



A review on dental hygiene in children

Ashwini Shitre*¹, Saliha Isane²

1. H.O.D. and Professor,
2. P. G. Scholar,

Balroga Department, School of Ayurved, D.Y . Patil University, Nerul, Navi Mumbai

*Corresponding Author: Email id: sauliha.isane40@gmail.com Mob. : 7276827655

ABSTRACT

Teeth are an integral part of the human body, not only for a contagious smile but also for chewing food well. Dental caries is one of the most common oral diseases in humans worldwide. However, dental caries, especially early childhood caries, is still a serious health problem in developing countries. An *Ayurvedic* remedy plays an effective agent in the treatment of carious teeth, owing to its ability to inhibit the growth and accumulation on the surface of the tooth. This would prevent the accumulation of acids on the surface of the tooth, and thus the further demineralization and the breakdown of the tooth enamel. In The present article we have tried to describe the role of

Ayurveda in the management of dental hygiene.

Keywords: Dental hygiene, Dental caries and *Ayurved*,

INTRODUCTION

In *Ayurveda*, chewing food is considered important for better digestion. That's why the importance of dental hygiene is absolutely essential. It helps prevent several dental problems. Dental caries is the scientific term for tooth decay or cavities. It is caused by specific types of bacteria. They produce acid that destroys the tooth's enamel and the layer under it, the dentin. Many different types of bacteria normally live in the human mouth. They build up on the teeth in a sticky film called plaque. This plaque also contains

saliva, bits of food and other natural substances. It forms most easily in certain places. Dental caries are among the most important global oral health problems. *Ayurvedic* medications have stood the test of time and since time immemorial been used for various ailments. The anti-bacterial activity of medicinal plants are due to the presence of potential bioactive compounds, which help to reduce bacterial load in the oral cavity and thus prevent the formation of plaque, dental caries and ulcers. Use of indigenous plants in oral health and hygiene has a long history in different parts of the world.

REVIEW ON DENTAL HYGIENE

Qualities of healthy teeth and gums (*PrasastaDanta* and *Dantabandhana*), defective teeth (*AprasastaDanta*)

Acharya Kashyapa has mentioned that healthy teeth should be complete, white, unctuous, smooth, and clean and disease-free with a slight protuberance of upper ones. It should also have evenness, redness, unctuousness and completeness of gums with big, compact and stableness of root. He also mentioned the features of defective dentation. The main features are less or more in number white or black in color with undivided gum

Here are a few *ayurvedic* dental hygiene remedies which would help for life long.

Ayurveda recommends some daily use therapeutic procedures for the prevention of and maintenance of oral health. These include: *Dant Dhavani* (Brushing), *Jivha Lekhana* (Tongue scrapping) and *Gandoosha* (gargling) or oil pulling and tissue regeneration therapies.

Prevention of Caries:

1. Streptococcus mutants is transmitted from mother

About 300 kinds of bacteria live in the mouth. About 30 percent of them are streptococcus, and among them, *Streptococcus mutants* resolve sugar, re-synthesize polysaccharide and produce acid, which is a powerful enemy of the teeth. Where does this mutants come from? It is mainly transmitted by the mother when licking the rubber nipple of baby bottle to check the temperature of the milk, feeding milk from mouth to mouth or by spoon, or kissing. Therefore, at the time of prenatal check-up, all mothers-to-be have to clean their own mouths first. It is well known that the number of mutants detected in saliva is proportional to that of caries in the mouth. Prevention of tooth decay starts before the child is born.

2. Dietary habits are the basis of lifestyle.

Sugar in the mouth decreases the mouth's pH to acid. Enamel begins to demineralise when pH comes down to 5.4 and below. Then, saliva with high pH begins to appear and the value goes back to normal in about 20 to 30 minutes. Thus enamel which once begins to demineralize would be remineralized soon. However, if a snack on a bag of sweets for half a day, the pH value in the mouth continues to decrease, advancing demineralization and causing a cavity in due course.

Paediatric Dentistry and Child Science Treatment of Children's Teeth

The inside of a child's mouth is an indication of lifestyle. Looking into the mouth of a child patient for the first time provides a vague picture of their world and a point of entry. This approach combines paediatric dentistry and Child Science.

AYURVEDIC DENTAL HYGIENE

- MOUTH RINSE

Should be done after each meal to remove the food stuck in teeth and clean the mouth thoroughly with fresh water. Also rinse and gargle ten to eleven times with warm water and a pinch of salt added to it.

Ayurveda recommends mouth rinse after every meal.

- TONGUE CLEANING/JIVHA NIRLEKHAN

Tongue, the organ of taste-speech-cognition becomes a host to a countless number of bacteria. It requires gentle scrapping and cleaning for activating those taste buds. This not only maintains a healthy mouth but also keeps fit your internal organs especially the abdomen. It reduces bad breath and improves the tastes of food.

- Kawal-Gandush

A medicated therapy that gently improves oral hygiene by holding natural fluids like milk, honey, oil, etc., (as recommended by the physician) for 3-8 minutes in the mouth. These treatments strengthen teeth and gums, and also improve sensitivity of taste-buds and freshness in your mouth.

- USE HERBAL TOOTHPASTE OR TOOTH POWDERS

Toothpaste that is bitter and astringent in taste proves better. Find one that is made of wonder herbs like *neem*, *Triphala*, *babool*, clove and cinnamon or use these individually as cleansing agents.

- BRUSH TEETH WITH WARM SESAME/ MUSTARD OIL

This definitely beautifies teeth and strengthens the gums. Use warm, unrefined and organic sesame/ mustard oil to gently massage teeth and gums for a minute with a soft brush or with the help of finger. This is an ayurvedic treatment for teeth cavities. It strengthens teeth and also soothes the impacted wisdom tooth. Mustard oil combined with a pinch of salt acts as an ayurvedic treatment for teeth whitening and brightening.

- **Chewing Sticks**

Ayurveda recommends chewing sticks in the morning as well as after every meal to prevent diseases. Ayurveda insists on the use of herbal brushes, approximately twelve *Angulas* (9 inches) long and the thickness of one's little finger. These herb sticks should be either '*Kashaya*' (astringent), '*Katu* (acid), or '*Tikta*' (bitter) in taste. The method of use is to crush one end, chew it, and eat it slowly. It is recommended that chewing sticks be obtained from fresh stems of specific plants. The stems should be healthy, soft, without leaves or knots and taken from healthy tree The *Neem* (*Margosa* or *Azadirachta indica* A. Juss), *Yashtimadhu* (liquorice) (*Glycyrrhiza glabra* Linn) and *Khadir* (black catechu or

the catch tree) (*Acacia Catechu* Willd.)

Arjuna tree (*Terminalia*

Arjuna (Roxb.) Are herbal chewing stick.

Liquorice root halts tooth decaying along with cleansing mouth properly Chewing on these stems is believed 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.

- **Chew sesame seeds**

Roasted white sesame seeds prevent problems related to calcium, magnesium, and zinc deficiency.

- USE OF CAMPHOR OR CLOVE

Toothache can be well treated with camphor or clove. Place natural, edible and non-synthetic camphor on the troubled tooth and let it sit for some time. This is the best ayurvedic treatment for tooth pain providing a long lasting effect

- **Tea tree oil application**

This is an effective ayurvedic treatment for gum disease including receding gums. With a soft bristle toothbrush brush the teeth with the tea tree oil.

- **Use Aloe Vera or Triphala**

For treating cold sores, aloe vera gel can be applied to the affected area. Gargling with one and a half teaspoon of *Triphala* with warm water pacifies the symptoms.

- COCONUT OIL

For curing gingivitis, gentle massage on gums with coconut oil. It's a traditional Indian folk remedy and swishing a tbsp for five to seven minutes also help.

- Ghrita/Ghee

Ghrita medicated with decoction of *Mangistha* (*Rubia cordifolia* Linn.), *Dhataki pushpa* (Flowers of *Woodfordia frutiosa* Kurz.), *Lodhra* (*Symplocos racemosa* Roxb.), *Kutannata* (*Oroxylum indicum* Vent.), *Bala* (*Sida cordifolia* Linn.), *Atibala* (*Abutilon indicum* Linn.), *Mahasaha* (*Salparni*)(*Desmodium gangeticum* DC.), *Ksudrasaha* (*Mashaparni*)(*Teramnus labialis* Spreng.), *Mudgaparni* (*Phaseolus trilobus* Ait.), *Bilva* (*unripped*) (*Aegle marmelos* Corr.), *fruits of Karpasa* (*Gossypium herbaccum* Linn.), added with milk and *Mastu* (water of curd) relieves all general complication of dentations.

- EATING RIGHT HABIT

Avoid eating excessive sugars and carbohydrates. Eating anything that's too hot or too cold is not advisable. Also,

lessen consumption of fried and spicy food items along with increasing the intake of calcium and Vitamin D rich items.

DISCUSSION

- Even though Dentistry in Ayurveda is not a separate branch, paediatric dentistry has been well elaborated and explained in *Kashyap Samhita*.
- Acharya Kashyapa has mentioned that healthy teeth will have completeness, **whiteness**, unctuousness, smoothness, cleanliness, in a disease- Free State with a slight protuberance of upper ones. Evenness, redness, unctuousness and completeness of gums with big, compact and stableness of root are the best qualities of teeth.
- Ayurvedic aspect of dental care is very useful in present life, both in preventive and curative aspects on a natural **herbal** basis.
- Most children stay close to their mothers until they reach the age of three. According to some reports, it is good for child development when the child's life is not solely dependent on the mother, but a responsible third party is also allowed to look after

a part of the child's life. In case of young children, the lifestyle of mother has a huge and direct effect on the production of caries in children. As life revolves around food and snacks, we always check dietary habits during routine checkups from the point of view of oral health.

CONCLUSION

- Children with extensive caries tend to have parents or guardians with problematic dietary habits. They often have no interest in the oral health of children and some of them do not brush their children's teeth and even do not (or cannot) visit the dentist. Caries is not trouble that everybody has to experience.
- Dental caries are the tooth decay or cavities due to breakdown of teeth as a result of bacterial activity. The colour of the infected teeth varies from yellow to black. Upon ignorance at initial stage, may lead to inflammation of tissue around the teeth, tooth loss and abscesses formation.
- Regular check-ups are suggested but carrying out a few basic


practices and remedies also help to maintain healthy and strong teeth.

References:

1. Tewari PV Kashyapa, Kashyapa Samhita, (2008), Chaukhambha Viswabharati, Varanasi
2. Vaidya Yadavaji Trikamji Acharya, 1997, *Susrutsamhita* of Susruta, with the Nibandhasangraha commentary,.Varanasi, Chaukhamba Orientalia publication.
3. Pandit hari Sadashiv Shastri, 2010, *Ashtangahridya* of Shrimadvagbhata, with Sarvangasundari and Ayurvedarasayana commentary, Varanasi, Cahukhanba surbharti prakashana.
4. Acharya Thakkar V. J., *Ashtangasangraha*, with Indu commentary, New Delhi, Kendriya Ayurveda & Siddha anusandhana parishada.

5. Pravin M, Vedika Ade, Dharmarajan P, Ranajan M (2015) A Critical Analysis of Dentation and Dental Care in Ayurveda. J Homeop Ayurv Med 4:175. doi: 10.4172/2167-1206.1000175
6. PEDIATRIC DENTAL JOURNAL: VOLUME 27, ISSUE 2, AUGUST 2017, PAGES 79-8
7. Bandyopadhyay U, Biswas K, Chatterjee R, Bandyopadhyay D, Chattopadhyay I, Ganguly CK, et al. Gastroprotective effect of Neem (*Azadirachta indica*) bark extract: Possible involvement of H(+)-K(+)-ATPase inhibition and scavenging of hydroxyl radical. Life Sci. 2002;71:2845–65. [PubMed] [Google Scholar]
8. Date BB, Kulkarni PH. Assessment of *Rasa danti* in various oral disorders. Ayurveda Res Pap. 1995;2:175–97. [Google Scholar]

Cite article:


 A review on dental hygiene in children
 Ashwini Shitre, Saliha Isane

Ayurlog: National Journal of Research in Ayurved Science- 2019; (7)(3): 1-7
