

**Ayurvedic Analytical Approaches for Health and Fitness with Cleanliness System**

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E-Mail: [ratanakar.shetty1385@gmail.com](mailto:ratanakar.shetty1385@gmail.com)**Abstract**

Oral diseases remain a major health problem throughout the world with the incidence of oral cancer and other diseases on the rise in developing countries are. Oral health reflects the health of the body. For the prevention and treatment of oral diseases, modern medicine has had only limited success. There is a global need for prevention safe and effective alternative treatment. Ayurveda is a good alternative for this and for the oral health for the development of preventive and therapeutic strategies lead. This 5000 year old system of medicine not only with herbal treatments and specific minerals recommended for the treatment of various oral diseases, but also suggests some therapeutic procedures daily needs for the prevention and the maintenance of oral health. Recently there is a renewed interest in the use of Ayurvedic medicine for oral health. Various Ayurvedic herbs and natural products were used for their pharmacological applications, ie. Anti-ulcer, wound healing, anti-inflammatory, antimicrobial and antioxidant properties and have been proven safe and effective for oral health and hygiene, including various Ayurvedic therapeutic methods. Scientific validation of the oral health practices Ayurveda could justify their inclusion in modern oral care. In this study an attempt has been mentioned for the prevention and the maintenance of oral health and hygiene in Ayurveda scientific findings based testing various therapeutic procedures.

**Keywords:** Ayurvedic, Health, Cleaness, Disease, Oral Hygiene, Treatment.**1. Introduction**

Oral diseases are one of the most important public health problems and to increase in developing countries. The oral health is an integral part of the general well-being and refers to the quality of life that extended beyond the craniofacial complex functions. The link between oral diseases and the activity of microbial species that are part of the micro biota in the oral cavity are well established. Available Despite the various chemicals in the market, this oral micro can also change Biota and have undesirable side effects such as vomiting, diarrhea and tooth discoloration. The oral health reflects the health of the body. There is evidence that oral biofilm-related diseases can affect systemic health through mechanisms such as the spread of infections to tissues and adjacent rooms, hematogenous spread of oral biofilm organisms or inflammatory mechanisms. In addition, there is some evidence that chronic oral biofilm-associated periodontal disease increases the risk of coronary heart disease and cerebrovascular diseases and poor glycemic control in diabetic patients with periodontal disease is a problem for doctors.

Thus, the prevention and treatment of oral diseases is not only important for maintaining oral health, but also for overall health. For the prevention and treatment of oral diseases, modern medicine has had only limited success. Oral hygiene is to keep the practice of the mouth and teeth clean for dental health and prevent bad breath. Toothbrushes, dental floss, toothpicks and gargling are the most important techniques for oral hygiene in modern science. Oral health professionals need to make the priority obtaining advice on preventive oral hygiene practices at home. There are a thousand numbers of indigenous natural medicines, recognition for their contributions earn in the oro-dental health to improve. Various plants and natural products were used for their pharmacological applications, ie. Antiulcer, cicatrizing, anti-inflammatory, antimicrobial and antioxidant properties, etc.

Ayurveda is good alternative for that and may lead to the development of novel preventive or therapeutic strategies for oral health. This 5000-year-old system of medicine not only recommends treatments with specific herbs and minerals to cure various oral diseases but also recommends some daily therapeutic procedures for the prevention and maintenance of oral health and these have been proven to be safe and effective. Recently, there is renewed interest in use of various Ayurvedic drugs and therapeutic procedures for oral and dental health. Bacterial infections are considered as causative

factors in most of the dental diseases and it has been well-documented that Ayurvedic medicament produce considerable antibacterial activity against microorganisms, including bacteria responsible for periodontitis and dental caries.

Ayurveda recommends and insist on the use of vegetable brush. Chewing sticks were widely used in the Indian subcontinent, the Middle East and Africa since ancient times. Dattuna may be as a means a good alternative to the toothbrush to prevent oral-dental disease. It is suitable for the cleaning of the teeth; Cost little, possess several medicinal properties and are readily available in rural areas of developing countries, including India. It is also one of the oral hygiene tools that require no special skills or resources for production and marketing. The cost of Ayurveda is much lower, it is closer to the community, and patients get the personal attention or healing touch of the doctor who speaks the same language. According to the World Health Organization (WHO) 75% of the world population use herbs to the basic health needs. WHO has the inclusion of traditional medicine systems like Ayurveda in the primary health care system suggested for the communities in which it accepted. All Ayurvedic medicine and local resources are readily available in rural areas, where socio-economic condition of the people is not enough to buy expensive toothpaste or curative drugs. Ayurveda is reinterpreted in light of the new findings and should be integrated with other forms of traditional medicine in modern medicine.

## 2. Ayurveda and Orfacial Disease

among the eight branches of Ayurveda, branch Salakya-TANTRA explains the treatment of diseases affecting the eyes, ears, nose, mouth, etc. and listed 65 varieties of oral diseases in seven or eight places on the anatomical lips can arise, 15 on the alveolar ridge, eight related to the teeth, five on the tongue, palate nine, 17 in the oropharynx and three in a generalized form. Ayurveda recognizes nine holes of the physical body and mouth, as one of them. He suggests these openings often and regularly cleaned. Oral hygiene is important, because the head of the entry process and digestion starts in the mouth itself. Oral cavity includes the Oshtha (lips), Dantamoola (gingiva and tooth-supporting structures), Danta (teeth), Jihva (language), Talu (palate), Kantha (neck) and Sarvasara (oral mucosa). For the treatment of these diseases claimed Ayurveda methods such as oral cleaning, extractions, excisions, surgical procedures, flap etc.

## 3. Ayurveda and Oral Hygiene

Ayurveda focuses on the preservation and promotion of positive health, which is their primary goal, while curing diseases are merely secondary. Ayurveda includes health care in "Swasthya Samrakshana". It also explains the importance of hygiene. For the maintenance and promotion of positive health several therapies in Ayurveda are prescribed which, Dinacharya (daily routine), Ratricharya (night) scheme, Ritucharya (seasonal regimen), Sadvritta (right living), Achara Rasayana (behavior behaviors). The therapies, which should be monitored daily, is known as Dinacharya in Ayurveda, oral hygiene includes food hygiene, personal care, etc. Among the Dinacharya (daily routine), various methods for maintaining oral hygiene are well explained in all classical texts of Ayurveda. These include methods such as Dantadhavana (brushing the teeth), Pratisarana (massaging the teeth and gums), Jivha nirlekhana (tongue cleaning), Gandoosha and Kavala (gargling), etc.

Oral hygiene is not described as a separate chapter in Ayurveda, but it comes in different chapters of Ayurveda literature. Acharya Charak described under the heading "Swasthyavrata" means personal hygiene in " Mattrashitiyaadhyaye " . Acharya Sushruta had oral hygiene in the "Anagatabhadapratished "spoken while Acharya Vagbhatta described in "Dincharya". All authors have given value to personal hygiene should be strictly followed by each individual.

## 4. Dantapavan / Dattuna

Brushing helps remove plaque and tartar from the teeth to prevent tooth decay, gingivitis and gum disease. According to Ayurvedic writings is recommended that Dattuna prevented the morning (sticks chewing) and after every meal oral diseases. The method of use is to crush an end, chewing and brushing slowly. It is better to take from the fresh plant. The stems of Dantapavan be used, should be sound, smooth without leaves and nodes be. After cleaning the teeth with Dattuna he tore into two parts and allows you to discard the tongue coatings. After Acharya Sushruta, Dantapavan should be fresh and just. Its length should be 12 Angul (9 inches), while the thickness on Kanshtika anguli (little finger) should be. Should these grass sticks both be Kashaya (astringent), Katu (sharp) or Tikta (bitter) in Rasa. Acharya Sushruta also contains Madhura rasa.

recommended Various plants Neem ( *Azadirachta indica* or neem ) , fresh stalks of Yastimadhu ( *Glycyrrhiza glabra* ) , Arjuna tree ( *Terminalia Arjuna* ) , Vata ( *Ficus bengalensis* ) , Vijaysara ( *Pterocarpus marsupium* ) , Arka ( *Calotropis Ggantija* ) khadira ( catechu ) , Karanja ( *Pongamia glabra* ) , Karaveera ( *Nerium indica* ) , Arimeda ( *Acacia Farnesiana* ) Apamarga ( *Achyranthus aspera* ) , Malathi ( *Jasminum grandiflorum* ) or other herbs known that has the above-mentioned flavorings to be used . suggested that Acharya Susrutha Nimba ( *Azadirachta indica* ) best among those is bitter , khadira ( catechu Linn.f ) among those astringent, Karanja ( *Pongamia glabra* Vent ) among those pungent madhuka ( *Bassia longifolia* Koen ) under which , sweet.

Various plants, these are not suitable for brushes are also mentioned in Ayurveda as follows.

Twigs of Sleshmathaka (*Cordia dichotoma*), Arishta (*Sapindus trifoliatus*), Bibhithaka (*Terminalia bellerica*), Dhava (*Anogeissus latifolia*), Dhanwan (*Grewia tiliifolia*), Bilwa (*Aegle marmelos*), Nirgundi (*Vitex negundo*), Sigr ( *Moringa oleifera* ), Tilwaka (*Simplocos racemosus*), Tinduka (*Diospyros melanoxylon*), Kovidara (*Bauhinia variegata*).

ENT diseases. For these conditions Ayurveda recommends the use of soft and colored powders of drugs for the cleaning of the teeth. The advantage of Dantapavan is getting rid of the bad smell of the mouth, together with interest to increase in food due to the Mala away from the teeth, tongue and mouth. Research has shown that Dattuna (gum sticks) described in ancient literature Ayurveda, have medicinal properties, and have a role to maintain oral health.

Chew on these strains is assumed that the friction to cause and facilitate the chewing surfaces leveling, the secretion of saliva and possibly to assist in plaque control, while some have an antibacterial strains. The research now has shown that all chewing sticks in old Ayurveda have medicinal properties and described anti - cariogenic. Neem ( *Azadirachta indica* ) is the most common herb for Dattuna throughout India used . Some studies are made of neem ( *Azadirachta indica* ) relative to toothbrushes are as follows.

Saimbi et al. (1994) reported that the neem extract had a significant and greater anti-plaque efficacy compared to powder of Ayurveda and commercial toothpastes tooth. Venugopal et al. He had found that children (1-4 years) were less affected by Neem with caries. Neem contains margosine alkaloids, resins, rubber, chloride, fluoride, silica, sulfur, tannins, oils, saponins, flavonoids, sterols and calcium. Khalid (1999) examined the antimicrobial activity of an aqueous extract of Neem in different concentrations and found antimicrobial activity in all concentrations. Vanka et al. (2000) conducted a study to know the effect of the indigenous Neem (*Azadirachta indica*) Mouthwash on *S. mutans* and *Lactobacillus* growth. Initial data from the study have shown that it has an effect on the inhibition of *S. mutans*, the incipient carious lesions reversed. Baswa et al. (2000) conducted a study that found that neem oil has bactericidal activity that is independent of temperature and energy. The activity was mainly due to the inhibition of the synthesis of the bacterial cell membrane.

Another study done on Mango leaves as an aid oral hygiene and found higher score than filing soft toothbrush with significant results. Caries experience in the group with mango leaf was similar to the toothbrush using showing the effectiveness of mango leaves. Mangiferin mango leaves contain a compound that has had significant antibacterial properties against some patches of streptococci, staphylococci, pneumococci and *Lactobacillus acidophilus*. *Mangifera indica* contains tannins, bitter rubber and resins. A higher concentration of extract mango chew sticks showed greater antimicrobial activity which could be due to the mango extract content. The tannins and resins presumably have an astringent effect on the mucous membrane forming a layer of enamel on thereby providing a protection against dental caries.

## 5. Jivha Nirlekhana

It must be done after Danta Pavana (tooth brushing) using soft tongue scraper or massages over language. Tongue scrapping is done gently with a metal scrapper from root to tip. And ' ideal gold, silver, copper, stainless steel or branches of the tree to be used for the demolition of the tongue. Its length should be ten fingers. The margin should be beveled so that they are not damaged and the language should be as can be slightly curved. This stimulates the entire digestive tract and increases the "Agni (digestive fire). Show away millions of bacteria growth (over 500 varieties). Clinical evidence shows that the use of tongue scrapers on a regular basis, a significant improvement on the Elimination has reduced and smells of anaerobic bacteria. Tongue scrapping stimulates the reflex points of the language, away bad breath (halitosis), improves the taste and stimulates the secretion of digestive enzymes.

## 6. Kavala and Gandoosha

The difference between the two only in the assay and the method of using the drug. In Gandoosha the oral cavity is completely filled with liquid medicine, which is held for a certain time until it and then spit watery eyes and nose. Usually it is about 3-5 minutes. In Kavala Graha, a comfortable height (three quarters full) will be maintained by medical liquid closed with the mouth for a certain time (about 3 minutes), gargle and then spit it out. Four types of Kavala is mentioned in Ayurveda according to their effect Snaihika (smear), Samana (mitigation effect), Sodhana (cleaning) and Ropana (curative effect). The benefits of aerobic Gandoosha are Swarabalam (voice strength), Hanubalam (force of the jaw), the strength to face Ruchyam (better taste perception), Drudadhantha (strong and healthy teeth) and the resistance to Doshaja or Aaganthuja mukharogas. to remove and Kavala Gandoosha (Pulling Oil) for help in the smell stimulates the taste buds, strengthens the gums and teeth and increases appetite.

It can be used to clean the oral cavity in the cases where the brush as mouth ulcers is counterproductive, fever, indigestion, those who have a tendency to vomit, asthma, cough, thirst. There is scientific evidence that the Kavala and Gandoosha (traction oil) have significant role to maintain oral health. New research has shown that the oral mucosa does not act as a semi-permeable membrane, leave toxins to pass. The medical fluid and oil used in Kavala and Gandoosha probably protect the oral cavity of infection and inflammation from its antioxidant properties. These mechanisms can be the probable mode of action for reduction of plaque scores and counting of colonies of microorganisms in the oral cavity. The medical viscosity oil is used; it is likely to prevent bacterial adhesion and co-aggregation plaque. Oil pulling therapy is very effective against plaque-induced gingivitis in both the clinical and microbiological. Study showed that pull oil therapy of plaque index, gingival edit scores and the count of the total oral bacteria in gingivitis could reduce patients.

A study of Asokan S et al (2009) to induce the effect of oil with sesame oil on the plate gingivitis compare and evaluate its effectiveness with chlorhexidine mouthwash, the significant reduction of pre- and post- draw plaque values and modified gingival index values achieved in both study groups and the control ( $p < 0.001$ ). The total bacterial count of aerobic microorganisms in the plaque of young people also decreases. After rinsing Prakash et al 2014 mouth trifala significant results in the anti-cariogenic properties and reduction of gingivitis and periodontitis shows.

## 7. Reference

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