

## CONCEPT OF *MUKHASWASTHYA* ACCORDING TO VARIOUS *ACHARYAS* WITH SPECIAL REFERENCE TO *DANTADHAVANA*

Prajakta Devidas Matkar<sup>1</sup>, Vandana Bhusari<sup>2</sup>

<sup>1</sup>PG Scholar, <sup>2</sup>Associate Professor,  
Dept of Ayurved Samhita and Siddhanta, Dr. D. Y. Patil College of Ayurved & Research Centre,  
Pimpri, Pune 18, Maharashtra, India

**Email:** [prajakta.d.matkar23may@gmail.com](mailto:prajakta.d.matkar23may@gmail.com)

### ABSTRACT

*Mukhaswasthya* is not described as a separate chapter in Ayurveda but it comes under the different chapters of Ayurvedic literature. *Kavala* and *Gandusha* procedures are claimed to cure several systemic diseases. These procedures and herbs costs little, possess various medicinal properties and are easily available. *Dantadhavana* is one of the important procedures of *Dinacharya* for maintaining the health of oral cavity. All Acharyas have mentioned that early in the morning and before sleeping in the evening we have to clean our mouth and teeth by *Dantapavana* (*Dantakashtha*).

**Keywords:** *Dantadhavana*, *Mukhaswasthya*, *Dinacharya*.

### INTRODUCTION

Ayurveda, 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. [1]We are five thousands year away from the time when Ayurveda was practiced. The *siddhantas* of this science then and now are the same. These *siddhantas* are to be revised in the context of modern lifestyle.

The *Mukha* i.e. oral cavity, works as reflector of the body health by acting as gate-

way of the alimentary canal and in that way it is considered to be one of the most important part of the *Urdhwa Jatru*.

In modern life, however due to lack of time and negligence; Oral hygiene is not properly maintained. In slum areas due to low hygiene, there are same problems.

*Mukhaswasthya* is not described as a separate chapter in Ayurveda but it comes under the different chapters of Ayurvedic literature. In *Samhitas* to maintain personal hygiene, *Dinacharya* and *Ritucharya* are elabo-

rated. By following these rules one can avoid the bad effects of *Kala* that is environment or climate. By following rules of *Dinacharya* we can take care of our *Indriya* which are necessary organs and keep them clean so they can do their functions normally. *Nasya*, *Karna-poorana*, *Anjana*, *Dantadhavana* are some of activities described in *Dinacharya* for cleanliness of sensory organs.

#### **Kavala and Gandusha:**

The difference between the two is only in the dosage and procedure of using the drug. In *Gandusha*, the oral cavity is filled completely with liquid medicine, held for specific period until there is lacrimation and nasal discharge and then spitted out. Normally it is about 3-5 minutes. In *Kavala Graha*, a comfortable amount of medicated fluid is retained with the mouth closed for a specific time, gargled and then spitted out. [2] The benefits of regular *Gandusha* are *Swarabala* (strength to voice), *Hanubala* (strength to jaws), strength to face, *Ruchya* (better taste perception), *Drudadhantha* (strong and healthy teeth), and resistance against *Doshaja* or *Aaganthuja Mukharogas*. [3]

#### **Dantadhavana: (According to various Acharyas)**

*Acharya Charak* has mentioned that early in the morning we have to clean our mouth and teeth by *Dantapavana* (*Dantakashtha*). He describes about *Dantapavana* that it should be 12 *Anguli* long and the width should be of our *Kanishthika Anguli*. [4]

All Acharya has mentioned same about tooth brush i.e. it should be made of a fresh twig, taken from a tree grown in good land, twelve fingers long, as thick as little finger, straight, knotless. [5]

#### **Importance of Dantadhavana:**

*Dantadhavana* prevent us from *Mukhadaurgandhya*, *Asyavairasya*, *Dantamala*, *Dantamalinta* and *Aruchi*. [6] It removes foul smell, sliminess and *Kapha* and produces clarity, relish in food and cheerfulness.

#### **Herbs for Dantadhavana:**

He described plants having *Tikta Rasa* for *Dantadhavana* as *Neem & Malati*, Having *Kashaya Rasa* as *Vata*, having *Madhura Rasa* as *Madhuka*, and having *Katu Rasa* as *Karanja*. [7]

According to *Sushruta*, *Nimba* is the best among bitters, *Khadira* is the best among astringents, *Madhuka* is best among the sweets and *Karanja* is the best among the pungent.

*Astangakara* describe additional to above mentioned herbs - *Arka*, *Vijaysar*, *Kaner*, *Apamarg*, *Arjuna*. He also says that we should use the *Kastha* of these trees or of other trees having same properties. [8]

#### **Contraindication for Dantadhavana:**

*Dantadhavana* should not be done in diseases of throat, palate, lips and tongue, stomatitis, dyspnoea, cough, hiccough, vomiting, debility, indigestion, fainting, narcosis, headache, thirst, tiredness, exhaustion by drinking, facial paralysis, earache and diseases of teeth. [9]

According to *Acharya Vagbhatta* the patient's having *Ajirna*, *Vamathu*, *Shwasa*, *Kasa*, *Jwara*, *Trishna*, *Mukhapaka*, *Hridroga*, *Netraroga*, *Shrioroga* and *karnaroga* should not do *dantadhavana*. [10]

#### **Jivha Nirlekhana (Tongue cleaning)**

Tongue cleaning should be done with the help of instrument which is smooth, soft, 10 *angula* in length made of silver, gold or iron. [11]

## CONCLUSION

Most of the oral diseases are due to the bacterial infections. Herbs and procedures described in Ayurveda have anti-bacterial activity against various microorganisms due to the presence of potential bioactive compounds. These helps to reduce bacterial load in the oral cavity and thus prevent the formation of plaque, dental caries, ulcers and other problems.

*Kavala* and *Gandusha* procedures are claimed to cure several systemic diseases. These procedures and herbs costs little, possess various medicinal properties and are easily available.

*Dantadhavana* is one of the important procedures of *Dinacharya* for maintaining the health of oral cavity. All *Acharyas* mentioned that early in the morning and before sleeping in the evening we have to clean our mouth and teeth by *Dantapavana* (*Dantakashtha*). They describes about *Dantapavana* that it should be 12 *Anguli* long and the width is as our *Kanishthika Anguli*. It should have *Kashaya*, *Madhura*, *Tikta* and *Katu Rasa*. One should clean lower teeth first then upper teeth properly with help of finger (Resembling that of vertical style of cleaning teeth). It removes foul smell, sliminess and *Kapha* and produces clarity, relish in food and cheerfulness. These procedures and herbs costs little, possess various medicinal properties and are easily available.

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