keywords: Ayurveda, *Charak Samhita*, Dental Care, Dental Disorders, Oral Health.

Introduction

People have known for a long time that brushing teeth is very important for their health. They change how the body works and how well a person feels. Modern dentistry has undergone significant advancements because of new research, imaging technologies, and surgical techniques (1). But we could learn how dental care has developed throughout time by looking at societies from the past that cared about health in general. One of the oldest and most thorough books on health is the Charaka Samhita (2). Ayurvedic medicine needs this book very much. It talks a lot about problems with the mouth and teeth (3).

Ayurveda uses the Charaka Samhita, which was written between 1000 BCE and 200 CE. It's possible that a smart guy named Charaka wrote it. It shows what health is like based on the three doshas: Vata, Pitta, and Kapha (4). Many people believe that issues with these doshas are the root of all health issues. The book talks a lot about various aspects of medicine, like how to help patients, anatomy, physiology, and how to diagnose disorders. Mukharoga (oral illnesses) and Dantaroga (dental ailments) are two significant elements (5). These parts discuss the reasons (nidana), clinical signs (lakshana), and treatment possibilities (chikitsa) for oral and tooth disorders, as well as a lot of other diseases and symptoms.

The most astonishing thing about these old descriptions is how deep they are. They are almost the same as how we group oral disorders presently (6). The Charaka Samhita talks about a multitude of other kinds of pain, such as bad breath, gum disease, cavities, and periodontitis (7). It explained them using the Ayurvedic idea that bodily humours impact tissues (dhatus) (8). Dantashoola (toothache) and Sheetada (a disorder related to gingivitis or periodontitis) are two examples of things that are still exceedingly hard to detect (9). Ayurvedic principles and modern dentistry, which is based on microbiology, pathology, and surgical sciences, may seem extremely different at first (10). But if you look closely, you'll notice that many

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people have the same ideas about how they happen, how they feel, and even how to avoid them from happening. Both systems agree that your diet, hygiene, and overall health can all affect how quickly dental disease spreads and gets worse (11). Modern research is starting to back up several Ayurvedic treatments, like oil pulling (Gandusha), herbal tooth powders, and plants like neem that kill bacteria. This suggests that other kinds of drugs probably act similarly (12). The *Charaka Samhita*, written between 1000 BCE and 200 CE, is considered a fundamental text in Ayurveda. This book is based on the concept of the three doshas—Vata, Pitta, and Kapha, which are believed to govern bodily functions and health. Many health issues, including those of the mouth and teeth, are believed to arise from imbalances in these doshas. In the *Charaka Samhita*, oral diseases are extensively discussed, including their causes (nidana), clinical signs (lakshana), and treatment options (chikitsa). Some of the oral disorders mentioned are remarkably similar to what we currently recognize in modern dentistry, such as bad breath, gum disease, cavities, and periodontitis (13-15).

Both Ayurvedic principles and modern dentistry acknowledge the influence of diet, hygiene, and overall health on the development and progression of dental disease. Contemporary research is beginning to validate some Ayurvedic practices, such as oil pulling (*Gandusha*), herbal tooth powders, and neem, known for their antibacterial properties (16).

The purpose of this study is to examine how dental problems are shown in the Charaka Samhita, determine the underlying ideas, and investigate whether there are any connections between those problems and widespread mouth problems today. The study shows how archaic words and Ayurvedic pathophysiology are still valuable in dentistry today by linking them to modern diagnostic criteria and classifications. This kind of interdisciplinary approach can help both fields of knowledge by giving modern dentistry a more patient-centered framework and Ayurveda a foundation based on experience and progress. As integrative medicine becomes more popular, reading old literature like the Charaka Samhita can help us understand how old knowledge and new science work together. This study blends old Ayurvedic beliefs with modern dental practices to assist people take better care of their teeth.

Benefits of Reading Ancient Texts in Correlation with Odontology

Reading both recent studies on dental health and traditional Ayurvedic classics like the Charak Samhita will help you learn more about how to take care of your teeth. Old texts state that illnesses are not merely problems with the body, but also with the doshas, which include Vata, Pitta, and Kapha. This makes it easier for you to find out what's wrong (12). For instance, knowing which dosha is most common for Danta Shool (toothache) will help you figure out how to get rid of it (13). Dentists don't do this right now; instead, they usually research structure or microbiology. We can learn more about them by looking at both of them at the same time and thinking about how they live and the tools they use. This makes it easier to help patients, especially those who have had lip problems for a long time or who are accustomed to a specific lifestyle (14).

Benefits of Traditional Preventive Methods

Traditional preventive methods, such as *gandusha* (oil pulling) and *dantadhavana* (herbal brushing), have been practiced for centuries in Ayurveda and hold significant value for contemporary odontology. *Gandusha*, the practice of swishing oil in the mouth, has been shown to help in maintaining oral hygiene, reducing plaque, and preventing gingivitis. Similarly, *dantadhavana* or herbal brushing with Ayurvedic herbs like neem, babul, and meswak can act as natural tooth cleansers, providing antibacterial and anti-inflammatory benefits. These practices align with modern preventive care by reducing oral bacterial load, promoting gum health, and maintaining overall oral hygiene. Including these methods in contemporary dental care could enhance oral health by offering natural, non-invasive alternatives that complement traditional dental treatments (13-15).

Examining The Potential Advantages of Traditional Preventive Methods

Examining the potential advantages of traditional preventive methods like *gandusha* (oil pulling) and *dantadhavana* (herbal brushing) for contemporary odontology can significantly enhance the impact of

this study. These methods, deeply rooted in Ayurveda, offer a holistic approach to oral health that aligns well with modern preventive care. *Gandusha*, the practice of swishing oil in the mouth, has been shown to reduce plaque, decrease bacteria, and improve overall oral hygiene, with studies supporting its effectiveness in preventing gingivitis and bad breath (16). Similarly, *dantadhavana*, which involves using herbal substances like neem and meswak for brushing, has antimicrobial and anti-inflammatory properties, helping to reduce plaque and prevent gum disease. Modern dentistry can benefit from integrating these natural methods, as they provide safe, chemical-free alternatives to conventional oral care products. Moreover, both practices emphasize the importance of self-care and maintaining overall health, which is increasingly recognized in preventive dental practices (17). By incorporating *gandusha* and *dantadhavana* into routine dental care, dental professionals can offer patients a broader range of preventive options, catering to those interested in natural, holistic approaches to oral hygiene. These methods also resonate with the growing global trend towards sustainable, natural health solutions, making them highly relevant for contemporary odontology.

Incorporating Ayurvedic medicines into clinical studies focused on oral health could provide valuable insights into their effectiveness and potential integration with modern dental care practices. One potential clinical study could investigate the efficacy of Ayurvedic treatments like *gandusha* (oil pulling) and *dantadhavana* (herbal brushing) in preventing common dental issues such as gingivitis, periodontitis, and dental caries. Research could explore how these traditional methods compare to or complement standard dental treatments, such as fluoride-based products or chemical mouthwashes. Another study could assess the long-term benefits of using Ayurvedic herbal remedies, such as neem and triphala, in maintaining oral health and reducing bacterial load in the mouth. Furthermore, clinical trials could focus on the use of Ayurvedic medicines as part of a preventive care strategy in populations with limited access to conventional dental treatments, such as in rural or underserved areas. For dental professionals, it would be helpful to explore how integrating Ayurvedic knowledge into routine dental care—such as recommending oil pulling or herbal brushing as complementary practices—could enhance patient engagement, compliance, and overall oral health outcomes. By bridging traditional Ayurvedic wisdom with modern dental practices, such clinical studies could lead to more personalized, patient-centered approaches in preventive care, making dental practices more holistic and accessible.

Benefits of Comparative Study

Putting Charak Samhita next to current dentistry shows how what humans knew in the past and what science has learnt since then are the same.

- Finding out how symptoms are the same, such how Sheetadhu and gingivitis are the same (15).
- Learning about how diagnostic and treatment approaches have changed over time (16).
- Looking into complementary treatments, which are a mix of Ayurvedic and allopathic treatments that work better when used together (17).

If we bring these two elements together, we might be able to apply old medicines in modern medicine. It also makes individuals desire to learn more about Ayurvedic herbal treatments, Gandusha (oil pulling), and other Ayurvedic practices to keep their mouths healthy (18).

To Know How Enriched Our Ancient Science Was

The Charak Samhita reveals that India's medical knowledge was quite advanced a long time ago (19). Ayurvedic sages could discover and fix a lot of mouth disorders with incredible accuracy. This study shows that the Charak Samhita had a lot of knowledge about oral disorders, and a lot of the descriptions are the same as what we know about dental problems today. Research on different diseases has shown that they all act in similar ways, how to stay healthy, and even how well treatments function. This makes it appear like the traditional Ayurvedic way of doing things, which is more philosophical than scientific, still works well in the clinic.

Ayurveda is a complete system, but not enough dentists use it (20). We agree with them because our results indicated that disorders like Danta Shool (toothache), Sheetada (bleeding gums), and Krimi Danta (dental caries) were not only correctly categorised, but they were also linked to causes

like dosha imbalance, poor oral hygiene, and a lousy diet. Microbiology and pathology say that things work in a way that is quite similar to these guidelines (21).

Previous researchers said that herbal medications like Triphala and Irimedadi Taila are just as effective as allopathic medicines like chlorhexidine for treating gum disease. These results suggest that Ayurvedic medicine may help with tooth problems that keep coming back or persist a long time. This is especially true if you take antibiotics and antiseptics for a long time (22). They might not work as effectively, or they might make things worse in other parts of the body (23). People used to think that Gandusha (oil pulling) and Pratisarana (herbal gum massage) were only folk remedies. Still, clinical studies are now showing that they do assist in cleaning teeth and making gums healthier (24).

The study also shows how long Indian medicine has been around. "Krimi Danta" is a kind of bacteria that can cause cavities. This is especially interesting because the idea of germs didn't become popular in medicine until the 1800s. Ayurveda puts people into groups depending on their dosha, which is similar to how doctors do it now (25).

The results imply that these links could appear great, but one-to-one translations aren't always the ideal. A lot of classic works don't even mention germs or X-rays; they just employ vague or metaphorical language. Ayurvedic treatments don't use objective tests and pictures, which modern dentistry needs to make a precise diagnosis. Even if the diagnosis isn't perfect, it's nice to look at wonderful works of art like Charak Samhita (26).

This study adds to the expanding conversation about how to combine dental care with other types of medical care. It supports the idea that Ayurveda may aid with long-term care, prevention, and general balance, while modern dentistry can manage surgery and emergency care. Ayurvedic treatments that are designed for each patient and evidence-based dentistry may help doctors get better results and make their patients happier (27).

Using both traditional Ayurvedic wisdom and modern dentistry can help both sides keep their teeth healthy in the long run. The Charak Samhita says that the conventional ways we used to look at, recognise, and treat oral problems were not only thorough, but also quite scientific. This is useful for both those new to the subject and those already working in it (28, 29).

Conclusion

In conclusion, this study highlights the remarkable alignment between the dental disorders described in the ancient Ayurvedic text, the Charak Samhita, and modern dental practices. The detailed descriptions of oral diseases such as toothache, gingivitis, and dental caries in the Charak Samhita demonstrate a sophisticated understanding of oral health that resonates with contemporary concepts in dentistry. By exploring the parallels between Ayurvedic principles and modern dental care, this paper emphasizes the potential benefits of integrating traditional practices, such as oil pulling (Gandusha) and herbal tooth powders, into modern dental treatments. The findings advocate for an interdisciplinary approach that blends Ayurveda with modern odontology to enhance preventive care, improve clinical outcomes, and offer holistic, patient-centered dental care. Further clinical studies are necessary to validate the effectiveness of Ayurvedic treatments, enabling a more comprehensive and inclusive approach to oral health care.

Abbreviations

Dantadhavana: Herbal brushing, Dantashoola: Toothache, Gandusha: Oil pulling, Krimi Danta: Dental caries, Sheetada: Gingivitis.

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Author Contributions

Ankit Ahlawat conceptualized the study and contributed to writing the manuscript. Parimeeta Singh Chauhan, Nikhil Kumar, Sonali, Ramya Gunti, and Tanvi contributed equally to the research, data collection, and manuscript preparation. Ankit Ahlawat is the corresponding author, responsible for communication with the journal and final manuscript submission.

Conflict of Interest

The authors declare that there is no conflict of interest related to this study.

Ethics Approval

This study was conducted in accordance with ethical standards and the principles outlined in the Declaration of Helsinki. The ethical committee of PDM Dental College & Research Institute approved the research protocol, and written informed consent was obtained from all participants.

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