

MUKHA SWASTHYA – PREVENTIVE ASPECTS TO MAINTAIN ORAL HYGIENE

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ABSTRACT

In present era dental disorders are more prevalent in general population due to lack of awareness, disinterest, and faulty life style. Habits like chewing tobacco ,consumption of fast food with high sugar and acidic contents, aerated drinks and liquor etc leads to accumulation of plaque, calculus and bacteria , further causing problems like halitosis, gingivitis, periodontitis etc. Some of these disorders are preventable. These issues can be targeted by regular dental checkups as disease can be screened and treated at an early stage. The maintenance of oral hygiene is very important not only for cosmetic purpose but also for good quality of life ahead. Shalaky Tantra has incorporated a number of curative therapeutic procedures like Nasya, Kavala, Gandusha, as well as preventive procedures in dincharya itself like-Danta pramarjana, Danta pavan, Jivha nirlekhana for preserving and enhancing oral hygiene thus increasing the longevity of all the structures of oral cavity and Rasanendriya.

Key words:-Oral hygiene,gingivitis, periodontitis Danta pramarjana, Kavala, Gandusha, Jivha nirlekhana, longevity etc

INTRODUCTION

In present era dental disorders are more prevalent in general population due to lack of awareness, disinterest, and faulty life style. Habits like chewing tobacco ,consumption of fast food with high sugar and acidic contents, aerated drinks and liquor etc leads to accumulation of plaque, calculus and bacteria , further causing problems like halitosis, gingivitis, periodontitis etc. For prevention of oral diseases modern science has limited sources like-mouth washes, dental floss, toothpicks, brushing etc. Most of them are chemically synthesized that have long term side effects. Ayurveda focuses on preventive aspects as “swasthasya swasthya rakshanam”¹. Here a number of curative therapeutic procedures like Nasya, Kavala, Gandusha, as well as preventive procedures in itself like-Danta pramarjana, Danta pavan, Jivha nirlekhana, Pathya ahara ,Yoga for preserving and enhancing oral hygiene thus increasing the longevity of all the structures of oral

cavity. Ayurveda must be reinterpreted in the light of modern knowledge. We can use dattuna as an alternate of toothbrush, taila gandoosha as an alternate of mouth washes etc. Oral cavity all time moist and sticky because of presence of saliva. Kapha dosha naturally dominant in the oral cavity hence in any disease of oral cavity ,we have to use mainly kaphashamaka medications and Ayurveda has lot of dravyas which have kaphashamaka property². The maintenance of oral hygiene is very important not only for cosmetic purpose but also for good quality of life ahead.

DISCUSSION

DANTAPAVAN

According to *dincharya* every person use *dantapavan* after malanivriti.

*Dantapavan*³ is like a soft brush made by person himself by chewing and biting the tip of twelve finger

length fresh stem of either *karanja*, *karaveer*, *arka*, *malati*, *kakubha(arjuna)*, *asana* etc. In breadth it just like *kanishtika anguli parinaha*⁴

Mode of action-*Dantapavan* should be bitter, pungent or astringent in taste. These three rasas neutralises the *bodhaka kapha* and help to clear the viscid mucoid secretions in the mouth⁵.

Dantapavan should be used two times in a day or after taking meal.

Dantapavan according to body constitution (*prakriti*)⁶-

constitution (<i>prakriti</i>)	Characteristics of the gums	Stem indicated	Taste
1. <i>Vata</i>	Thin, atrophic, dry and rough	<i>Madhuka(glycerrhiza)</i>	Sweet
2. <i>Pitta</i>	Spongy, inflamed and red	<i>Nimba and Arjuna</i>	Bitter
3. <i>Kapha</i>	Hypertrophic and whitish	<i>Karanja and Arka</i>	Pungent
4. <i>Rakta-Pitta</i>	Bleeding and Spongy gums	<i>Khadira</i>	Astringent

Now a days most of the people uses brush. It should be rotated over the gums and teeth in a vertical manner. In lower jaw it should be used from below upwards and in upper jaw from above downwards. Side to side brushing should be avoided as it may damage neck of teeth and gums⁷.

DANTA RASAYANA⁸

Rasayana is playing important role to maintain physical, mental, social and spiritual health of a individual. It is a key to improve immunity of whole body thus it increases the longevity of oral cavity also.

Rasayana is beneficial for healthy and diseased individuals both, because of *tridosha samyakara* effect. According to *Charaka Samhita* a person who use *rasayana* therapy gets many advantages like- longevity, sharp memory, intellect, disease free body, youth, excellence of lusture, complexion, and voice, excellent potentiality of body and sense organs, *vaka-sidhi*, *pranati*, beauty etc⁹. *Rasayana* improves *vyadhi shamatva* (immunity power). It gives strengthening to oral mucosa. It slow down the process of ageing along with degeneration of tissues of oral cavity. We can use *Droni-praveshika rasayana*, *Triphala rasayana*, *Achara rasayana*, *Chyavanprasha rasayana* etc for rejuvenating effect on oral cavity¹⁰.

Gums tonic- *Kakoli*, *Meda*, *Mahameda*, *Ksheerkakoli*, *meat*, *egg*, *Bakul*, *Tila*, *Haritaki*, *Nyagrodha tips*, *Arjuna*, *Yashtimadhu*, *Kadamba*, *Mouktika bhasma*, *Shankha bhasma*, *Suvarna bhasma*, *Shilajeet* etc¹¹.

GANDUSHA DHARANA

In this procedure a large quantity (unable to move in mouth) of luke warm water or decoction or medicated oil or ghee is hold in mouth until nose and eyes start watering¹².

Mode of action- The medicated substance penetrates the oral mucosa and gums by pressure and exerts its specific actions like-cleansing, haemostatic, tonic, healing, anti inflammatory action¹³.

It strengthens jaw (mandible), *swarabala* (voice), *vadanopchaya* (face healthy and beautiful), increases taste perception along with digestive fire. It makes teeth stable by strengthening the roots of teeth. It also prevent halitosis, toothache and hypersensitivity to *amla dravyas*. It provide nourishment to oral cavity nerves and tissues¹⁴.

It should be done after the age of 5 years.

KAVALA DHARANA

In this process a medicated decoction or semisolid or *kalka* is simply move in mouth and than split out. It exerts a soothing and cleansing action on mouth¹⁵. Four types of *kavala* mentioned in *ayurveda* according to their effect as *Snaihika* (lubrication effect), *Shodhana* (purification), *Shamana* (mitigating effect), and *Ropana* (healing effect). It can be used to clean the oral cavity in those cases also where brushing is contraindicated like-mouth ulcers, fever, indigestion, cough, thrust etc. It protect oral cavity from infection by its antioxidant properties. It reduces plaque formation and gives strength to teeth and oral mucosa¹⁶. For ex-*Madhuyashti* and *Tila kalka kavala dharan* has seen good effect in mouth opening in patients of O.S.M.F. (oral submucous fibrosis).

SUGANDHI DRAVYA (TAMBULA) DHARANA¹⁷**PATHYA - APATHYA FOR ORAL CAVITY²⁰**

According to Acharya Charaka for refreshing, cleaning of oral cavity *tambula dharana* is indicated. It also increases interest for *ahara*. We can use *Jati, Katuka, Puga, Lavanga, Kankola, Karpoora niryas, suksham ela* etc.

JIVHA NIRLEKHANA

A thin plate of ten finger length made by either gold or silver or copper or wooden piece. It should be soft, smooth with rounded edges¹⁸.

A tongue scrapper clean and loose any accumulation from the folds and grooves of the tongue so that they can be completely eliminated from mouth.

It promotes fresh breath and helps to remove bad odour of mouth and improves taste sensation with tonic effect on tongue of .It removes unwanted coating, toxins of tongue along with reduces the growth of bacterial flora¹⁹.

PATHYA	APATHYA
<i>Tila</i>	Dadhi
<i>Yava (barley)</i>	<i>Masha</i>
<i>Moong</i>	Lemon
<i>Kulatha</i>	Temerind
<i>Karvellaka</i>	Mustard
<i>Bala Mulaka</i>	Ice cold water
<i>Tambula</i> <i>Termeric</i>	<i>Amla and Lavana rasa</i>
Luke warm water	Starchy and sugar riched food items
<i>Katu Tikta dominant rasa dravyas</i>	<i>Guru ,Abhishyandi dravyas</i>
<i>Khadira</i>	Fish
<i>Patola</i>	<i>Diva swapna</i>
<i>Jangala mamsa</i>	<i>Adho mukh shayana</i>
<i>Latakasturi²¹</i>	Packed food items
<i>Tejovati²²</i>	Packed cold drinks
<i>Aloe vera</i>	Excessive use of chemically synthesized mouth washes, mouth freshners etc
<i>Bakula²³</i>	Junk foods like-pizza, burger, pastas, chawmin, momos etc
<i>Lavanga (clove)</i>	Oily fried items
<i>Eucalyptus and peppermint</i>	Tobacco
<i>Triphala</i>	Dry and hard food items
<i>Nimba</i>	
<i>Dadim (pomegranate)</i>	

<i>Tulasi</i>	
<i>Saindhava lavana</i>	
<i>Jasminum etc</i>	

In oral cavity diseases some therapeutic procedures are very useful like-*Swedana, Vamana, Virechana, Kavala, Gandoosha, Raktamokshana, Nasya, Kantakari dhoopana* etc²⁴.

YOGA FOR ORAL CARE²⁵

Oral diseases common in today's stressful lifestyle and ignorance toward oral hygiene .We can achieve good oral care through *asanas, pranayams, yogas* by reducing stress with motivation and increase immunity(defence mechanism of body).*Yoga* helps in decreasing inflammatory response and pain, thus improve gingival health.

PRATISARANA²⁶

Application of powder and pastes of various herbs on teeth and gums.It can be done with *mridu kurchaka* mentioned in classics.According to *Acharya Sushruta Dantashodhana churna* made by fine powder of *vyosha(shunti,maricha,pippali), trivarga(trijata-dalchini,ilaichi,tejapatra)* along with *madhu(haoney)* and *til taila*.These herbs have anti inflammatory ,analgesic and cleansing action ,gives strength to gums and teeth .It has *kapha shodhana* properties and remove food debris from mouth .It appreciate the taste of food in a better way.

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CONCLUSION

Oral cavity is door to entry food in our body and chewing of food is first step of digestion, if it is not in a proper way than next will be affected. We have to aware about oral hygiene and promote *ayurvedic* modalities and herbs.

Due to busy scheduled life style we are not aware to oral hygiene but we can prevent oral disorders by few efforts, adopt some routine activities, *yoga*, food habits, few life style modifications, *rasayana* etc.

Most of the oral diseases are due to bacterial infection .*Ayurvedic* therapeutics including herbs has potentially bioactive compounds that have anti bacterial activity against various microorganisms that helps to reduce bacterial load in the oral cavity and thus prevent the formation of plaque, dental carries, ulcers etc²⁷.

Oral cavity gives a mirror of whole body that is why *mukha swasthya* is very important. These all measures may help considerably reducing the impact of oral cavity disorders in general population

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