



ROLE OF AYURVEDA IN ORAL HEALTH MANAGEMENT

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Article Received on 28/04/2023

Article Revised on 17/05/2023

Article Accepted on 08/06/2023

ABSTRACT

WHO states that Oral health is the state of mouth, teeth and orofacial structures that enables individual to perform essential function such as eating, breathing and speaking, and encompasses psychosocial dimensions such as self-confidence, well-being and the ability to socialize and work without pain, discomfort and embarrassment. The personal, social and physical impact of poor oral health and hygiene is not good, it reduces quality of living in society. Peoples never takes oral health too seriously until it becomes more pain full and problematic, poor oral health may create serious illness like dental caries, periodontal diseases, tooth loss, oral cancer, foul smell from mouth. In Ayurveda Acharyas explained in the classical texts about the management of oral health and prevention of oral diseases. In Ayurveda number of procedures like *Dantdhavan*, *Jivhanirlekhan*, *Gandoosh*, *Kaval*, *Tambulsevan*, *Pratisaran*, *Achamana* & tooth powder for brushing of teeth are explained for the treatment and maintaining oral health. Brushing of tooth, tongue cleaning, gargling, mouth washes are used by individuals in their daily life and it is also stated in Ayurveda in *Dincharya*.

KEYWORDS: *Dincharya*, *Achamana*, *Dantdhavan*, *Jivhanirlekhan*, *Gandoosh* & *Kaval*, *Pratisaran*, *Tambulsevan*.

INTRODUCTION

Ayurveda is classical system of medicine explained about 5000 years ago. Ayurveda is divided into eight parts known as *Ashtang Ayurveda*, Acharya Vagbhatta states them as *Kaya*, *Bala*, *Graha*, *urdhvang*, *Shalya*, *Danstra*, *Jara* and *Vrisha*. Each part of *Ashtang Ayurveda* is different and specified. *Urdhvang* is known as above the color bone which includes head and neck. *Shalaky Tantra*, is a branch of *Ayurveda* which deals with the disease of Head, Eyes, Nose, Ears, Oral cavity and the Neck and their management. The *Shalaky Tantra* includes oral cavity in it, and for the good health management of oral cavity number of procedures are explained. Oral cavity is very important because we eat, speak and breath through it, and for a healthy and prolonged life our mouth should always be healthy. Acharya Sushruta explained 65 types of *Mukha rogas* which are further divided as eight as *Ostha roga*, fifteen as *Dantamool*, eight as *Dant*, five as *Jivha*, nine as *Talu*, seventeen as *Kantha* & three as *Sarvagat Roga* in his commentary.

AIM AND OBJECTIVE

The aim of this study is to collect the texts from the classical Ayurvedic texts regarding oral health and

explain them in such a manner so that they become easy to understand.

MATERIAL AND METHODS

This is a review article so in this study we collect references available regarding oral health and compile it here to understand it easily.

ORAL HYGIENE IN AYURVEDA

Acharya Arunadutta in his commentary defines *Dincharya* is the regimens done in daily life. He explained the regimens to improve life style and stay healthy. Acharya Sushrut states that the rules that intelligent peoples who wish for health and wellness, continuously follow from the time they wake up in the morning till they go to sleep again will be called as *Dincharya*. *Dincharya* helps by maintaining variation of *Dosha* and prevention of disease. The importance of *Dincharya* is to maintain hygiene, brighten the *Indriyas*, strengthen the body, promote the health. It includes *Achamana*, *Dantdhavan*, *Jivhanirlekhan*, *Gandoosh*, *Kaval*, *Tambulsevan*, *Pratisaran* which cure our oral cavity diseases and keep it healthy.

ACHAMANA

In Ashtanga Sangraha it is stated that one should sit facing towards north or eastern direction and sip water after cleaning the excreta of *Dhatus*, tears, after taking bath, after eating, after sleeping, after sneezing, after worship & after travelling. The place for *Achamana* should be lonely. It should be practiced with full concentration, without speaking & wearing a cloth over shoulder. The water should be taken up to thumb and sipped without making any sound, without spilling, the person should be in erect posture & the water should be devoid of bad odour, froth & alkalinity. The hands should be clean. Practicing *Achamana* helps our mouth to get cleaned and remove number of bacteria to keep mouth healthy.

DANTDHAVAN

In Ashtanga Hridaya it is stated that person should brush their teeth in morning and night after intake of food with twigs of *Arkha*, *Khadira*, *Karanja* and *Arjuna*. Thickness of the brush should be of little finger, length should be of twelve *Angula*. One end is made like a brush by chewing and should brush in vertical direction from bottom to top.

Acharya Sushruta explained about the selection of drug for brushing, the selection of twigs for tooth brush should be done on the basis of season, *Dosha*, *Rasa* and *Virya* after getting up. *Neem* is best among bitter ones, *Khadira* is the best among astringent drugs, *Madhuka* is the best among sweet drugs and *Karanja* is the best among the pungent drugs. Regular brushing brings freshness, takes away bad odour and coating on teeth. It produces alleviation of *Kapha*, clearness in the mouth & desire for food also improves personal, social life of a person.

In Ashtanga Hridaya Sutrasthana it is also stated about contra indication of brushing which means that person suffering from the following diseases should not brush there teeth until their problem get solved, these are the situations person suffering from indigestion, vomiting, difficulty to breath, cough, fever, facial paralysis, excessive thirst, mouth ulceration, diseases of heart, eye, head and ear.

JIVHANIRLEKHAN

In *Dincharya* Acharya Sushruta describes tongue cleaning after brushing teeth, tongue cleaning should be done with the help of instrument, which is smooth, soft, 10 *Angula* in length made of silver, gold or iron. It removes bad taste, odour of mouth, cures oedema, stiffness of tongue and gives taste. Gargling with oil strengthens the teeth.

GANDOOSH and KAVAL

Acharya Sushruta states that mouth is completely filled with *Dravya* and kept without movement in *Gandoosh* or gargling. *Kwath*, *Swaras*, *Ushnodak*, *Madhu*, *Ghrit*, *Tail* etc. are used for gargling. Acharya sushruta explains about the nature of liquid to be used for *Gandoosh* as

Shnigdha for *Vataj*, *Prasad* for *Pitta*, *Sodhan* for *Kapha*, *Ropan* for *Vrana*.

The material used moves easily in the mouth is *Kavala* or mouth wash. According to Acharya Sharangdhara medicated pastes are used for *Kavala*.

Acharya Charaka in *Sutrasthana* describes the benefits of practicing *Gandoosh* & *Kaval*, it enhances strength of mandible, resonance of voice, nourishment of face, taste sensation & gives good taste. It prevents dryness of throat, cracking of lips, decay of teeth & makes the teeth strong. Person does not experience pain, tingling sensation after eating sour food or hard food. Features of proper gargling and mouth wash are the alleviation of disease, proper nourishment, clarity of mouth, lightness of sense organs and clarity of sense organs. Excess gargling can leads to mouth ulceration, diseases in mouth, excessive thirst and tastelessness.

PRATISARNA

In Ashtahng Hridaya it is mentioned that gently rubbing of *Kalak* or *Churna* over teeth and gums is known as *Pratisarna*. Acharya Arunadutta in his commentary says that rubbing of figure over gums and teeth is known as *Pratisarna*. Using *Sandhavalavana* and honey for rubbing over teeth and gum provides them strength.

TAMBULA SEVAN

Chewing of beetle leaf with calcium oxide, araca nuts (*Pugaphala*) and fragrant drugs like clove, myristics fragran, cardamom etc. is known as *Tambulsevan*. The benefits of it are, it removes the halitosis from mouth, it enhances complexion, it purifies the tongue, oral cavity, teeth and improve voice. The drugs like clove cardamom, myristica fragren are *Katu Rasa* and *Ushna Virya*. They facilitate the digestion of food, the beetle leaves contains vitamin B specifically nicotinic acid, ascorbic acid, beta carotene.

DISCUSSION

Oral health is a serious issue in developing countries due to bad habits, lack of awareness and seriousness about the oral health until it becomes pain full. Good oral health of a person reflects a good of individual in the society, and protects person from several pain full conditions which may arise in future due to poor oral health. In Ayurveda to promote oral health and to prevent oral cavity diseases a number of therapeutic procedures and number of herbs are described.

In an article by Dr. Rajendra Singh and Dr. Purna Tiwari – Traditional medicines used in practice of Oro- dentistry published in international herbal fair 2022 magazine, concluded that Ayurveda needs immediate and extensive reorientation to gain credibility. Hence, researchers should be encouraged to conduct more studies to prove the effectiveness, safety and standardization of ayurvedic medicines. The traditional knowledge of Ayurveda should be integrated with modern dentistry. For this the

active principal of the plant should be incorporated into oral care health practices and physicians should be encouraged to use natural remedies in various oral health management.

CONCLUSION

In this article on the basis of references available in the classical Ayurvedic texts we have seen that Ayurveda have a lot for maintaining oral health and to cure oral cavity diseases. The daily regimens like *Achamana*, *Dantdhavan*, *Jivhanirlekhan*, *Gandoosh* & *Kaval*, *Pratisaran*, *Tambulsevan* are effective, the herbal drugs which are described needs some work to be done on them to standardize them, check their efficacy and safety.

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