



**“A randomised open clinical trial to study the efficacy of  
*Vachadi Ghrita* for painful dentition”**

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### ABSTRACT

Teething, i.e. the process of eruption of teeth is a natural developmental process and is regarded as an important milestone in a child's growth and development. The first period of teething takes about two and a half years, with the first tooth erupting between six and eight months and all other teeth before the age of three years. Teething pain sometimes referred to as “*Dentitio Difficilis*” i.e. the commonest symptom associated with the eruption of primary dentition. The redness and swelling of the gums before a tooth comes through is the cause for the pain which baby experiences during teething. In Ayurveda, painful teething can be co related to *Dantodabhedajanya Shoola*. It is described in classical text like *Kashyapa Samhita*, *Ashtanga Hriday*, *Ashtanga Sangraha*.

Prevalence rate of painful teething in India is 68%.

Therefore, this study was planned to facilitates healthy and pain free dentition. For this, 60 patients of age group 6 months to 24 months of both sexes were randomly selected from OPD of *Kaumarbharitya* department of D. Y. Patil College of Ayurveda, Nerul, New Mumbai, Maharashtra, and *Vachadi Ghrita* is given according to age criteria. All children were subjected to symptoms, before and after 3 months of treatment.

The study has proved that efficacy of drug is found to be effective in the management of painful dentition.

**Keywords:** Painful Dentition, *Dantodbhedjanya Shola*, *Vachadi Ghrita*

## Introduction:

Teething symptoms are mostly subjective comments from parents. Symptoms which can be observed are crying & irritability, as child cannot express what they are feeling. Sometimes they may show disturbed sleep, bowel upset, refusal to food, rubbing of cheek and ear on the side of the erupting tooth. At approximately six months of age, when primary teeth are about to erupt, maternal antibodies upon which young children depends begins to decrease while they build up their own antibodies which are not yet sufficient to defend them against infections. Furthermore, this same age is when children begin to crawl and place unclean objects in their mouths which can introduce pathogens into their bodies and may lead to unwanted infections.

*Acharya Vagbhat* described eruption of teeth in children as a painful condition. To describe this pain he said this condition is like the damage to the spinal vertebrae in cats and emergence of the crown in peacock. He further elaborated that the child feels an itching sensation of the gums so that he may bite the breast during suckling. During dentition *vata* and *kapha* are activated and produce various symptoms and *Asthi* and *majja* are responsible for eruption of teeth

in children. For comfortable teeth eruption and lessen the pain, *Vachadi Ghrita* is described by *Vangasena, Balrogadhikar*.

## AIM AND OBJECTIVES

### Aim:

To study the efficacy of *Vachadi Ghrita* in the management of Painful Dentition.

### Objectives:

- To review the literature related to *Dantodbhav* and Dentition and *Vachadi Ghrita*.
- To have an easily, safe remedy which facilitates healthy and pain free dentition.

### Material and method:

Total number of 60 subjects 6 to 24 months presenting with the symptoms of painful dentition Was selected from the OPD & IPD of *Kaumarbhritya* Department, D. Y. Patil Ayurvedic Hospital, Nerul, Navi Mumbai. The patients were assessed according to subjective and objective parameters.

The drug was prepared in the pharmacy of D. Y. *Patil* College of *Ayurveda, Nerul, New Mumbai*.

### Study Design

Outpatient section of the department of *Kaumarbhritya* of D. Y. *Patil* College of *Ayurveda, Nerul, New Mumbai, Maharashtra* were selected as the

research setting. The simple Randomized Controlled Trial (RCT) was the study design adopted the envisage the present research work. Table of Random Number method was followed.

#### Inclusion criteria

- Patients of either sex aged between 6 months-24 months.
- Patients with symptoms of Painful Dentition like crying and irritability.
- Children whose parents are ready to give consent for study.

#### Exclusion criteria

- Patients above age 24 months.
- Patients with congenital anomalies like Cleft lip and Cleft Palate.
- Chromosomal Disorders like Turner syndrome, Down Syndrome, Klinefelter's Syndrome, etc.
- Cerebral Palsy, Mental Retardation etc.

#### Time and Duration Of The Study

- The duration of the study was 3 months.

#### Plan for study

##### Posology

According to *Sharangdhar Samhita poorva khanda* 6<sup>th</sup> chapter *shlok* 14 – 17 the dose has been selected considering age criteria.

age	dose
6-12 months	1ml
13-24 months	2ml

Medicine	<i>Vachadi ghruta</i>
Duration	3 months
Time of Administration	Once Daily in morning
Route	Orally
Follow Up	After every 15 days (For first month) Every Month (For rest two months )
Sample Size	30 subjects – single group
Sampling Technique	Random

#### Criteria for diagnosis

##### Subjective

##### Crying

Grades	Crying
0	No cry
1	Mild moaning
2	Moderate cry
3	Vigorous cry

##### Irritability

Grades	Irritation
0	No irritation
1	Mild irritation
2	Moderate irritation
3	Severe irritation

##### Objective:

6 months to 12 months – Neonatal Infant Pain Scale (NIPS)

13 months to 24 months – Face Leg Activity Cry *Consolability* Revised Scale (FLACC – R)

### RESULT OF STUDY:

Statistical analysis showing improvement in subjective and objective parameters of NIPS Scale and FLACC-R scale

Sr. No	Subjective criteria	Nips scale	Flacc-r scale
1	Crying	84.21 %	87.77%
2	Irritability	84%	86.21%

Sr. No	Objective criteria	% of relief of nips scale
1	Facial expression	83.33%
2	Cry	82.35%
3	Breathing pattern	75.0%
4	Arms	75.00%
5	Legs	81.21%
6	State of arousal	63.64%

Sr. No	Objective criteria	% of relief of flacc-r scale
1	Face	77.78 %
2	Legs	75.00%
3	Activity	75.00%
4	Cry	70.00%
5	<i>Consolability</i>	78.26%

Above charts are showing % of relief in pain in both subjective & objective criteria. Relief is significantly high & hence it can be taken as the drug *vachadi ghruta* has significant role in management of Painful Dentition.

### Discussion:

The most commonly used medications for painful teething in children are paracetamol and analgesic and anesthetic gels, containing choline salicylate, lidocaine hydrochloride or benzocaine. However, use of these medications might be associated with unwanted side effects. There is growing interest amongst parents for safe and effective medicinal products. The predominant reason why parents choose ayurveda is that they want safe treatment options for their children. For easy dentition and lessen the pain, *Vachadi Ghruta* is described by *vangasena, balrogadhikar*. *Vachadi Ghruta* contains *Vacha, Bhruhati, Kantakari, Patha, Ativisha, Kutki, Musta, Yashtimadhu, Goghruta*. The *Vachadi Ghruta* was prepared according to reference of *Sneha Kalpana* in *Sharangdhar Samhita Madhyam Khand* 9/1-2-3. During the process of dentition, there is vitiation of vata and kapha dosha. *Vachadi ghrut* has vata and kapha hara properties, thus helps in reducing pain during dentition. *Ghruta* being *snigdha* shows soothing effect on gums. *Vachadi ghrut* has anti-inflammatory, analgesic, immune modulator, anti microbial properties and hence it helps in reducing swelling and redness of gums.



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