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A survey based study on etiological factors responsible for *Dantaharsha* with special reference to hypersensitive teeth

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Abstract

Hypersensitivity of teeth is one of the leading diseases next to Caries (*Krimidanta*). Patients who are suffering from this disease are unable to ingest foods of various types such as cold, hot, sweet, and sour due to hypersensitivity. Hypersensitivity of teeth has been studied for several years and it is reported as a painful condition that originates when the thickness of the enamel or cement is significantly reduced. Usually, the exposed area is subjected to several kinds of stimuli, resulting in sharp acute pain. This painful condition contributes to chewing difficulty and effects on teeth brushing who have hypersensitive teeth. According to Ayurveda, hypersensitivity of teeth can be correlated with *Dantaharsha* which affects all the people irrespective of age and sex. It is caused by vitiated *Vata*. This can occur due to hard brushing, intake of roughages, etc. This survey study was conducted to investigate the common etiological factors responsible for *Dantaharsha* (Hypersensitive Tooth). It was revealed that certain habits such as chewing of bubble gum, betel chewing, snuff, alcohol consumption, food item such as acid foods, citrus foods, fresh fruit juice, low pH beverages, preserved food, rough food and very hard food have influence on *Dantaharsha*.

Key Words: Hypersensitivity of teeth, *Dantaharsha*, *Vata dosha*

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