



INTERNATIONAL JOURNAL OF MULTIDISCIPLINARY HEALTH SCIENCES

ISSN: 2394 9406

“KRIMIDANTA: A REVIEW LITERATURE WITH ITS MODERN ASPECTS.”

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Abstract:

Krimidant is a pathological condition described in *Ayurvedic* classics, primarily concerning dental and oral infestations caused by *krimi* (worms or microorganisms). It is categorized under *Dantamula Roga* (diseases of the roots of teeth) and is discussed with clinical features and management protocols in classical *Samhitas*. According to *Sushruta Samhita* and *Ashtanga Hridaya*, *Krimidant* is caused by the vitiation of *Kapha* and *Rakta* along with poor oral hygiene, leading to the proliferation of *krimi* (microbes). Symptoms include toothache, bleeding gums, foul smell, swelling, and discoloration of gums. Clinical features of *Krimidant* include toothache, bleeding gums, foul oral odor (*mukhadaurgandhya*), swelling, itching, and loosening of teeth. These manifestations bear a close resemblance to modern dental conditions such as gingivitis, periodontitis, and pyorrhea.

KEYWORDS :

Krimidant, Dantamula Roga, Sushruta Samhita, Ashtanga Hridaya, Periodontitis

INTRODUCTION

The term *Krimidanta* (literally “worm-tooth”) appears across key Ayurvedic works *Vagbhatta* mentions it in 10 dental disorders, *Sushruta* and *Bhavaprakasha* in eight dental disorders, and *Harita* in five. *Krimidanta*, as described in Ayurveda, is a dental disease characterized by tooth decay and is often associated with dental caries. It is understood to be caused by an imbalance of *Vata dosha* due to poor oral hygiene and can manifest as black discoloration, cavity formation, and pain. While ancient texts highlight *Krimidanta* as a *dantaroga* (dental disease). It is a condition where *Krimi* (parasitic organisms or microbes) reside in or affect the teeth. It resembles modern concepts like dental caries, tooth decay, or worm-infested teeth, although not entirely identical. Modern science often equates it with dental caries, a microbial disease that erodes tooth structure. In contemporary terms, it's akin to irreversible microbial destruction of enamel, dentine, and cementum, leading to sensitivity, pain, blackish discoloration, and eventual cavity formation.

PATHOGENESIS OF KRIMIDANTA

ACCORDING TO AYURVEDA :

Predominance of *Vata Dosha*:

In the framework of Ayurveda, the development of *Krimidanta* is primarily linked to an imbalance or elevation of *Vata*

dosha, which governs bodily movement and tissue-related activities.

Accumulation of *Danta-mala* (Dental Debris):

Residues of food that linger between teeth, referred to as *Danta-mala*, act as a fertile environment for microbial proliferation.

Impact on *Danta* and *Danta-majja* (Tooth and Pulp):

As bacteria and their byproducts accumulate, they begin to deteriorate the protective layers of the tooth, notably the enamel and dentin, eventually compromising the integrity of the *Danta-majja*.

Development of Cavities and Structural Weakening:

The compromised condition of the tooth allows deeper invasion by microbes, resulting in the emergence of cavities and porous areas, especially within the pulp chamber.

CLINICAL FEATURES :

Krishna chidra (blackened cavities)

Ruja (intense pain), sudden and sharp

Chalata (tooth mobility),

Sraava (pus),

Samramba (swelling),

Puti gandha (foul smell),

Lalima (reddening around the tooth)

AYURVEDIC MANAGEMENT :

1. *Krimi Chikitsa* (Anti-parasitic treatment)

Administer *krimighna dravyas* (anti-parasitic herbs): *Vidanga* (*Embelia ribes*), *Haritaki* (*Terminalia chebula*), *Neem* (*Azadirachta indica*), *Triphala*, *Ajamoda* (*Carum roxburghianum*) These herbs are often used in powder or decoction form.

2. *Dantadhavana* (Herbal Tooth Powder)

Sushruta advises regular tooth brushing using bitter, pungent, and astringent herbs:

Powdered *Neem*, *Triphala*, *Haridra* (turmeric), *Yashtimadhu*, and Rock salt
Apply with a soft twig (*dantakaṣṭha*) or finger

3. *Gandush* / *Kaval* (Oil Pulling & Mouth Rinse)

Use medicated oils or decoctions:

Gandusha with *Triphala* decoction, Oil pulling with sesame oil or *Triphala taila*
Helps cleanse oral cavity and remove krimi

4. *Pratisarana* (Gum Massage)

Paste made from *Triphala* + honey, or *Trikatu* + ghee, applied to gum
.Antibacterial, healing and stimulates circulation.

5. *Vamana* & *Virechana* (Detox Therapies)

Indicated in chronic cases with systemic doshic imbalance. *Vamana* (therapeutic emesis) to eliminate excessive *Kapha*.
Virechana (purgation) to balance *Pitta* and remove toxins.

PATHYA (Wholesome / Recommended)

FOR KRIMIDANT :

Sushruta and later Ayurvedic texts recommend diet and lifestyle that help remove the cause (*Krimi*) and promote healing:

1. Bitter, pungent, and astringent foods – Help reduce *Kapha* and *Krimi* (parasites).
2. Use of medicated mouth rinses like *Triphala* decoction, *Gandusha* (oil pulling) with medicated oils (e.g., *Arimedadi taila*).
3. Regular oral hygiene – Brushing with herbal twigs like *Neem* (*Azadirachta indica*) or *Khadira* (*Acacia catechu*).
4. Avoid day sleeping – Prevents *Kapha* aggravation.
5. Warm water for drinking and rinsing – Helps in cleansing.

APATHYA (Unwholesome / To Avoid)

FOR KRIMIDANT:

1. Cold, sweet, and sticky foods – Promote *Kapha* and worm proliferation.
2. Sugary substances like sweets, jaggery, milk-based sweets – Increase dental plaque and feed parasites.

3. Meat and alcohol – Considered heavy and aggravating for oral Krimis.
4. Irregular food habits – Eating at odd times or over-eating.
5. Very hard foods – Can damage already weakened teeth and gums.

MODERN DENTAL PERSPECTIVE :

Modern dentistry defines dental caries as a multifactorial microbial process, primarily involving *Streptococcus mutans* and *Lactobacilli* fermenting sugars, producing acids that decalcify enamel and dentin. Risk factors include poor oral hygiene, frequent sugar exposure, low salivary pH and buffering capacity, and lack of fluoride

MODERN STANDERD MANAGEMENT INCLUDES :

Preventive care : Fluoride toothpaste, sealants, dietary modifications.

Restorative treatments : Fillings, root canals, crowns as needed.

Symptomatic relief : Analgesics (e.g., benzocaine gels), anti-inflammatories, and chlorhexidine mouthwash (though it may cause staining) .

Modern medicine treats *Krimidanta*'s symptoms and prevents progression but

may rely heavily on mechanical intervention.

CONCLUSION :

Krimidanta, described in *Ayurvedic* classics, correlates well with the clinical presentation of dental caries. Characterized by black discoloration, cavity formation, tooth mobility, pus discharge, and pain, *Krimidanta* is essentially a microbial disease of the tooth. Additionally, lifestyle and dietary modifications play a crucial role in prevention. Patients are advised to avoid sour fruits, cold, dry, and hard food items. Modern dentistry supports this with preventive strategies like regular brushing using fluoride toothpaste, flossing, routine dental checkups, and dietary regulation. The integration of *Ayurvedic* understanding with modern preventive and curative approaches can offer a more holistic and effective management of *Krimidanta* (dental caries).

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