



Chakrapani Ayurveda

Oral Health & Hygiene with Ayurveda

Editors' Note

Dear Readers,

Oral diseases are caused due to bacterial infections, improper food habits, unhealthy life style and can significantly affect the general well-being of a person by causing considerable pain and discomfort, thus affecting their quality of life. Oral hygiene is an integral part of health of a person which when neglected, results in different types of oral ailments like dental caries and periodontal diseases. Therefore one should follow Ayurvedic regimen for maintenance of oral health. Maintaining good oral care is important throughout life.

In this newsletter, we shall see in detail the Ayurvedic recommendations for maintenance of oral health and hygiene.



We welcome your suggestions and submissions.

Enjoy reading and get benefited with Ayurveda.

Vaidya Lakshmi Anoop

Oral Health & Hygiene with Ayurveda

Like commercial health and beauty products on the market, toothpaste has been industrialized over the years. Fluoride – free toothpastes are becoming more common because of its toxic effects though it is said to prevent caries. Not only fluoride, but other ingredients like titanium oxide, glycerin, sodium lauryl sulfate and artificial sweeteners can cause damage to the teeth. Also mouthwash can cause adverse effects.

Global need for maintenance of oral health

Oral diseases are one of the most important problems in public health and are on the rise in developing countries. Dental caries and periodontal diseases are among the most important global oral health problems. Also there is rise in incidence of oral cancer and other disorders. There is a global need for safe and effective alternative prevention and treatment.

In Ayurveda, dental health is individualistic varying with each person's Prakriti (Constitution). There are different twigs mentioned for brushing for different Prakriti. Oral cavity includes the Oshtha (lips), Dantamoola (gingiva and tooth supporting structures), Danta (teeth), Jihva (tongue), Talu (palate), Kantha (throat) and Sarvasara (oral mucosa). The Mukha (oral cavity) is the gateway of the alimentary canal and is considered to be one of the most important parts of the Urdhwajatra (part above the clavicles). Oral health reflects the body health.

Ayurvedic recommendations for oral health includes

Danta Dhavana (Brushing) – Ayurveda advises brushing with twigs like neem or twigs of astringent, bitter and pungent taste.

Jihwa nirlekhana (Tongue scrapping) – Tongue scrapping is done gently with a metal scrapper from root to tip. This removes accumulated dirt and bad odor.

Gandusha (Gargling) - Gandusha (Mouth gargle) is filling the mouth to its full capacity with liquid for prescribed period of time and then the patient spits it out.

Dhumapana (Herbal smoke) – Dhumapana is inhalation of herbal smoke. Dhumapana gives firmness of teeth, pleasant smell and cleanliness of mouth.

Nasya (Nasal medication) - Administration of medicine through the nose is called Nasya. When administered after brushing, it bestows good smell to the mouth. When administered after meal, it cleanses the passage and bestows a feeling of lightness.

Pratisarana (Massaging the teeth and gums) - Pratisarana is done with paste of herbs, thick decoction, honey or powder of herbs. It is applied with fingers and rubbed gently on teeth and gums. This process removes the food debris and plaque and helps to maintain the periodontal health.

Ahara (Diet) - For healthy living and for healthy teeth and gums, one should eat healthy diet. It's not only what we eat but when we eat also can affect our dental health. Timely meals, preferably freshly prepared and warm is advised. Eat healthy foodstuffs like whole grains, fresh fruits and vegetables, vegetable protein, low fat diet. Reduce excess intake of fast foods, refrigerated food & drinks, aerated drinks, refined sugars and sweets. Drink sufficient fluids. Brush your teeth after every meal.

Vihara (Lifestyle) - Avoidance of smoking, alcohol and tobacco is a must for oral health. Regular physical exercise is not only beneficial for overall health but also plays a vital role in oral health. Being physically active throughout the day and doing moderate physical exercise will help maintain oral health. Breathing exercises are also good for oral health.

Aushadha Prayoga (Use of herbs) - Most of the oral diseases are caused due to bacterial infections. The antibacterial activity of medicinal plants are due to the presence of potential bioactive compounds which help to reduce bacterial load in the oral cavity and thus prevent formation of plaque, dental caries and ulcers.

Ayurveda is a holistic health system which also recommends some daily therapeutic procedures for the prevention and

maintenance of oral health. Most of the oral diseases are due to bacterial infections and medicinal plants have anti-bacterial activity against various microorganisms including bacteria's responsible for dental caries.

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Product of the Month - Sesame Oil

Sesame oil is well known for its medicinal value. It is extensively used as a base oil for the preparation of medicated oils.

Uses: It can be used in cooking, for external application on the body, for oil pulling.

Benefits: It is very beneficial for pacifying Vata dosha, hence beneficial for internal and external use in various types of pain. When used for oil pulling, it strengthens the teeth and gums. It also helps prevent halitosis.

For more details please visit : <http://chakrapaniayurveda.com/product/sesame-oil/>



Honorable Governor of Gujarat Shri. O.P. Kohli visits Chakrapani Ayurveda

Honorable Governor of Gujarat, Shri O. P. Kohli visited Chakrapani Ayurveda Clinic and Research Center. He appreciated the sincere efforts of Chakrapani Ayurveda to promote and propagate Ayurveda in India and abroad. He was happy to hear that over a period of 17 years, Chakrapani Ayurveda grew in all proportions. He encouraged Chakrapani Ayurveda to continue its mission to take Ayurveda to the next level, to educate people the benefits of Ayurveda and to render high quality non-invasive treatments to the community.

Chakrapani Ayurveda staffs expressed their heartfelt happiness in meeting the highest authority of the Gujarat State and receiving his blessings.



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