



International Journal of Indian Medicine

www.ijim.co.in

ISSN: 2582-7634

Volume 2, Issue-1



IJIM

INDEXED

Jan 2021



International Journal of Indian Medicine

Access the article
online



‘Oral Hygiene and Ayurveda care with reference to COVID -19 .’

Dr. Ranu S. Ingole*, Dr. Yogesh S. Ingole, Dr. V.S. Ingole

Assistant Professor, Dept. of Oral Medicine and Radiology,

Dr. R.R. Kambe Dental college, Akola. INDIA

Assistant Professor ,Department of Prosthodontics,

Government Dental College and Hospital, Nagpur, Maharashtra, INDIA

Professor & HOD, Dept. of Kaumarbhritya, B.M. Ayurveda Mahavidyalaya, Nagpur. INDIA

Abstract: Ayurveda’s extensive knowledge base on preventive care, Oral hygiene is very utmost important to remain healthy because many of the infections start from the mouth. Ayurveda is the ancient Indian system of health-care and longevity. It involves a holistic view of man, his health and illness. In Ayurveda Dentistry was explained in Shalaky Tantra. If oral hygiene is not maintained, it will lead to various dental illnesses. Ayurveda had mentioned various herbal drugs and procedures for maintaining oral hygiene. The virus that causes COVID-19 is thought to spread mainly from person to person, mainly through respiratory droplets produced when an infected person coughs or sneezes.

Keywords: COVID-19, Gandush, Kawaldharan, Oral hygiene, Triphala, Neem

Corresponding Author:

Dr. Ranu S. Ingole

Assistant Professor, Dept. of Oral Medicine and Radiology

Dr. R.R. Kambe Dental College, Akola. INDIA

Email: dr.ranuingole@gmail.com

Phone: +91- 99709 35346



How to cite this article: Dr. Ranu S. Ingole*, Dr. Yogesh S. Ingole, Dr. V.S. Ingole. Oral Hygiene and Ayurveda care with reference to COVID -19. Int. J Ind. Med. 2021;2(1):70-74

Introduction:

In 2019, a new corona virus was identified as the cause of a disease outbreak that originated in China. Coronaviruses are single stranded positive-sense RNA viruses that possess large viral RNA genomes. Sequence analysis showed that the 2019-nCoV possesses a typical genome structure of coronavirus and belongs to the cluster of beta corona viruses. The coronavirus belongs to a family of viruses that may cause various symptoms such as pneumonia, fever, breathing difficulty, and lung infection.¹

Oral hygiene is very supreme important to remain healthy because many of the infections start from the mouth. Dental hygiene to maintain health and beauty. The healthy teeth, tongue is very much necessary for healthy body.² Concept of dentistry was well practiced and fully developed in ancient Ayurveda. Ayurveda had mentioned various herbal drugs and procedures for maintaining oral hygiene. It describes various procedures and herbals to keep appropriate oral hygiene with use of herbs like *Neem*, *Amalaki*, *Karanja*, *Khadir*, *Miswak* and procedure like *Dantdhawan*, *Jivhanirlekhan*, *Gandush*, *Kawaldharan* etc. Preventive measures for Covid-19 are the current strategy to limit the spread of cases. Early screening, diagnosis, isolation, and treatment are necessary to prevent further spread. The most important strategy for the population to undertake is to frequently wash their hands and use hand sanitizer and avoid contact with their face

and mouth.³ It is essential to clean and brush the teeth in the morning after getting up, after lunch and dinner or after eating anything for the prevention of various dental problem. Common signs and symptoms can include fever, cough, breathlessness and tiredness. It was also observed that in most of cases symptoms of COVID- 19 include a loss of taste and loss of smell. In some case symptoms like muscle aches, chill, sore throat, runny nose, headache, chest pain.⁵

In this scenario most worsen symptoms was loss of taste of mouth, which was further result in Anorexia and it leads to weakness due to loss of energy that's why it is reason to worry for these types of symptoms in covid-19 cases. In this regards Ayurveda had mentioned various procedures for maintaining oral hygiene. These include procedures like *Gandusha*, *Kavala*, *Dantadhavana* and *Jivha lekhana* (cleaning tongue).⁶ The Ayurveda literature observed that there are several Ayurvedic herbal drugs, which can be commonly used in prevention as well as management of oral diseases, so Ayurveda medicinal plant and procedure can be implemented in the patients of covid-19 for getting relief from specific condition like loss of taste.

Objectives: To review on various Ayurvedic remedies in dental health care.

Methodology:

Literatures on advance research on the Dental health care and Ayurvedic Medicine including original articles and paper in PubMed

database were taken into the study for review. Conceptual review done from Various Ayurvedic treatises and other classical Ayurveda books, similarly textbooks on Oral hygiene.

Ayurvedic procedures for Oral hygiene:

Herbal Tooth powder : (*Dantashodhan Churna*)

Tooth powder can be prepared with equal quantity of *Sunthi, Maricha, Pippali, Tvak, Lavanga, Tamalapatra, Triphala, Khadira* and *Saindhava* which, should be used as a paste after mixing it with *Tila Taila*. Before use, powder must be filtered through a fine cloth.

Dantadhavana (Cleaning the Teeth):

Tooth brushing (*Dant Dhawan*) with *Bakul* (*Mimusops elengi*) ensures good dental health and hygiene. It acts against cavities, pyorrhoea, halitosis bleeding gums, gingivitis, sensitive teeth and cleans teeth.

For the purpose of brushing of teeth, A soft brush can be made by biting and chewing the tips of fresh stems of *Arka, Nyagrodha, Khadira, Karanja, Arjuna* or *katunimba*, mastication of stems acts as a good exercise for the teeth and gums. Each tooth should be brushed individually. Chewing on these stems for tooth cleaning is supposed to cause attrition and levelling of biting surfaces, facilitate salivary secretion and possibly, help in plaque control, while some stems have an anti-bacterial action.⁷

Tongue scrapping (*Jivha Lekhana*)

It is also a part of cleaning the oral cavity. Cleaning of tongue is known as '*Jihva-Nirlekhana*'. For Tongue scrapping thin plate of

gold, silver, copper or leaf or a thin wooden plate may be used as a tongue cleaner.⁸ Tongue scrapping on a regular basis stimulates the reflex points of the tongue. This procedure helps to removes microorganism growth in superficial coating of tongue followed by bad odour or halitosis. Also tongue scrapping improves the sense of taste and stimulates the secretion of digestive enzymes. Gold, silver, copper, stainless steel products can be used as an ideal for the scrapping of the tongue.⁹

Kavala / Gandusha (Gargling):

Gandusa is like Gargling in Mouth with medicated herbal decoction and *Kavala* both are therapeutic measures. Each type is used to treat different oral cavity disorders.

Kavala: Medicated liquid particularly decoction (kwath) is kept in the mouth incompletely and patient is advised to rotate in the mouth for a specific time and then asked to spit it out. As per Sharangadhara, Kalka (medicated fluid) drugs are used in *Kavala* and Liquids are used in *Gandusa*.¹⁰ In *Gandusha*, decoction(water processed with various medicinal herbs) is held in mouth for certain duration. In *Kavala*, water is moved in mouth. However, *Danta-dhavana* is cleaning of teeth and it is to be done with stem of certain plants like *Neem* (*Azadirachta indica*) as it acts as Antibacterial, Antiviral, Antifungal, analgesic, immune-stimulator and it has also antioxidant properties. *Gandush* with using *Neem*

decoction is very effective in the loss of taste as neem having properties of cleaning superficial coating of tongue and taste buds get fresh.¹¹ Turmeric has antiseptic, anti-viral and anti-allergic properties. As per Ayurveda it is said to have *Deepana* (carminative) and *Pachana* (digestive) action. *Kawala* with turmeric and hot water is beneficial in loss of taste. *Kali Mirch* (Black pepper) - *Piper nigrum* and *Tulasi* decoction *Kawal* also very useful in oral hygiene.

Discussion :

Now a days, demand of herbal dental health care products are raised, various Herbal products in the form of tooth pastes, gum paints, mouth washes, and root canal irrigants are used in oral health care etc.¹² Recently COVID-19 outbreak, due to poor immunity and poor personal hygiene and more chances of getting susceptible to such communicable diseases. *Kawalgraha* or *Gandhusa* are described well in ayurvedic treatise like of Charaka Samhita and Sushruta Samhita. *Kavala* and *Gandush* kriyas are claimed to cure several systemic diseases. Keeping the medicated oil or *Kashaya* of herbal mentioned as above (decoction) in the mouth for some time until the eyes start watering keeps the oral cavity clean, strengthens the gums, and clears the mucus plugs if adhered in the channel while *Gandush* (Gargling) with Oil or medicated herbal decoction which helps to clear the sinuses and keeps the channel patent. Regular *gandoosha* or *swarabalam* (strength to voice) is also beneficial if voice is affected in covid-

19.¹³ Thus, *Gandush* is the act of holding liquid or herbal decoction or oil in the mouth for 10–20 min and spits it out without swallowing. It is proved and accepted that the act of swishing oil draws out microbes from various parts of the mouth and detoxifies the toxins.¹⁴ *Dantadhavana* (tooth brushing) followed as per Ayurvedic method stimulates taste perception and increases the salivation. Saliva contains lysozyme and secretory IgA which act as antimicrobial agents. As the herbs used in *Danta-Dhavan method* includes *Neem*, *Arka*, *Neema* (*Azadirachta indica*), *Karanja* (*Milletia pinnata*), *Khadira*, *Black Catechu* (*Acacia Catechu*) sticks which are antibacterial, antiviral, antiparasitic, anti-inflammatory, anticarcinogenic, antioxidant, immune upregulation.¹⁵

Jihwanirlekhana is used for cleaning tongue with the help of tongue scraper. It should be made up of either metal or branches of the tree. Ayurveda places great importance scraping the tongue every morning. It helps in removing dirt from tongue, bring freshness of mouth and increase taste sensation, it stimulates the reflex points of the tongue. stimulate the secretion of digestive enzymes.¹⁶

So, it is only way to prevent infections from virus is to maintain self-immunity as well as oral hygiene by adopting wearing mask and various method mentioned in Ayurvedic literature for good oral health in patients or healthy person. A healthy lifestyle involves eating nutritious food, practicing hygienic

habits, regular hand wash walking and regular exercise or yoga , maintaining good emotional and mental health, adequate sleep and measure given in Indian system of medicine are mostly useful for preventing spread of any disease including COVID-19.

Conclusion:

COVID-19 is a pandemic which affected human living badly. In Covid loss of taste is typical symptoms observed in most of case. There are *Kawal, Gandush, Jivha Nirlekhan, Dantadhawan* are some procedures mentioned in Ayurveda which has proven beneficial in Oral health. Appropriate therapy of *Gandusa* and *Kavala* definitely works in alleviation of disease, clears the mouth, improves depth of voice and stimulates the sense organs and it can reinstate the taste of mouth, anorexia, which badly affect in covid-19 infection. *Dantdhavann* found useful in get rid from bad odour of mouth along with increase interest towards food. Tongue scrapping(*Jivha Nirlekhan*) stimulates the reflex points of the tongue also removes bad odour (halitosis). It further improves the sense of taste and ultimately stimulate the secretion of digestive enzymes. So further research can be conducted on patients of covid-19 to generalised the results and it can be implemented treatment plan along with covid-19 treatment protocol.

References:

1. WMHC. Wuhan Municipal Health and Health Commission's Briefing on the

Current Pneumonia Epidemic Situation in Our City. 2020. <http://wjw.wuhan.gov.cn/front/web/showDetail/2019123108989>. Accessed 1 Feb 2021.

2. Dr. Satya Prahash Pathak. Review Article - Preventive Dentistry in Ayurveda. World Journal of Pharmaceutical Research. 7(18);2018 p.500-508
3. Rahmet GÜNER1,* , İmran HASANOĞLU. COVID-19: Prevention and control measures in community. Turk J Med Sci (2020) 50: 571-577
4. Bangar CP, Wagh SN. 2015. Herbal dentifrices: an orthodontics aspect. J of Ayurveda and Hol Med., 3(6):51-7
5. Dr. Neha Vats, Dr. Anjna Kumari, Dr. Minakshi. Overview of COVID-19 : Current scenario and role of Ayurvedic measures. J Ayurveda Integr Med Sci 2020;5:410-418.
6. Ambikadatt Shastri, Shusruta samhita, purvardh, Reprint, Chaukhambha Sanskrit Sansthan, Varanasi, 2nd volume, Chikitsa sthana, 2007; 100-106.
7. Telles S, Naveen KV, Balkrishna A. 2009. Use of Ayurveda in promoting dental health and preventing dental caries. *Indian J Dent Res.*, 20(2):246

8. Vd. Harishchandra Singh kushvaha, the charak samhita, ayurveda dipika"s ayusi, Hindi commentary 1st part, first edition, chaukhambha orientalia, Sutrasthana, 2005; 5-14, 76-89.
9. Bhukya S, Maloth KN, Reddy Kundoor VK. 2017. Ayurveda in Dentistry: A Scientific Review. Jour. of Ayurveda & Holistic Medicine, 5(1):13-20
10. Dr. Ravi Dutt Tripathi, Astanga samgraha, „Saroj" Hindi Commentary, Chaukhambha Orientalia, Sutrasthana, 38-42.
11. Shrath A., et al. "Effect of oil pulling on plaque induced gingivitis: A randomized controlled triple blind study". The Indian Journal of Dental Research 20 (2009): 47-51
12. Patil AA., et al. "Chaudhari V: Oral Health and Ayurved". Journal of Interdisciplinary Dental Sciences 2.2 (2013).
13. Archana Kashid Zende, Dwivedi Amarprakash. Role of Ayurveda in prevention of Covid-19 pandemic - An Integrative Overview. J Ayurveda Integr Med Sci 2020;5:350-364.
14. Kaliamoorthy S, Pazhani A, Nagarajan M, Meyyappan A, Rayar S, Mathivanan S. 2018. Comparing the effect of coconut oil pulling practice with oil pulling using sesame oil in plaque-induced gingivitis: A prospective comparative interventional study. J Nat Sc Biol Med., 9:165-8.
15. Ashish Bhalla, Ponniah Thirumalai kolundu subramanian et al, Native Medicines and Cardiovascular Toxicity.
16. Deepak Kumar Ahuja. Concept of Oral Hygiene in Ayurveda. *International Journal of Ayurvedic Medicine*, 2014, 5(2), 148-153

Financial support and sponsorship

Nil.

Conflicts of interest

Nil.

© 2020 IJIM (An International Journal of Indian Medicine | Official publication of Ayurveda Research & Career Academy. (ARCA)