



**AYURVEDA MANAGEMENT OF TOOTHACHE W.S.R. TO ROLE OF  
CHANDRAJYOTI**

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**ABSTRACT**

Ayurveda evolved in Indian civilization around 3000 BC and the *Vedic* period encompasses many literatures which on later stage became the theoretical concepts of Indian medical system. The *Susruta* and *Charaka Samhita* are main authoritative texts of ancient period, these two *Samhitas* contain many information related to the human health, diseases and their management. Ayurveda suggested many therapeutic options for curing diseases of upper body parts or organs located around the facial region. The Ayurveda *Shalaky Tantra* deals with the diseases of ear, nose and teeth, etc. The *Shalaky Tantra* also includes dentistry and in Ayurveda dental health termed as “*Danta Swasthya*”. Ayurveda described several modalities for keeping teeth healthy. Toothache means dental pain which is common health issue associated with teeth and ayurveda suggested many drugs for treating this condition. Present article explained ayurveda management of toothache W.S.R. to the role of *Chandrajyoti* (*Jatropha curcas*).

**KEYWORDS:** *Ayurveda, Chandrajyoti, Jatropha curcas, Danta, Toothache.*

**INTRODUCTION**

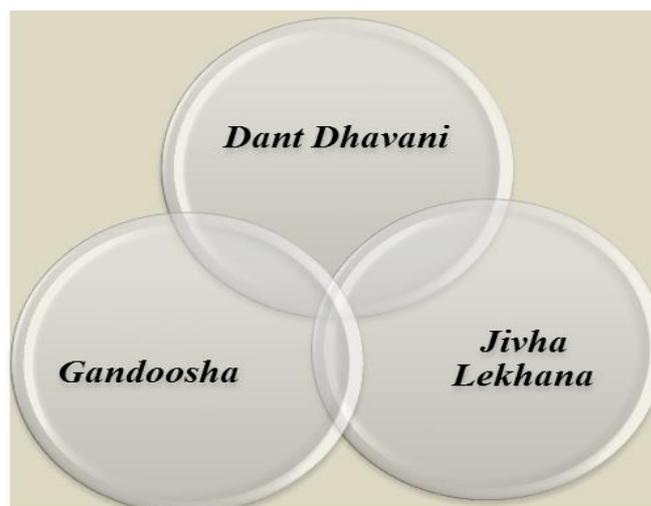
Ayurveda is science which suggested natural way of living for healthy and wealthy life style. Ayurveda presented theory of life and provided physical, mental, social and spiritual well being. The ancient *Vedas* and *Samhitas* (*Sushruta* & *Charka*) encompasses various theories and principles related to the human life. The different branches of Ayurveda encompass knowledge about the diseases of different body parts and their treatment. The diseases of facial region or oral cavity affects large number of population especially elderly age groups and health issues related to the teeth are very common in elderly people. Ayurveda also put great emphasis towards the diseases of oral cavity and described several options for curing problem like toothache.<sup>[1-5]</sup> The Ayurveda *Shalyatantra* and *Shalakyatantra* described many varieties of oral diseases on different anatomical locations as follows:

- ✓ Fifteen oral diseases on alveolar margin
- ✓ Eight oral diseases on lips
- ✓ Eight oral diseases in connection with teeth
- ✓ Five oral diseases on tongue
- ✓ Nine oral diseases on palate region
- ✓ Seventeen oral diseases on oropharynx region
- ✓ Three oral diseases in generalized form.

**Ayurveda suggested following measures for retaining dental health (*Dantaswasthya*)**

- ❖ Daily cleansing routine as prophylactic measures
- ❖ Alleviation of toothache by drugs
- ❖ Application of surgical measures
- ❖ Medicated paste and sticks for brushing purpose.

Some daily routine procedures as depicted in **Figure 1** also recommended for preventing and treating toothache and other oral problems.<sup>[5-7]</sup>



**Figure 1: Routine procedures for maintaining health of oral cavity.**

The *Dant Dhavani* means brushing of teeth that helps to prevent infections and pain associated with infection. *Jivha Lekhana* means scrapping of tongue and *Gandoosha* means gargling that keep oral cavity clean and free from infections thus reduces chances of toothache.

The Ayurveda suggested many therapies for treating swelling in oral cavity, toothache and bleeding gums. The herbs that can be used effectively for treating toothache include *Amla*, *Nimbu*, *Neem*, *Haritaki* and *Lavanga* etc. The Ayurveda formulation *Triphala* also offers health benefits in toothache. The natural products for toothache are available in the form of toothpaste, mouthwashes and gum paints, etc.

Ayurveda drugs used to cure toothache help to balances *Doshas* i.e. *Vata*, *Pitta* and *Kapha*, These drugs offers anti inflammatory, antimicrobial and antioxidant properties thus not only relief pain but also prevent infections and oxidative damage. Herbal products mainly available in the form of tooth pastes, gum paints and mouth washes, etc.

Another natural way to maintain oral health is uses of oil pulling or swirling of oil (*Kala Graham*) in the mouth to acquire some health benefits and maintaining oral hygiene, this approach itself acts as prophylactic measure to combat against toothache and gum infection. Sunflower oil or sesame oil can be used for oil pulling purpose. This approach activates mouth enzymes and draws the toxins out of blood and imparts cleansing action on large surface area of mouth cavity.<sup>[7-9]</sup>

#### Specific role of ayurveda drugs

- ✚ *Ajowan* (*Trachyspermum ammi*) reduces teeth infection caused by streptococcus mutans thus suppresses infection related pain in teeth.
- ✚ *Aloe vera* (*Aloe barbadensis*) gel used in tooth paste and mouth washes to impart calming and soothing effects.

- ✚ Clove (*Syzygium aromaticum*) oil reduces formation of plaque and provides analgesic property thus relieves tooth pain.
- ✚ *Neem* (*Azadirachta indica*) stick can be used to brush teeth, this prevent caries, reduces plaque, gingivitis and toothache.
- ✚ *Miswak* (*Salvadora persca*) offers plaque inhibiting and antibacterial properties, thereby alleviate symptoms of pain.
- ✚ *Tulsi* (*Ocimum sanctum*) inhibits enzyme responsible for inflammatory activity therefore acts as anti-inflammatory agent and reduces toothache.
- ✚ *Turmeric* (*Circuma Longa*) possess anti oxidant, anti inflammatory and analgesic properties therefore offers several health benefits in teeth infection and alleviates symptoms of toothache.
- ✚ *Haritaki* (*Terminalia chebula*) can be used as mouth wash to inhibit the infection caused by streptococcus and provides antibacterial effect against salivary bacteria.

#### Role of *chandrajyoti* in dental problem

*Chandrajyoti* is plant belong from family *Euphorbiaceae*, the botanical name of plant is *Jatropha curcas*. The specific parts of plant can be used in toothache as follows:

##### Leaves

- ✓ Paste of leaves used against toothache.
- ✓ Latex of leaves and stem bark powder can be used to expel ringworms, thus reduces associated problem of toothache.

##### Branches

- ✓ Black salt is mixed to the ash of burnt branches and this mixture can be used as tooth powder.

##### Stem

- ✓ *Chandrajyoti* stem improves gum strength
- ✓ Stem is used as tooth-brush for cleaning purpose to prevent infection and pain

*Jatropha curcas* is widely spread and commonly termed as “purging nut” and *Chandrajyoti*. All parts of *Jatropha curcas* showed medicinal property, the latex is used for cleaning teeth, to cure sores on the tongues of babies and also employed for toothache. The latex offers anti-bacterial activity thus helps to prevent oral disorders.

Small stems of *Jatropha curcas* is used for oral disorders like tooth decay and bleeding gums, fresh latex of *Jatropha curcas* offers appreciable anti-bacterial response. This property prevents oral infection caused by *Staphylococcus aureus* and helps to cure dental problem like toothache and bleeding.

Brushing with latex of *Jatropha curcas* helps to reduce yellow color of the teeth and removes stain caused by smoking. This plant is considered useful for bleeding gums, helps to clean teeth, provides feeling of freshness when stem rubbed over teeth and enhances collagen synthesis.

Toothache mainly occurs due to the dental caries and decay of teeth, the formation of caries and decay of teeth mainly caused by microbial infections, the antimicrobial property of *Jatropha curcas* reduces chances of oral infection thus prevent dental caries and decay of teeth, thereby provides remarkable benefits in symptoms like tooth ache and bleeding gums.<sup>[3,6,10,11]</sup>

## CONCLUSION

The Ayurveda dentistry provided term “*Danta Swasthya*” for dental health and in this regard Ayurveda described several approaches for maintain health of teeth and dental cavity. Toothache means dental pain which arises due to the infection, the formation of dental caries and decay of teeth, etc. also caused toothache. Ayurveda suggested various measures for retaining dental health which includes daily cleansing measures, uses of natural drugs, surgical measures and medicated dental products, etc. The *Dant Dhavani*, *Jivha Lekhana* and *Gandoosha*, etc. are important prophylactic measures which keep oral cavity clean and prevent toothache. Ayurveda herbs such as *Chandrajyoti*, *Amla*, *Nimbu*, *Neem*, *Haritaki* and *Lavanga* etc. can be used effectively for curing toothache. *Chandrajyoti* is plant belong from family *Euphorbiaceae* used in toothache and helps to maintain health of oral cavity. The leaves of plant *Chandrajyoti* used in toothache as paste while stem bark powder can be used to expel ringworms. Stem of plant used as tooth-brush for cleaning purpose, also improves gum strength and toothache by reducing severity of infection. This plant helps to suppress formation of dental caries, thereby reduces decay of teeth and control teeth pain associated with caries and decay of teeth.

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