

**Concepts of dentistry as quoted in Indian system of medicine**

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**Introduction**

Ayurveda, the science of life, its approach of assembling subtlest information about facts associated with life or liveliness makes it unique. Its methodology of describing every aspect from anatomical and physiological approach leads to gaining knowledge from every possible dimension of life. Indian System of Medicine revolves around two objectives firstly maintaining the health of a healthy person and secondly eradicating disease of affected.

The first aim of Ayurveda deals with wide concepts, like manipulating lifestyle as per seasonal changes, regimen based on region, time, age etc. The attainment of first concept is elaborately discussed in Classical texts Ashtanga Hridaya, Charak Samhita & Sushruta Samhita. This article presents the concepts concerning dentistry for healthy oral hygiene and its maintenance.

Keeping in view, the condition of his body, the individual should pass urine and faeces, clean teeth with any of the twigs of following herbs[1] – Arka (Calotropis procera), Vata (Ficus benghalensis), Khadira

(Acacia catechu), Karanja (Pongamia pinnata), Kakubha (Terminalia arjuna).

To use the twig as tooth brush, the thickness of the twig should be approximately equal to the tip of one's little finger. It should be 12 Angula lengths. The tip of the twig should be chewed a little to make it as brush. The twig should be of astringent, pungent and bitter in taste.

**Who should not brush teeth**

The following individuals should not do teeth brushing.  
People Suffering From Indigestion,

Vomiting, Dyspnoea, Cough, Fever, Facial Paralysis, Excessive Thirst, Ulceration of Mouth, Heart Disease, Diseases of Eyes, Head and Ears

Indian System believes in three doshas governing the functional aspect of human system namely – Vata, Pitta and Kapha.

Out of which sight of Kapha includes Supraclavicular region which is place of teeth. Hence the fundamentals regarding Kapha are following<sup>[2]</sup> -

Kapha which has undergone increase in Shishira (cold season) becomes liquefied by the heat of the Sun in Vasanta (spring). It diminishes the digestive fire (Agni)

and gives rise to many diseases. Hence Kapha should be controlled quickly, by resorting to strong emesis therapy (Vamana Panchakarma procedure), Nasya (nasal medication) and other therapies. Food should also be chosen to mitigate Kapha, that are easily digestible and dry (moisture-free, fat-free).

Physical exercises, dry massage and mild trampling should be done. Having thus mitigated the kapha, the person should take bath, anoint the body with the paste of karpura (camphor), candana (sandalwood), aguru (Aquilaria agallocha), and kumkuma (saffron). Have one year old barley, wheat and honey, meat of animals of desert-like land, and meat roasted in fire as food;

Drink the juice of mango fruit mixed with fragrant substances, in the company of friends, getting it served by the beloved; the drink, thereby producing satisfaction. Beverages such as asava (fermented infusion), arista (fermented decoction), sidhu (fermented infusion), mardvika (fermented grape juice), or sarambu (extract of trees such as asana, candana etc.) or water mixed with honey, or water boiled with jalada (musta – Nut grass).

#### **Holy basil benefits**

Surasa (Tulasi – Holy Basil) cures hiccup, cough, poison, asthma, pain in the flanks and bad breath. Sumukha does not cause much burning sensation, cures artificial (homicidal) poison and dropsy.<sup>[3]</sup>

Phala varga- (group of fruits):

Grapes benefits:

Draksa (grapes) is best among fruits, is aphrodisiac, good for the eyes, helps elimination of urine and faeces, sweet in taste and the end of digestion, unctuous, slightly astringent, cold potency, hard to digest, cures diseases of vata, pitta and rakta; better taste in the mouth, intoxication, thirst, cough, fever, respiratory conditions, hoarseness, injury to the lungs and chronic respiratory diseases.<sup>[3]</sup>

These are some of the fundamentals mentioned in classical texts as per dental sciences.

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