

Ensured Oral Hygiene with Triphala Mouth Wash

As the saying goes, “Better teeth, better health”. It not only enlightens us about the importance of teeth but the entire oral hygiene.

Oral hygiene is important as it has a direct link to-

- Memory loss
- Diabetes or conditions with uncontrolled blood sugar
- Kidney disorders
- Inflammatory diseases
- head and neck cancers, including cancers of the tongue, gums, mouth, salivary glands and tonsils.
- Cardiovascular diseases
- Stroke

We often read in articles about lots of ways to improve our oral hygiene which includes brushing your teeth and to reduce sugar intake etc. Ayurveda offers tons of ways for improved oral hygiene to prevent all the diseases linked.

According to Ayurveda, teeth are considered as an upadhatu of Asthi dhatu (bone tissue). In Ayurveda, it is mentioned that the tooth eruption (dantopatti kala) is best when a child is 8 months old.

As per the ayurvedic texts teeth are divided into Rajadanta, Vasta, Damstra, and Hanavya.

- The middle two teeth are Rajadanta (incisor) and are considered sacred.
- Teeth by the side of Rajadanta are called Vasta (canines)
- Other teeth by the side of it are called Damstra (pre-molar)
- The rest are called Hanavya (molar) and named because are helpful in mastication.

Bones are a natural governed by Vata and in the disease of the bones, the teeth are also weakened. Food and tonics which are good for bones and the muscular tissues are also beneficial for teeth and gums ensuring strength in the gums and teeth.

Healthy oral hygiene depicts a-

- Normal healthy teeth are strong, white, smooth without decay.
- The gums should be even, pink and smooth. Gums are known as Dantamansa or Dantaveshta.

According to Sushruta (Author of Sushruta Samhita), fifteen disease of the roots of the teeth and gums have been mentioned. To prevent tooth and gum disease good oral hygiene should be implemented in our Dinacharya (Daily Routine).

Ayurveda has portrayed the importance of Triphala mouthwash. Triphala is the combination of the herbs Haritaki, Bhibhitak and Amalaki.

Triphala (an Ayurvedic herbal powder) is proven to be the most effective choice of the herb as it has the power of resolving tons of disorders like

- Aging-related problems
- Digestive disorders or gastric distress
- Obesity and weight-related disorders
- Immune system defects
- Diabetes and lifestyle disorders
- Nutrient intake deficiency and malabsorption
- Oral health
- Fatigue and stress
- Mental health

In maintain, oral hygiene triphala plays a major role by maintaining the balance by creating a strengthening atmosphere for the entire entities of oral structures.

In Ayurveda, two techniques have been mentioned for mouthwash-

1. Gandusa

This is filling the mouth to its full capacity without allowing movement inside the mouth. The liquid is held for a few moments.

2. Kavalagraha

This is holding of a smaller amount of liquid, allowing the liquid to move and be swished around for a period of time before it spits out.

Both (Gandusa and Kavala) can be done with oils, medicated oils, ghee, herbal decoction or warm water under the prescription of the Ayurvedic doctors.

It can be decided what is suitable for your oral hygiene according to the season, your personalised constitution, daily regimen etc. Gandusa and Kavala are beneficial to promote health and also cure the disease of the mouth, teeth, throat and face.

Several studies have been done supporting.

Now a days in the practice Triphala mouth wash is proven effective in

- dental plaque
- gingivitis
- mouth ulcers
- dental caries.

Nature Care Ayurveda provides evidence-based study in aspect with the techniques of Triphala mouth wash (as written in the classics) with a professional touch of care aiming to worship the body you live in and good health. The brilliant bunch of doctors at Nature Care Ayurveda are determined

towards the holistic wellness of the society

The panel consists of Dr Naveen Shukla, the founder and Director of Nature Care Ayurveda and The Vice President of AAA for Australia and Dr Vishal Sharma, the Director of Nature Care Ayurveda, Ayurveda consultant and a Lifetime member of International Academy of Ayurveda (IAA). Dr Nikhila Venugopal is the Ayurveda consultant, Marma specialist of Nature Care Ayurveda.

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