

**A review on *Tambul Sevan* as a *Dincharya Upakram*****Sneha Jadhav*¹, Mangala Wange²**

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Abstract

Ayurvedic classics mentioned *Tambul sevan* in the context of *Dinacharya* (daily regimen) for the maintenance of perfect oral hygiene, for good taste and as a prevention of diseases of the oral cavity and throat. It too acts as post meal digestive stimulant, aphrodisiac and improves physical and mental stamina. Its preferred time is early in the morning. Purpose of the same was to improve oral hygiene and complete digestion. The detailed study of the ingredients of *Tambul* as per *Samhitas* confirms that *Taambul* so prepared has *Deepana, Rochana* (appetizing), *Kaphaghna*, *MukhaVaishadyakara* i. e. mouth cleansing properties. Here in this article we have tried to give data related to *tambul sevan* as per tradition and present modern condition.

Keywords: *Tambul sevan*, *Dinacharya*, *Kaphaghna*, *MukhaVaishadyakara*

Introduction

- It is a habit that is probably older than drinking coffee, and it is an important social component. Unfortunately, now days due to commercialization and marketing purpose, instead of traditional betel leaves and betel nut chewing, the use of *Pan Masala*, sweetened betel nut, etc. is becoming more popular among the people.

- There are only very rudimentary medical studies on betel chewing and its effects on the human body.
- Here in this article we have tried to give data related to *tambul sevan* as per tradition and present modern condition.

Aim & Objectives

Aim: A review on *tambul sevan* as *Dincharya upakram*..

Objectives: 1. to collect data related to *tambul sevan*.

2. To explain the benefits of *Tambul sevan* as mentioned in Ayurvedic texts.

Review of literature

- In India and Sri Lanka a sheaf of betel leaves is traditionally offered as a mark of respect and auspicious beginnings. Occasions include greeting elders at wedding ceremonies, celebrating the New Year, and offering payment to Ayurvedic physicians and astrologers (to whom money and/or areca nut, placed on top of the sheaf of leaves, are offered in thanks for blessings).
- It is a tradition in South India and nearby regions to give two Betel leaves, areca nut (pieces or whole)

and Coconut to the guests (both male and female) at any auspicious occasion. Even on a regular day it is the tradition to give a married woman, who visits the house, two Betel leaves, areca nut and coconut or some fruits along with a string of threaded flowers. This is referred to as tambolam.

- In Sabah, the Dusunic communities call this most commonly 'moringgat'; the Bajau-Malay community knows it as 'mapa'; and in Malay it is called 'makan sirih'.
- Betel chewing has very long tradition in Burma, having been practised since before the beginning of recorded history. Until the 1960s, both men and women loved it and every household used to have a special lacquer ware box for *paan*, called kun-it, which would be offered to any visitor. The consumption of *paan* has long been a very popular cultural tradition throughout Pakistan, especially in Muhajir households, where numerous *paans* were consumed throughout the day.
- In Vietnam, the areca nut and the betel leaf are such important symbols of love and marriage that in Vietnamese the phrase "matters of betel and areca" is synonymous with marriage. Areca nut chewing starts the talk between the groom's parents and the bride's parents about the young couple's marriage. Therefore, the leaves and juices are used ceremonially in Vietnamese weddings.
- The sweet pan of the Khasi tribe is famous for its special quality. *Paan* is also used in Hindu puja and wedding festivals and to visit relatives. It has become a ritual,

tradition and culture of Bangladeshi society

Drug details⁵:

- The betel (*Piper betle*) is a vine belonging to the Piperaceae family, which includes pepper and kava.
- Betel leaf is mostly consumed in Asia and elsewhere in the world by some Asian emigrants, as betel *quid* or in *paan*, with Areca nut and/or tobacco.
- The betel plant is an evergreen perennial, with glossy heart-shaped leaves and white catkin.
- The betel plant was originated in South and South East Asia.
- Old betel leaves are slightly pungent, thin and pale and considered as best for chewing. Fresh betel leaves are sweet in primary and astringent in secondary tastes, *Guru* (hard to digest) and produces *Kapha*.
- The ingredients mentioned in Ayurveda classics which are added with *Tambula* (*Paan*/betel leaves) are *Tambul sevan* we use drugs like *Tambul* (*Piper betle*), *Jatiphal* (*Myristica fragrans*), *Kankol* (*Piper cubeba*), *KrapurNiryas* (*Cinnamomum camphora*), *Katuka* (*Hibiscus Abelmoschus*), *Puga* (*Arecacatechu*), *SukshmaEla* (*Elettaria cardamomum*), *Lavang* (*Syzygium aromaticum*).
- *Ayurvedic* classics mentioned that chewing betel leaves wards off increased *Kapha*, provide clarity, good taste and smell in the mouth, lustre and charm on the face, it removes dirt of the jaw and teeth, gives pleasant voice, cleanses tongue, checks excessive



salivation, is pleasing and alleviates diseases of throat³.

- Combination of betel leaves with slaked lime, areca nut and catechu mitigates all the three *Dosha*. It is aphrodisiac, kills harmful microorganism, improves physical and mental stamina, improves quality of voice and brings good fortune.
- In diseases like *Alasa* (abscess at the route of tongue), *Upajivhika* (ranula), *Vidradhi* (abscess), *Talushosha* (dryness of soft palate), *Dantaroga* (diseases of teeth), *Arbuda* (tumour), *Galaganda* (goitre), *Apchi* (enlargements of the glands of the neck), and other *Kapha Dosha* disorder betel leaves is beneficial. *Tambul* consumption according to *Ayurvedsamhitas* was advised in daily regime. Preferred time is early in the morning.
- Purpose of the same was to improve oral hygiene and complete digestion.
- The *Tambul* acts directly on the “*Bodhaka Kapha*” (the *kapha* type which helps to derive the taste of any substance so consumed).
- *Tambul* as explained in *samhitas* helps the taste buds to do their work properly by enhancing the properties of *bodhaka kapha*. These herbs are mainly having (*Tikta*) bitter, (*Kashaya*) astringent, (*Katu*) spicy taste. Their *Vipaka* is *Katu* and the *Guna* are *Teekshnavishadalaghu*.

Ayurvedic textual literature^{1,2}

- *Tambula* (*Paan*/ betel leaves) is closely related with Indian culture especially among Hindus.
- Ayurvedic classics mentioned that chewing betel.
- Wards off increased *Kapha*, provide clarity, good taste and smell in the mouth.
- It acts as digestive stimulant and refreshing mastication.

- It is cheap, natural and easily available appetizer.
- Gives lustre and charm on the face.
- It removes dirt of the jaw and teeth, gives pleasant voice, and cleanses tongue, checks excessive salivation.
- Combination of ingredients like *jatiphal*, *lavang*, *sukshma ela*, *karpur niryas* etc. with betel leaf alleviates all the *doshas* and is beneficial for the oral and overall health.
- It is aphrodisiac, kills harmful microorganism, improves physical and mental stamina, improves quality of voice and brings good fortune.
- Ayurvedic classics mentioned chewing betel leaves in the context of *Dinacharya* (daily regimen) for the maintenance of perfect oral hygiene, for good taste and as a prevention of diseases of the oral cavity and throat.
- It too acts as post meal digestive stimulant, aphrodisiac and improves physical and mental stamina.
- After taking the food one should take *Tambula* (betel leaves and nut) because it will give oral hygiene, digestion of food, gives good smell. And improve functions of *Indriyas*.
- The *Tambul* acts directly on the “*Bodhaka Kapha*” (the *kapha* type which helps to derive the taste of any substance so consumed).
- Betel leaves are consumed by a large number of people from different walks of life.
- Ayurvedic method of preparation of *Tambul* and chewing it is very much safe and beneficial for health.
- Because of its CNS stimulating effects, betel nut is used in a manner similar to the western use



of tobacco or caffeine. Arecoline is responsible for some of the effects of betel quid chewing, such as alertness, increased stamina, a sense of well-being, euphoria, and salivation. Chewing the nut stimulates the flow of saliva to aid digestion. Betel nut also has been used to stimulate the appetite.

- Modern day *Masala paan* is consumed mainly after the heavy meals and especially at night hence the appetizing effect of *Taambul* is not achieved. The ingredients of modern day *Masala paan* are of variable and complex properties. They are *agnimandyakar* (slow down the metabolism) and difficult to digest. People prefer to consume the *Masala paan* with some amount of tobacco in it as well. Nicotine content in the tobacco *paan* is also considerably high⁸.

Unknown facts^{7, 8, 9}

- In the study, the antioxidant activity of Indian traditional *Paan* and its ingredients was determined by using DPPH stable free radical scavenging assay.
- The study shows the presence of Antioxidant activity in betel leaves along with most of its ingredients and supports its ethno medical use in India, which might be due to its anti-oxidant activity.
- The bacteria primarily responsible for dental decay in man are *Streptococcus mutans*.
- The stickiness of the plaque is caused by dextran, which is produced by the fermentation of dietary sucrose by *Streptococcus mutans*.
- The plaque bacteria, particularly *Streptococcus mutans*, act on dietary fructose to produce lactic acid, which causes enamel

decalcification (at below or above 5.5pH).

- The aqueous extract of betel leaves inhibits the different acid-producing oral pathogens which changes in the ultra-structure of the enamel and its properties like *Streptococci*, *Lactobacilli*, and *Staphylococci*, *Corynebacteria*, *Porphyromonas gingivalis* and *Treponema denticola*.
- So consuming betel leaves provide best oral hygiene.
- In a study the ethanol extract of Betel leaf (*Piper betle* L.) was screened for its antibacterial activity against some food borne pathogens viz. *Vibrio cholerae* ATCC 6395, *E. coli* ATCC 25922, *E. coli* O157:H7 NCTC 12049, *Shigella dysenteriae*-1 MJ-84 and *Staphylococcus aureus* ATCC 25923.8



Discussion

- In reality, the betel leaves do not have any match as a cheap, natural and easily available appetizer, digestive stimulant, aphrodisiac and refreshing mastication. The ingredients of tambul as per samhitas confirm that Tambul so prepared has *Deepana*, *Rochana* (appetizing), *Kaphaghna*, *Mukhavaishadyakara* i.e. mouth cleansing properties. These herbs are mainly having (*Tikta*) bitter, (*Kashaya*) astringent, (*Katu*) spicy taste. Their *Vipaka* is *Katu* and the *Guna* are *Teekshnavishadalaghu*⁴.
- Betel makes one feel strong and imparts a sensation of well-being, good humour, and comfort.
- Betel nut chewing tears down cultural barriers, opens up conversation and friendship, brings peace.

Conclusion

- The detailed study of the ingredients of *tambul* as per *samhitas* confirms that *Tambul* so prepared has *Deepana*, *Rochana* (appetizing), *Kaphaghna*, *Mukhavaishadyakara* i.e. mouth cleansing properties.
- These days the *masala paan* and tobacco *paan* has replaced the traditional *Tambul*.

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