

Ayurveda - Vol. 19

# Dentistry in Ayurveda

(English)

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('Sainthood' or 'Stage of a Guru' denotes 70-79 % spiritual level,  
'Stage of a Sadguru' denotes 80-89 %, 'Stage of a Paratpar Guru'  
denotes 90% and above, whereas 'God' denotes 100% spiritual level.)

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### Importance of good health

Ayurveda is considered to be the fifth Veda. Charaksanhita is the basic Text of Ayurveda. In this Text the following has been expressed for good health.

धर्मार्थकाममोक्षाणाम् आरोग्यं मूलमुत्तमम् ।

- Charaksanhita, Sutrasthan, Adhyaya 1, Shloka 15

Meaning : Good health is the foundation to accomplishing the four Purusharthas - Dharma, Artha, Kama and Moksha.



Ayurveda the Indian system of medicine literally means 'Knowledge of life.' It includes art of living, science of health and philosophy of life. Though more than 5,000 years old, it is by no means an outdated science. Even today, people of India think and live according to the principles of Ayurveda. There are over hundred colleges all over the country, which teach Ayurveda in a systematic manner.

The close resemblance of the word dantashastra and dentistry suggests a strong possibility that the word dentistry is derived from the word dantashastra. Dentistry is one of the recognised sub-specialities of 'Shalakyatantra', that is, surgery of head and neck, which is one of the eight recognised specialities of Ayurveda. In Ayurvedic literature, one finds reference of several textbooks of Shalakyatantra (surgery of head and neck) namely Nimitantra, Videhatantra, Gargyatantra, Kankayatantra, Krushnatreyatantra, Galavatantra, Satyakitrantra and Shounakatantra. These texts were named after the respective authors. In addition, one finds reference for Chakshushyatantra, that is, ophthalmology and Karalatantra, that is, science of irregular teeth or text book of orthodontics. Unfortunately, these text books are not available and we are missing a lot of valuable information. It is surprising that even with the available literature, practically all the dental disorders mentioned today have been described in Ayurvedic texts. The Principles of Ayurveda are based on sound scientific principles, which will remain as eternal truths. Ayurveda believes in treating man as a whole. Hence, dentistry was specially taken up at the post graduate level. Naturally, every 'dantashastra-





dhnya', that is, dentist was well versed with Ayurvedic medicine and surgery. As local measures and surgical treatment constitute important therapeutic measure, dantashashtra was a surgical sub-speciality. Even today's dentist styles himself as a dental surgeon and not as a physician.

In this book, an attempt is made to dig out the golden mine of Ayurveda, so that this hidden wealth of knowledge can be easily digested, absorbed and utilised by the dentists all over the world. I sincerely hope that the modern dentist will utilise this knowledge for promoting the health and hygiene of teeth so that man can live a better life. - **Authors**



### **Why does Sanatan follow Oxford (UK) English ?**

Principally, there are 2 types of English all over the world - USA and UK.

The two key dictionaries from either side of the Atlantic are Merriam-Webster (USA) and Oxford (UK). Both these dictionaries accept the differences between American and British English and make references to both in their word definitions.

The language one speaks is English; the dialect is American English. Similarly, British English is also a dialect of English, even though it can be thought of as the 'original' dialect.

Given the fact that UK's is the 'original' English, Sanatan has selected to follow it in spiritual texts.