

Dental care in Ayurveda

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Teeth are vital part of our body, which facilitate correct chewing of the food for proper digestion and also help us to get its real taste. There is a very famous health tip, stating "Eat your liquids and drink your solids" which is only possible with healthy and strong teeth. In addition, teeth are also necessary to enhance facial beauty and boost up the confidence. Despite of taking the utmost care of our teeth in numerous ways across the globe, we are unable to combat even the basic teeth ailments completely.

Ayurveda, the most ancient medical science, having evolved about 5000 B.C., has stood the test of time and since time immemorial has been practiced for

-*Svasthasya Svasthya Rakshanama* (maintenance of health in healthy people)

-*Athurasya roganutha* (Alleviating the diseases in the patients).

Dental health (*Danta Swasthyam*) is among the initial steps to attain these objectives by following the righteous lifestyle (*Dinchariya*) and intake of proper diet (*Hitakara Ahaara*). The daily regimes mentioned in *Ayurveda* that have direct influence on dental hygiene include use medicinal chewing sticks for *Danta Dhavana*, *Jivha nirlekhana*, *Pratisarana*, *Kavala Dharana*, *Gandusha Dharana*, *Nasya*, *Karna Poorana*, *Dhumrapana*, Exercise and Proper Diet. These stand exclusively individualistic and vary with each person's constitution (*Prakriti*) and climatic changes resulting from solar, lunar and planetary influences (*Kala Parinama*).

Here's an attempt to limelight, the time tested ancient scientific techniques of dental care, to attain complete oral hygiene and also look into the multitude prospects and perspectives of dentistry in *Ayurveda*.

Biography

Manika J.Y has completed her U.G from Nashik University, Maharashtra and doing P.G from SDM College of *Ayurveda*, RUGHS University, Bangalore, Karnataka.

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