

AYURPATRA

Your monthly health e-newsletter

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SERIES URDHWAJATRUGATA XXI- JULY 2006

This monthly e-feature "Ayurpatra" is a sincere effort for the welfare of the mankind through Ayurveda. Our web site (www.ayurplanet.com) has helped millions of people. Ayurpatra is loaded with lots of information, events and happenings related to Ayurveda including featured articles, details of very useful herbs, beauty tips and various herbal products and health supplements. The aim of this Newsletter is to serve humanity from health aspect by natural means.

FEATURE HEALTH ARTICLE: DENTAL CARIES (KRIMIDANT)

Dental caries is decay of the teeth, which results in cavities, or holes in the teeth. It is one of the most common diseases, and occurs most often in children and young adults. Bacteria in the mouth, eating sugar and a susceptible tooth surface are all factors that act together to cause dental caries.

As per Ayurveda vitiated Vata along with vitiated Pitta and Kapha gets localised on the surface of the teeth and slowly destroys the enamel giving rise to black discoloration and appearance of holes or cavities in the teeth (Krimidant).

Food material and dirt accumulate in these cavities and give rise to proliferation of germs, which further enhance the process of destruction of teeth. When the process of destruction reaches nerve ending in the pulp of the teeth, the patient suffers from severe, excruciating pain and burning pain. When the destruction reaches the underlying bones and gums, pus and blood ooze from the region of carious teeth.

Causes of dental caries

There are three interrelated factors that cause caries to form: specific bacteria (found in plaque), sugar and a susceptible tooth surface.

Dental disease has a reciprocal effect with overall body health. If you're over stressed and generally unhealthy, your immune system will be suppressed and dental caries, caused by bacteria, will flourish. If your mouth is unhealthy, especially with gum disease, it overloads your health every moment of the day, lowering your resistance to all disease.

Symptoms and signs of dental caries

- The first visible sign of trouble is a white spot on the tooth - the area of enamel being demineralised by the acid. If this area is now kept clean of plaque, and minerals such as fluoride are used, the spot can still demineralise, and a cavity will develop. This then shows as a dark spot on the tooth. Once the demineralisation has progressed to the inner part of the tooth (dentine), the damage is permanent, and a cavity can be seen. This cavity will deepen, until it eventually reaches the pulp and infects the health of the nerve and blood vessels.
- Toothache due to cavities develops at a later stage, although not all toothaches are due to cavities.
- Visible pits or holes in the teeth.
- Discolouration of teeth or fillings.
- Filling which has broken or fallen out.

MANAGEMENT

Oral hygiene methods

A clean mouth is a healthy mouth. As the saying goes, "clean only the teeth you want to keep." In addition to conventional care, the main way to keep your mouth clean is to eat a sugar-free, natural foods diet. The bacteria that cause dental caries (*Streptococcus mutans*) thrive on sugar.

Brushing- Herbal medicine abounds with great substitutes for store-bought toothpaste. Most effective natural tooth powders are warming, which promotes circulation in the gums; astringent, which tightens the gums; and detoxifying, which removes debris. Of course any preparation should also remove plaque. According to Ayurveda principle the taste for cleansing teeth and gums should be Pungent, Bitter and Astringent (though a bit of salt is also used just to loosen Ama). Hence we should avoid too sweet toothpastes available in market.

And while you're concentrating on brushing and flossing, don't overlook the fact that cleaning the tongue is a critical part of maintaining oral health. Ayurveda, in particular, emphasizes this daily practice. Brush your tongue while brushing your teeth, or use a tongue scraper. Tongue cleaning reduces bad breath, and helps prevent plaque.

Other treatments

Where the teeth have not yet become loose, [swedan](#) (fomentation), blood letting and [avapidana](#) [Nasya](#) using vatanashak herbs is useful.

Ayurveda contain descriptions of oral hygiene procedures, which are advised to be performed twice a day. It is advised to clean teeth with the twigs of various aromatic shrubs frayed at the end. These twigs are called [Datuns](#).

Oil and ghee medicated with paste and decoction of [vatashamak](#) medicines should be used for gargling ([gandusha](#)).

HERBS

- In the southern Karnataka state of India, the mango leaf is widely used. A fresh mango leaf is washed and the midrib is removed. The leaf is then folded lengthwise with glossy surfaces facing each other. It is rolled into a cylindrical pack. One end of this pack is bitten off 2-3mm to create a raw surface which is rubbed on the teeth. The pack is held between the thumb and the index finger. [Mangiferin](#), a compound present in mango leaves has been reported to have significant antibacterial property against certain strains of [Pneumococci](#), [Streptococci](#), [Staphylococci](#), and [Lactobacillus acidophilus](#).
- [Neem](#) extract have been tested for their the antiplaque efficacy, Ayurvedic tooth powders and commercial tooth pastes. The [Neem](#) extract came out on top and commercial tooth pastes were the last. But regarding any tooth powder observe and mind that the powder should be very fine as coarse powder may damage enamel.
- The Ayurvedic herb, [amla](#), is a general builder of oral health. [Amla](#) works well as a mouth rinse, or one to two grams per day can be taken orally in capsules for long-term benefit to the teeth and gums. Herbs such as [amla](#) that support the healing and development of connective tissue when taken internally will always benefit the gums. Just remember that since they must saturate the whole body in order to work on the gums, the healing effect of these tonics tends takes longer to become apparent. The results, however, are more lasting.
- [Bilberry](#) fruit and [hawthorn](#) berry stabilize collagen, strengthening the gum tissue. [Licorice](#) root is a gem for the mouth: It promotes anti-cavity action, reduces plaque, and has an antibacterial effect.

- [Kawal and Gandusha](#) (holding herbal fluid in mouth) with Triphla decoction helps in maintaining oral hygiene and strengthening teeth and gums.
- Other herbs useful in dental caries – Asafoetida, Arka (Calotropis procera), Vidanga (Embelia ribes), Vacha (Acorus calamus), Pippali (Piper longum), Mustard, Apamarga (Acyranthes aspera), Nirgundi (Vitex negundo).

HERB OF THE MONTH: CLOVES/LAVANG

Cloves' many medicinal uses have been most famously applied to toothache, and for mouth and throat inflammation. More than just a counterirritant though, cloves is having antiseptic, antibacterial, antifungal and antiviral properties .

One of the main constituents of clove oil (eugenol) exhibits broad antimicrobial activities against both Gram-positive, Gram-negative and acid-fast bacteria, as well as fungi. Cloves are well known also for their antiemetic (relieves nausea and vomiting) and carminative properties

Traditionally cloves have been used to treat flatulence, nausea and vomiting. In tropical Asia cloves have been given to treat such diverse infections as malaria, cholera and tuberculosis, as well as scabies.

Laboratory tests on cloves identify eugenol as being the possible reason for the antimicrobial actions, and confirm cloves' effectiveness in inhibiting food-borne pathogens as well as other bacteria and fungi. The volatile oil of cloves (about 85-92% eugenol) was highly active against a range of test microorganisms, being classified as bactericidal in nature

Digestive disorder: Clove is a strong stimulant and carminative and hence used to treat nausea, indigestion and dyspepsia. Clove promotes enzymatic flow and boost digestive functioning. They are used in various forms of gastric irritability and dyspepsia. Licking the powder of fried clove mixed with honey is effective in controlling vomiting. The anesthetic action of clove numbs the gullet and stomach and stops vomiting.

Cholera: Cloves are very useful for treating cholera. About 4 grams of cloves are boiled in 3 liters of water until half the water has evaporated. This water, taken in draughts, will check severe symptoms of the disease.

Coughs: Chewing a clove with a crystal of common salt eases expectoration, relieves the irritation in the throat and stops cough in the pharyngitis that is, inflammation of the pharynx. Chewing a burnt clove is also an effective medicine for coughs caused by congested throat and pharyngitis.

Teeth disorder : The use of a clove in toothache decreases pain. It also helps to decrease infection due to decayed tooth, also relieves toothache. Cloves have many medicinal qualities. Clove oil will stop a toothache when it is applied directly to the cavity.

Other uses: The warm stimulating effect of clove oil is also very useful with people who have cold extremities. Cloves will promote sweating with fevers, colds, and flu, and are often used in remedies for whooping cough. Cloves are also safe and effective for relieving vomiting during pregnancy. Unlike some other herbs they will not cause harm to the baby.

BEAUTY TIP OF THE MONTH: Split Orange lentils (Masoor dal) Flour pack (Gives glow

to Skin)

Ingredients: -

Split orange lentils (Masoor dal flour which is available in Indian stores) flour

Milk

Ghee

Method of preparation :-

Prepare a paste by mixing the flour with ghee and milk .Apply this as face pack. This enhances the glow of skin.

For personalized beauty related queries mail to: beauty@ayurplanet.com

FORTHCOMING EVENTS: THE HEALTH EXPO UK 2006

Dates – 22nd & 23rd July. Leicester City

For details: Rushna Kaura : (0124) 4043474/75 or on 098 99059368

NEWS: Ayurveda India clinic in UK

In the Light of spreading Ayurveda throughout the world we have started with another Ayurveda clinic project in Europe this month . This centre provides the consultation, Ayurveda treatments and Ayurveda education. Dr.Raghunandan Sharma is in UK for the developments of this endeavour . He can be reached at ayurplanet@gmail.com

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