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■Ayurveda and Dentistry■

Ayurvedic branches of Shalyatantra and Shalakyatantra has 65 varieties of oral disease in seven anatomic locations, 15 on alveolar margin, 8 on lips, 8 in connection with teeth, 5 on tongue,9 on palate,17 on oropharynx and 3 in generalized form.

The herbs which
decreases pain and fight infections are amla, lavanga Oil,
nimbu or lemon solution, azadirachiaindica and haritaki.
Triphala herbal products are used as toothpaste, gum paints,
mouthwashes, root canal irrigantsetc.

Some daily uses of therapeutic procedures recommended in Ayurveda are brushing,
tongue scrapping, gargling.
Within the oral cavity, danta performs several functions,
where danta called as varnasthana, which aids in proper
speech. Those Varna are called as “dantyavarna".

Use of Aloevera
It’s used as a topical applicant gel if gingiva is damaged by sharp foods, tooth pick injury, dentifrice abrasion.Aloevera help in dentin
formation, proliferation of pulp cells and mineralization.
It treat oral diseases like lichen planus,
migratory glossitis.

Uses of Cloves
Cloves reduces tooth ache by its
antiseptic properties. It’s
also a way of treatment in curing halitosis. Clove oil
commonly used to relief dental pain. Eugenol is
widely used in root canal therapy, dental abscess, temporary
filling and gum diseases

Use of Eucalyptus

Its oil is widely used in ayurvedic medicine in India. It is universally named as fever tree the type of eucalyptus most commonly used medically is called the Australian fever tree or blue gum. It treats sore throat and inflamed gums as a temporary relief.

Pepper mint contains

natural vitamin C, menthol and tannic acid. peppermint treats fever, convulsions, nausea and diarrhea. By soaking the pepper mint oil in a cotton pellet and placing it in the cavity reduces the pain. It is used for relieving gum inflammation.

Turmeric

Manyof therapeutic properties include anti-oxidant, analgesic, anti-septic and anti- cariogenicactivity. Curcumin treat anactinomycetemcomitans and MRSA. Curcumin is a known as radio sensitizer and chemo preventive agent, which is effective against oral mucositis

Uses of Amala and Lemon

Amala has antioxidant and astringent property. It is effective for toothache, apthous stomatitis and gingival inflammations.

A lemon solution which is freshly prepared is recommended for root canal treatment

Uses of Neem and Kantakari

Mouth rinse using neem leaves are effective in the treatment of periodontitis.

A kantakari seed dhoopan used in dental caries due to its chemical constituents likes carpesterol, olanocarpine, solanocarpedine, salosonine and salasodine.

Dant Dhavani(Tooth Brushing) in Ayurveda.

Ayurveda recommends chewing sticks for daily use in the morning as well as after every meal to prevent disease. These herb sticks should be either katu(acrid), kashaya(astringent) or tikta(bitter) in taste.

The famous herbal chewing stick is neem. Fresh stems of liquorice (glycyrrbizagalabra), cutch tree (acacia catechu linn),fever nut (cesalipiniabouduc),arjuna tree (termmaliaarjuna) and milkweed plant (calotropisprocera) are used for brushing traditionally.

chewing as jaw exercise, reflex induction of saliva which is beneficial to the oral hygiene. Chewing of these can facilitate salivary secretion, help in plaque control, some stems have an anti-bacterial action.

Jivha Lekhana(Tongue Scrapping)

It is ideal to use copper, gold, silver, stainless steel for scrapping the tongue. It is a U shaped metal strip of 4-5 cm width to hold and resist corrosion. It should be rounded and blunt so that it prevents injury. Tongue is protruded out of mouth and it should be scrapped from posterior to anterior to clean the surface. It removes halitosis, improves taste sensation, and it stimulates the digestive enzymes. It also removes microorganism growth followed by bad odor (halitosis)

Gandusha(Gargling) or Oil pulling

Oil pulling has been used as a Indian traditional remedy used for many years to prevent halitosis, bleeding gums, dryness of throat, cracked lips for strengthening the teeth, jaws and gums.Oil pulling can be done sunflower and sesame oil.

Use of Triphala Powder

Triphala is a well-known powdered preparation in the Indian system of medicine, used since ancient times in ayurveda. Triphala is composed equal parts of

i) Emblica officinalis
ii) Terminalia chebula
iii) Terminalia belerca

Triphala as root canal irrigant.

The primary endodontic infections is caused by oral microorganisms, usually they are opportunistic pathogens that may invade necrotic tissue-containing root canal and creating an infectious mechanism. A remarkable anti-bacterial activity against three and six-week biofilms has been shown by triphala. Given the many undesirable characteristics of NaOCl as a root canal irrigant, the use of herbal alternatives can prove to be advantageous.

Triphala as a mouth rinses.

In periodontal therapy, oral rinses generated from these are used. Triphala is one of those with an activity continuum. Triphalacan also be used as a gargling agent for gum disease. Triphala mouth rinse showed substantial decrease in plaque and better gingival and oral hygiene when combined with scaling and root preparation. When triphala mouthwash is used twice daily and combined with metronidazole 400mg, it shows progress in bleeding gums, pocket depth, tooth mobility, sensitivity and formation of calculus in

in minimal recurrence during the
clinical procedure. Twice a day, 6% of triphala can be used to reduce the number of oral streptococci to 17% while 44% relative to oral streptococci the chlorhexidine group by 0.2%.
Triphala showed better result than chlorhexidine.

The use of herbal medicine as an analgesic, antiseptic
and antioxidants has been successfully applied in dentistry. Many naturally available ayurvedic
Medicine are used for the improvement of oral health and prevention of oral disease.
Dhanyawad ■