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Pain management of Dental Caries (*Krimi Danta*) - A Case Report

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ABSTRACT

Dental caries/Tooth decay is progressive destruction of tooth structure, leading to tooth ache. Tooth ache is the most common type of orofacial pain and when severe it is considered a dental emergency. Pain killers will be the first option to get rid of pain but use of these pain killers have many adverse effects and also its over prescription leads to kidney disorders, liver disorders etc. and in *Ayurveda* for the management of pain in *Krimidanta* it is mentioned that, *Krimighna* (anti-microbial), *Vatagna* (which relieves *Vata*) and *Ushnaveerya Dravyas* (drugs with hot potency) are to be used which can relieve the toothache and discolouration. Hence here an attempt was made to find out an alternate medicine which is effective, has no contraindications and with no side effects. Here the patient was treated with *Dantapichu* (soaked cotton swab) with *Katuparni Ksheera* (milk of *Argemone Mexicana* Linn.) as a local application. After the treatment, a significant response in various symptoms such as tooth pain, tingling sensation and swelling was observed.

Key words: Dental caries; *Krimidanta*, *Dantapichu*, *Katuparni Ksheera*.

INTRODUCTION

Dental caries is public health problem in developing countries like India. In India the prevalence of dental caries is reported to be about 50-60% particularly in lower social economic status. Worldwide, approximately 2.43 billion people (36% of the population) have dental caries in their permanent teeth.^[1] The World Health Organizations estimates that nearly all adults have dental caries at some point in life time. They have become more common in both children and adults in recent years. The disease is

most common in the developed world and less common in the developing world due to greater simple sugar consumption. It results when demineralisation rate is faster than remineralisation and there is net mineral loss. According to *Ayurveda*, it can be correlated to the disease *Krimidanta* which manifests due to vitiation of *Vatapradhana Tridosha* and characterised by *Maharuja* (severe pain), *Krishnachidra* (black coloured pit), *Chala* (mobile tooth), and *Samramba* (inflammation).^[2]

CASE REPORT

A Hindu, married, 39year old male patient belongs to middle class, visited the out-patient department (OPD) of the Shri J.G.C.H.S. Ayurvedic Medical College, Ghataprabha, Karnataka on 19th October 2016, with a OPD number 41600 for the complaints of severe pain and mild tingling sensation in lower molar tooth. History of the present illness revealed that the patient was apparently normal 1 month back, gradually he noticed slight blackish discolouration of tooth associated with mild pain, for this the patient consulted his family physician and took internal medications (pain killer) which relieved the condition

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for a time being but did not get relief. The problem increased day by day with increased pain from mild to severe, with mild tingling sensation, mild swelling and blackish discolouration, for further management he came to our hospital. Past history revealed that no history of tooth extraction, trauma, DM, hypertension. The general examination of the patient showed no pallor, cyanosis, icterus and discoloration of nails and gums, vitals being pulse rate of 74/min, respiratory rate of 18/min, blood pressure of 130/80mm of Hg and body weight of 69kg.

Local Examination

- Oral cavity : Healthy look
- Odour : Odourless
- Pain : Severe pain in 1st left molar tooth
- Tingling sensation : Mild form on intake of liquids and foods
- Swelling : Mild swelling of gums around the left molar tooth
- Redness : Absent/ No signs of inflammation
- Discharge : Absent
- Tooth Movement : Non movable/fixed
- Discolouration : Mild blackish discoloration of the tooth cavity

Systemic Examination

S1, S2 heard. No added sounds, P/A was soft to touch, no any other abnormality detected during the time of examination i.e. all systems are intact.

Clinical Diagnosis: *Krimidanta* (Dental caries)

Treatment: *Dantapichu* with *Katuparni Ksheera*.

Method of Application

Fresh milk collected from leaves and stem of *Katuparni* plant in a fresh container, cotton swab soaked in milk and asked patient to keep the soaked cotton swab over the painful tooth for an about 30min twice a day (morning and evening before food) for 5 days followed by gargling of mouth with plane lukewarm water.

PRECAUTIONS

Instructions were given to the patient, to spit out the first two-three bouts of saliva after the application of soaked cotton swab to avoid the throat irritation and nausea.

RESULT

On the first follow-up (after 5 days of the of treatment), the patient reported complete reduction in pain, tingling sensation and swelling around the tooth, but blackish discolouration were not relieved completely, but it was noticed that the very slight change in the intensity of colour but not significantly, On the second follow-up (after 15days of the treatment), the patient reported that no reoccurrence of the complaint.

DISCUSSION

Clinically patient was diagnosed as *Krimidanta* with the clinical features, severe pain, mild tingling sensation and mild swelling, it is *Vatapradhana Tridoshaja* disease. The drug *Katuparni* is explained in *Bhavaprakasha Nighantu*^[3] that, it has *Tiktarasa*, *Krimigna*, *Bhedagna* and chemically it contains the berberine, protopine and small amount of potassium nitrate.^[4] Probably *Tiktarasa* and protopine helps in the pain as *Tiktarasa* is best *Krimigna*^[5] and *protopine* is analgesic.^[6] *Bhedagna* and Berberine helps in reduction of swelling and pain, because it acts as anti-inflammatory.^[7] The *Krimigna* of *Katuparni* helps in the tingling sensation and it was observed that patient got relief from pain and other complaints only in five days of treatment.

CONCLUSION

Based on the clinical signs and symptoms, the disease *Krimidanta* can be correlated with dental caries. In this study, *Dantapichu* with *Katuparni Ksheera* was found to be safe and effective in the management of pain and tingling sensation of dental caries. So we can use this drug as best analgesic for dental caries in future and study can be carried out in the large number of cases for better analysis.

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