

DANTDHAWANA:- ADVANTAGES AND METHODS**¹*Dr. Neha Saini, ²Dr. Sunayana Sharma, ³Dr. Gajendra Kumar Dubey and ⁴Dr. Parul Soni**¹PG Scholar Dept. of Swasthviritta and Yoga, Sriganganagar Collage of Ayurvedic Science and Hospital, Tantia University Rajasthan.²Professor and H.O.D in Department of Swasthviritta and Yoga Sriganganagar Collage of Ayurvedic Science and Hospital, Tantia University Rajasthan.³Assistant Professor in Department of Swasthviritta and Yoga Sriganganagar Collage of Ayurvedic Science and Hospital, Tantia University Rajasthan.⁴PG Scholar Dept. of Swasthviritta and Yoga, Sriganganagar Collage of Ayurvedic Science and Hospital, Tantia University Rajasthan.***Corresponding Author: Dr. Neha Saini**

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ABSTRACT

Daily personal routine work plays an important role in human health and immunity. Ayurveda has a separate chapter for this named as Dincharya. Dincharya prescribes an ideal schedule for a person which can be helpful for her to live a longer and healthier life. According to Dincharya schedule Dantdhawan has a really important role. Acharya Charaka, Shushruta and Vagbhata has a separate chapter for dantdhawana as they found it most important work routine in morning. In Modern era people has less knowledge and lacking organic herbs for oral hygiene and due to this problems related to oral health are emerging. In India oral health is an emerging problem which needs to be controlled. Dental health is an individualistic problem which depends on each person constitution i.e. Prakriti. Chewing sticks are mentioned in Ayurveda and they also tells us connection between dental health and plague control. Oral hygiene protects us from many Mukha rogas and which leads to proper health management and healthy immune system. In today's worlds these problems are increasing due to unhealthy food, ice-creams, sweets, chocolates, and additons like tobacco, guthka, alcohol consumption due to these factors oral problems are increasing progressively.

KEYWORDS: *Dincharya, Dantadhavan, Dantaswashthya, Oral Health.***INTRODUCTION**

Oral diseases has a negative impact on an individual's personality and quality of life and also has a huge burden on healthcare systems universally. Optimal oral health can be achieved through preventive efforts and such efforts should be geared towards encouraging patients to follow and practice appropriate oral selfcare behaviors. For achievement of optimal oral and dental health requires a commitment from self, priorities preventive behaviors as well as the routine of appropriate dental care. The improvement of personal oral health has been shown to be linked to dental education experience and for this Ayurvedic medicine perform best they contain antimicrobial and antibacterial with organic herbs and natural agents which are beneficial for prevention and treatment of periodontal disease.

Ayurveda is the science of healthy living, emphasizes equally on preventive and curative aspect of diseases. It also suggests that a wise person who wants to be healthy should take care of his body (Ch.Su.6/103)

In Ayurveda Swasthya is defined as "The quantitative, qualitative and functional equilibrium of doshas pleasantness of Aatma, Mana and Indriyas is known as Swastha". (S. Su. 15/41)

To maintain good and proper health our great Acharyas have given guidance of Dinacharya Upakrama, which firstly tags. Oral dental diseases are emerging as considerable public health problems in India. So we guide people for awareness of dental hygiene that also avoids different types of diseases of oral cavity which can occur at various stages of life.

DISCUSSION**Oral hygiene impacts Oral Health**

Oral hygiene is practice of keeping the mouth and teeth clean to prevent dental problems, most commonly, dental cavities, gingivitis, and bad breath. Oral pathological also occurred due to ignorance of oral hygienic conditions in which good oral hygiene is required for healing and regeneration of the oral tissues. In the recent

years, dental professionals (dentists and hygienists) studied the importance of teeth brushing and tongue cleaning to maintain a high level of oral hygiene. Good oral hygiene helps in preventing tartar build-up which causes the problems mentioned above. This has to be done through careful, frequent brushing with a toothbrush, combined with the cleaning of oral cavity to prevent accumulation of plaque on the teeth.

Tongue cleaning is an important aspect of oral hygiene measure, as white coating at tongue is known to be the predominantly implicated cause of halitosis it is due to volatile sulphur compound producing bacteria and possess ability to colonize the dorsum of the tongue in periodontal healthy subjects and they are reduced by tongue cleaning tooth discoloration and staining. Tongue surface is an excellent breeding ground for different bacteria. These microorganisms colonize and grow on the protein rich areas of the tongue, and with saliva they reach all areas of the mouth including the teeth and gums. These bacteria are considered as major contributors to periodontal problems, and also cause plaque on the teeth, tooth decay, gum infections, gum recession and even tooth loss.

Oral Health and Oral Cavity

Physiological functions of Mukha is as following

1. Churning of food and produce Saliva that mix and due to this food can enter the esophagus easily.
2. Taste of food
3. Vakpravrutti i.e. Voice, speak
4. Teeth through which one can chew food properly
5. Teeth are also considered as one type of bone i.e. "Ruchakasthi".
6. Ruchaka" means that which imparts taste and „Asthi" means bone. Thus ruchaka-asthi means bones associated with the function of imparting taste.
7. **Saliva:** In Ayurveda, saliva is defined as Bodhakakapha. Saliva is very thin liquid and it conveys sensation. The large quantity of saliva is also one of the reasons for dental diseases
8. Oral cavity is all the time moist with saliva. Teeth and gums are always in contact with saliva. Normality and abnormality of teeth and gums are dependent on properties of saliva.
9. When there is changed in acidity or alkalinity of saliva, again it results in dental diseases. saltiness of saliva is increased, the Agni in Ruchakasthi, becomes Manda, and decreases, ultimately nutrition of teeth is hampered and quantity of Mala is increased and deposited on teeth as plaque.

Doshas Present in Teeth

all the three dosha's Vaat, Pitta and kapha are present in teeth, but since tooth is type of bone, Vata is more dominant. If Vata is alleviated, tooth becomes weak. Cavities are forms. If Vata is in normal condition, teeth are healthy.

Oral Hygiene Methods and Its Importance in Ayurveda

Ayurveda was the first science to give, not only radical removal of the causative factors but also the restoration of Doshik equilibrium. The ancient doctors aka Acharyas have recognized the importance of medicinal herbs. They have research on the plants and their preparations, for the perspective of health and cure of diseases. Large number of plants have been identified and recapitulated with their properties and uses. During the treatment process selection of the proper drug is essential by keeping this fact into consideration, Ayurvedic physicians have formulated few medicines as for the prevention and cure of various elements. The Ayurvedic books speak about the ideality of the drug; There are many single and compound drugs prescribed in our texts. It is often the total effect of all the ingredients in the formula rather than the action of individual drugs that plays a vital role in therapeutics. There are many systemic and local therapeutic processes mentioned in Ayurvedic classics for the treatment of Dantarogas like; Dantadhavana, Gandusha, Kavala, Pratisarana, etc. and these are helpful in improving oral health. Most of the dental diseases are caused by bad oral hygiene and these are characterized mainly by discoloration and cavity formation. Neglecting these methods may allow deposition of food particles and microorganisms. The bacterial colonies slowly convert in plaque and demineralization and also imbalance of Vata that causes tooth decay and loss of the tooth. Dental diseases are chronic and silent disease. Mouth diseases play an important role in disease of the gastro-intestinal tract. With the help of Dinacharya regimen individual can maintain good health. Ayurveda aims for maintaining a healthy body and preventing ailments by adopting a proper, healthy, life style. To fulfill this aim, the „Swasthya Chatushkaha" has been described in Charaka Samhita Sutrasthana which includes daily regimes in the form of Dinacharya, seasonal regimes in the form of Ritucharya, dietic regimes as well as behavioral patterns described under Swasthavritta.

Chakrapani describes two ways to prevent these diseases – firstly by providing nourishment to the constantly decaying body through pure diet and behavior and secondly by averting the cause of ailments just as a lamp is managed by providing oil and wick and also by averting the disturbing factors such as insects, wind etc. (Ch. Su. 5/11)

Oral cavity forms due to improper physiological functions like churning, deglutition, taste, speech, metabolism etc., to prevent them these functions should be properly carried out; it is essential to take care of the oral cavity by maintaining good oral hygiene.

Oral Hygiene Method

Ayurvedic texts describe a good number of medicines for strengthening the teeth and gums. These aushadhi's are made from various plants and applied to the gums & tooth in the form of Choorna. Majority of the ingredients

having Katu, Tikta, Madhura and Kashaya rasa, Laghu, Ruksha and Tikshna Guna and Krmighna, Dantadhardhyakara properties. Also mukhashodhana, Sungandhi, Ruchikara, Krimighna properties.

Dantadhavana (Dincharya Upakrama)

Cleaning teeth by should be done by brushing, Manjana, Pratisarana, etc., each one of the tooth should be brushed individually with help of Kurchaka, which is a soft tooth brush made from medicated plants. (S.Chi. 24/8)

Datun (Tooth Brush)

Datun was used in ancient time to keep the Gingivits in healthy state and clean the oral cavity. Biting and chewing the tips of fresh stems preferably Neem can make a soft brush. One should take care that the gums are not hurt while teeth are brushed.

Technique of Brushing Teeth

One should brush in the vertical direction from bottom to top. The tooth brush should be rotated over the gums and the teeth in a vertical manner i.e. from below upwards in the lower jaw and from above downwards in the upper jaw. (S.Chi. 24/8, A.S.Su.3/22)

Indicated stems for Dantadhawan in Ayurveda

- Arka -Malati -Nyagrodha
- Asana -Khadira -Karvira
- Karanja -Amra -Arjuna
- Katunimba – Apamarga

(Ch. Su.5/73, S.Chi. 24)

- Datuns can be used as mentioned above should be healthy, soft, and straight without any leaves and knots and picked from a tree growing in a clean place.
- Ideal nature of Drugs- Twig should be devoid of branches and knots. It should be grown in good land and every day new twig should be used for tooth brushing.
- Datun stem should not be dry, sticky and foul smelling.
- Datun length should not be more than 1 finger in breadth, 10-12 fingers in length and should have bitter, pungent smell or astringent taste. Swadu, Amla, Lavana, Rasa should be avoided.
- Datun should be chewed until it gain a soft brush like form.

Indicated Rasas for Dantadhavana

One should also use datum of those plants that are Katu, Tikta and Kashaya rasas i.e. astringent, pungent, and bitter in taste for dantadhavana.

Time of Dantadhavan

- It should be done In the morning after passing the urine and faecal matter, attend to ablutions and then clean teeth and again in night before sleep.
- Datuna should be done twice a day (A. S. Chi. 5/48) followed by rinsing of mouth with hot water or cold

water according to constitution. Keeping in view the condition of his body, the individual should after passing the urine and faeces, attend to ablutions, thereafter, he should clean his teeth. Chkrapani explained that two times means in the morning and at night. (S. Chi. 24/4 –12, Ch.Su. 5/74-75)

Advantage of dantadhavana

1. Removes the impurities of tongue, teeth and mouth
2. It brings about freshness, takes away bad odor and coating on teeth
3. It keeps the oral cavity healthy by its taste. It produces alleviation of Katpha, clearness in the mouth Taste neutralizes the Katpha and helps to clear the viscid mucous secretions in the mouth.
4. It is good exercise for periodontal ligament by masticating the stem.
5. It removes stucked food particles.It cleans the oral cavity.
6. Perceives the taste better.
7. It works as Cleansing agent and gum massage action.
8. It Prevents pocket formation.
9. Leads to anchorage of teeth in bony socket and makes them Immobilized.
10. Dantadhavan Benefits in improving Eye sight.
11. It purifies the Eyes, Nose & Ears (Nasa, Nayana, Sravana Shuddhi)
12. Cheap and readily available.
13. Stimulates appetite and desire for food. (Su.Chi.24/9,10, Ch.Su.5/72)

Manjana

These are used with toothbrush or other with other devices on tooth surface and gingiva They are mainly used for cosmetic and sanitary purposes after applying of these specific agents to tooth surface they prevente and therapeutic purposes. It is also used as tongue cleaner by Pratisarana. If a person is contraindicated for Dantadhavana with Datun, then he is advised for Pratisarana

In Absence of Twig

One should use Powder of Triphala, Trikatu and Trijataka with saindhav and Madhu.(S.Chi.24/7, A.S.Su.3/15)

Tooth Powder or Tooth Paste

Generally, individual can use tooth powder consist equal quantity of Shunthi, Maricha, Pippali, Twak, Lavanga, Tamalapatra, Triphala, Khadira and Saindhava which, should be used as a paste after mixing it with Tila Taila. (Ch.u.5/73)

Tooth power must be filtered through fine cloth.

Selection of tooth powder

Twig selection should be done on the basis of seasons, dosha, rasa and virya after getting up.

Generally Neem sticks are advised for Datun because of availability and anti-bacterial properties. But One can also use powders of Triphala (Aamala, Hirada, Behada), Trijataka (Tvak, Ela, Patra) with honey and Saindhava for person with Kaptha and Pitta constitutions.

A person with Kaptha constitution, Trikatu (Sunth, Marich, Pippali) with honey and Saindhava will be useful as tooth paste. Massaging the gums daily with Triphala mixed with Tila Taila maintains them in healthy state. (Su.Chi.24/5)

Advantages of Manjana

- It removes food particles.
- It removes interdental space.
- It decreases secretion of excess Saliva.
- It regenerates the gingiva and increases the keratinization.
- It increases the mitotic activity of epithelium.

Gargling of the Mouth

According to ayurvedic texts Gandusha and Kavala are types of treatment for oral cavity disorders. Both methods are auxiliary; and used for rinsing to dislodge food debris and for other therapeutic purposes.

Jihva Nirlekhana

It is also a part of cleaning the oral cavity. Cleaning of tongue is known as „Jihva Nirlekhana“.

It can be done through a thin plate of gold, silver, copper or leaf or a thin wooden plate may be used as a tongue cleaner. It should be soft and smooth with rounded edges. Its length should be ten fingers.

Jihva Nirlekhana improves taste sensation. (S. Su. 3; S.Chi.24; A. Hr. Su. 2/3,6; Ch. Su. 5/71-78; A.S. Su 22)

Pratisarana

Apply a powder or paste of various medicines having antibacterial and anti-inflammatory properties like astringent, cooling, analgesic, cleansing etc. to the gums depending on the disease and the condition of gums should be undertaken.

It prevents mouth dryness and also controls over Salivation. (B. P.Part 1. Dhumapanadi, 38)

Mukhaswashya (Oral health & hygiene)

Oral health (Mukhaswashya) is related to proper functioning of all organs of mouth i.e. teeth, gums, tongue, saliva and mucosa. Dental health care is the provision by professional and individual persons to maintain health and treat illness or symptoms in oral cavity. Mukhaswashya (oral health) can be maintained with strictly following the proper cleaning methods as mentioned in Dinacharya Upakrama and preventive measures advised in Ayurvedic texts. Oral hygiene is the science that deals with the preservation of health. This is the method to keep the mouth and teeth clean and

healthy. hygiene reduces the incidence of mouth related diseases.

CONCLUSION

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