



ISSN 2456-3110

Vol 4 · Issue 3

May-June 2019

Journal of
**Ayurveda and Integrated
Medical Sciences**

www.jaims.in

JAIMS



Charaka
Publications

Indexed

Mukha Swasthya Upaya - A Conceptual Study

Dr. Ankush Bhardwaj

Associate Professor, Department of Shalaky Tantra, Jammu Institute of Ayurveda and Research, Jammu, INDIA.

ABSTRACT

Ayurveda is a science of life which explains various techniques to prevent diseases and promote health. There is a long history of use of herbal plants and its formulations for the improvement of dental health and oral hygiene. Procedures explained under *Dinacharya* are merely to prevent life style diseases and protect health, practices like *Dantadhavana*, *Jivhanirlekha*, *Kavala*, *Gandusha* and *Tambula sevana* are best practices described under *Dinacharya* to prevent diseases of *Mukha* (oral cavity) and promote Oral hygiene. Oral diseases are major problem in worldwide. There are some *Mukha Upyogi Upaya* mentioned in Ayurveda texts. This study is conceptual hence all available *Ayurveda* references are searched to explain importance of *Ayurvedic* procedures in preventing diseases of oral cavity.

Key words: Ayurveda, Dinacharya, Oral hygiene, Dantadhavana, Jivhanirlekha.

INTRODUCTION

Ayurveda is science of life which gives more importance for preventive aspects of diseases and promoting health in healthy individuals. The science which teaches individuals how to live, describes in classical text regarding regimens which should be followed by healthy individuals. The regimens mentioned in *Ayurveda* classics are *Dinacharya*, *Ritucharya*, *Sadvritta*, *Achara Rasayana* and *Pathya Ahara Vihara*. Further few procedures explained in *Dinacharya* like *Dantadhavana*, *Jivhanirlekha*, *Kavala Gandusha* and *Tambula Sevana* are best to avoid oral cavity diseases and maintains oral hygiene. Moreover herbal drugs and oils mentioned in *Ayurveda* classics are good to promote oral health.

Address for correspondence:

Dr. Ankush Bhardwaj

Associate Professor, Department of Shalaky Tantra, Jammu Institute of Ayurveda and Research, Jammu, INDIA.

E-mail: ankush.bhardwaj84@gmail.com

Submission Date: 20/05/2019 Accepted Date: 15/06/2019

Access this article online

Quick Response Code



Website: www.jaims.in

Published by Maharshi Charaka
Ayurveda Organization, Vijayapur,
Karnataka (Regd) under the license CC-
by-NC-SA

OBJECTIVES

To study the concept of *Mukha Swasthya*.

METHODOLOGY

This is literary study.

- For fulfilling the above aims, the literary materials were collected from different *Ayurvedic* texts i.e. *Bruhatrayi* & *Laghutrayi* were searched out.
- Information from various research papers, journals, articles and internet

Mukha Swasthya Rakshak Dinacharya Upakarma

- Mukhaprakshalana*.
- Dantadhavana*
- Jivha Nirlekhana*
- Kaval*
- Gandusha*

Concepts of Oral Hygiene in *Ayurveda*

Ayurveda is science of life which gives more importance for preventive aspects of diseases and promoting health in healthy individuals. The science which teaches individuals how to live, describes in classical text regarding regimens which should be followed by healthy individuals. The regimens mentioned in *Ayurveda* classics are *Dinacharya*,

Ritucharya, Sadvritta, Achara Rasayana and Pathya Ahara Vihara. Further few procedures explained in *Dinachaya* like *Dantadhavana, Jivhanirlekha, Kavala Gandusha* and *Tambula sevana* are best to avoid oral cavity diseases and maintains oral hygiene. Moreover herbal drugs and oils mentioned in *Ayurveda* classics are good to promote oral health.

Dantadhavan / Datuna (Chewing sticks/brushing teeth)

Brushing of tooth helps to remove dental plaque and tartar from teeth to prevent cavities, gingivitis, and gum disease. According to *Ayurvedic* texts, it is recommended that *Datuna* (Chewing Sticks) in the morning as well as after every meal prevent oral diseases. The method of use is to crush one end, chew it, and brush with it slowly. It is better to take from fresh plant. The stems used for *Datuna* should be healthy, soft, without leaves and knots. According to *Acharya Sushruta*, *Datuna* should be fresh and straight. Its length should be 12 *Angula* (9 inches), while thickness should be equal to *Kanshtika Anguli* (little finger).^[1] These herb sticks should be either 'Kashaya' (astringent), 'Katu' or 'Tikta' (bitter) in *Rasa*.^[2] *Acharya Sushruta* also includes *Madhura Rasa*.^[3] *Ashtanga Sangraha* cited herbal drugs like *Asana, Karavira, Sarja, Arimedha, Apamarga, Malati, Jathi*^[4] above mentioned all drugs contain *Katu, Tiktha, Kashaya Rasa Pradhana*. The benefit of *Datuna* is to get rid from bad odour of mouth along with increase interest towards food due to removal of *Mala* from tooth, tongue and mouth.

Jivha Nirlekhana (tongue scrapping)

It is to be done after *Danta Pavana* (brushing tooth) using soft tongue scraper or massages over tongue. Tongue scrapping is done gently with a metal scrapper from root to tip. It is ideal to use gold, silver, copper, stainless steel or branches of the tree for the scrapping of the tongue. Its length should be twelve fingers. Its margin should be blunt so that it will not damage the tongue and should be curved so can be use easily.^[5] This stimulates the whole digestive tract and increases the *Agni* (digestive fire).^[6]

Gandusha & Kavala

Gandusha is holding any medicated liquid in the mouth to its full capacity without any movement till there is secretion from eyes, nose, whereas *Kavala* is that which allows movement of the liquid. *Sharangadhara* explains *Gandusha* as *Asanchari Mukha Purna* where as *Kavala* is *Chalanasheela*.

Types^[7]

1. *Snehana* (oleates)
2. *Shamana* (pacifies)
3. *Shodhana* (cleanses)

Kavala

Kavala is a variety of the gargling. It is important to gargle the mouth after meals, eating any food and after brushing the teeth. One should use cold or lukewarm water, *Tila Tail* or cold milk for gargling. Gargling with lukewarm water exerts cleansing action on the mouth, teeth, gums and tongue. It imparts a light and fresh feeling to the mouth. Gargling with oil exerts a cleansing and strengthening action on tongue, teeth, mouth and voice.

Kavala is of 4 kinds namely,

1. *Snehana*
2. *Shamana*
3. *Shodhana*
4. *Ropana*

Pratisarana (Application of paste)

It is application of medicated paste, powder with the tip of the finger (*Angulyagram*).

Types

1. *Kalka* (Paste)
2. *Avalehya* (Linctus)
3. *Churna* (Powder)

Specific Indications are, in *Sheetada* (gingivitis): medicated paste should be applied with Honey; in *Dantaveshtaka* (periodontitis), medicated paste should be applied with *Lodhra, Yasti, Laksha* and

Raktachandana with Honey and in impacted wisdom tooth, medicated paste should be applied with *Vacha*, *Chavya*, *Paata*, *Sarjakshara* and *Yavakshara*.

Chewing (*Tambula Sevana*)

One desirous of clarity (*Vaishadya*), taste (*Ruchi*) and good smell of mouth (*Sugandha*) should keep in mouth, chew the fruits of *Jati* (*Myristica fragrans* Houtt.), *Katuka* (*Hibiscus abelmoschus* Linn.), *Pooga* (*Areca catechu* Linn.), *Kakkola* (*Piper cubeba* Linn.), *Sukshma Ela* (*Elettaria cardomomum* Maton.), flower stalk of *Lavanga* (*Syzygium aromaticum* Merr. & L.M.) Fresh leaf of *Tambula* (*Piper betle* Linn.) and the extract of *Karpura* (*Cinnamomum camphora* Nees and Eberm.).^[8]

DISCUSSION

Among various *Mukha Swasthya Upaya* (*Dantadhavana*, *Jivhanirlekhana*, *Kavala – Gandusha*) has an advantage like health promotive, preventive, curative and restorative. First benefit that is health promotive benefit is achieved by following *Sneha Kavala* as explained in *Dinacharya*, which strengthens the *Mukha Pratyangas* like *Danta*, *Oshta*, *Danta Mamsa*, *Jiwha* and *Hanu Sandhi*. Its overall benefit is to strengthen the *Mukha* at both anatomical and physiological aspects. Then second benefit is achieved as some of *Kavala yoga* explained in *Dinacharya* will maintain *Mukha Vaishadyata*, *Laghuta* by removing *Mala Puti* (morbid material) and prevent various *Vyadhis* of *Kapha* origin that occurs in *Mukha*. Third benefit i.e. curative is fulfilled as the *Kavala Yoga* explained in *Dinacharya* can also be practiced in diseased condition.

CONCLUSION

In modern life, however due to lack of time and negligence Oral hygiene is not properly maintained. Many remedies are prescribed in modern medicine for the treatment of oral hygiene problems. However, these methods are quite costly and causing lots of inconvenience to the patients. Hence, it became necessary to develop an easy and economic Ayurvedic medical measure. Among various, *Mukha Roga Pratishedopaya* (*Dantadhavana*, *Jivhanirlekhana*,

Kavala - Gandusha), *Kavala* has an advantage over the remaining two as it possesses fourfold benefits like health promotive, preventive, curative and restorative. The act of *Gandusha* and *Kavala* gives proper exercise to the muscles of cheeks, tongue, lips and soft palate there by increasing the motor functions of these muscles. Applicability of these treatment modalities is a great contribution to the mankind and can be better achieved by finding facts through repeated works and analysis.

REFERENCES

1. Jadavaji T, Narayana R. Sushruta Samhita, Chikitsa 24/4, Chaukhambha Surbharati Prakashana Varanasi; 2008. P 487
2. Jadavaji TA. Charaka Samhita, Sutrasasthana 5/71. Chaukhamba Surbharati Prakashana Varanasi, 2008. p125
3. Jadavaji T, Narayana R. Sushruta Samhita, Chikitsa 24/6, Chaukhambha Surbharati Prakashana Varanasi; 2008. P 487
4. Prof. K R Sreekanthamurthy, Editor, Ashtanga Sangraha of Vagbhata, Sutrasasthana, Volume I, Third Edition, Varanasi, Chaukhamba Orientalia, 2000, pp-32.
5. Jadavaji TA. Charaka Samhita, Sutrasasthana 5/74-75. Chaukhamba Surbharati Prakashana Varanasi, 2008. p126
6. Dr. Shiv Prasad Sharma, Astang Samgraha, Sutra Sthana 3/13-15, Chaukhamba Sanskrit Series Office, Varanasi., Reprint (2012) pp. 17
7. Pandit Parashurama Shastri, Vidyasagar editor. Sharangadhara Samhita of Sharangadharacharya, Uttara Khanda, 2nd Ed. Ch. 10, Ver. 1-18, Bombay: PandurangaJawaji; 1931. p.352-4.
8. P.V. Sharma, editor. Charaka Samhita of Agnivesha with English Translation by Dr. Ram Karan Sharma and Vaidya Bhagwan Dash, Sutra Sthana. Ch. 5, Ver. 56-80, Varanasi: Chowkhamba Sanskrit Series office; 2002. p. 119-123.
9. www.researchgate.net
10. www.ijhsr.org.

How to cite this article: Dr. Ankush Bhardwaj. Mukha Swasthya Upaya - A Conceptual Study . J Ayurveda Integr Med Sci 2019;3:122-125.

Source of Support: Nil, **Conflict of Interest:** None declared.
