

AYURPATRA

Your monthly health e-newsletter

Vol: 1-Diseases of - Above Shoulder region

SERIES URDHWAJATRUGATA XXXIII– JULY 2007

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: Toothache (Dantschool)

Toothache or tooth pain is caused when the nerve root of the tooth is irritated. Each tooth has a dental pulp in the middle, which is very soft and spongy, containing lots of sensitive nerves and blood vessels. Inflammation of the pulp inside the tooth causes toothache. It can be caused due to dental decay or dental cavities. Drinking something hot or cold may cause toothache, as it touches the nerve pulp. 🦷 Dental decay is when bacteria in your mouth break down the enamel of a tooth. Holes (cavities) in the tooth develop, exposing the nerves underneath. Various conditions associated with severe pain in relation to tooth are mentioned below-

- Adhimansa – Pericoronitis of wisdom teeth
- Dental decay
- Krumidanta - Dental cavities
- Dantpupputaka – Periodontal abscess
- Mahasushira – Acute ulcerative necrotic gingivostomatitis
- Adhidanta – Supernumerary teeth (during eruption)
- Dalana i.e. Sheetdanta – Enamel erosion with hyper sensitivity to cold items
- Dantharsha – Enamel erosion
- Bhanjanak or Dantbheda – Pathological fracture of Tooth

Treatment : Toothache is a symptom. Apart from symptomatic treatment, it is important to treat the root cause of pain i.e. the disease condition giving rise to pain.

Regular cleansing with good Dant Manjan or cream with nice Datun is preferred.

- Garlic can be effective in relieving the pain of tooth due to the allicin - a compound with a powerful antibiotic effect that is released when garlic is crushed. It is possible that this could slow down any bacteria involved, however it is unlikely that garlic alone could halt

decay.

- The use of Hing (asafoetida) has been found useful in curing toothache. It should be pestled in lemon Juice and slightly heated. A cotton swab should be soaked in this lotion and placed in the cavity of the tooth. It will relieve pain quickly
- A mixture of a pinch of pepper powder, a quarter teaspoon of common salt and a pinch of crushed Alum is an excellent dentrifice. Its daily use prevents dental cavities, foul breath, bleeding from the gums, painful gums, and toothaches. It cures the increased sensitiveness of the teeth.
- A pinch of pepper powder mixed with clove oil can be put on the cavities to alleviate the toothache. Whole foods are ideal for the teeth. Fibreless refined foods allow particles to accumulate on the teeth in a sticky mass where they can do great harm. The gums need friction to keep them firm and whole foods also help remove plaque.
- Place 1 clove of Garlic dipped in rock salt on the affected tooth.
- **KAVAL**- Mixture of powder of Yashtimadhu, honey and oil should be used for gargling.
- Boil 5-6 cloves and 2- inch bark of a Margosa tree (Neem) in 1 cup of water. Strain and bottle. Store this in the fridge. Smear this decoction on the affected tooth.
- Prevention: Limiting the amount of sugary foods and drinks that you have. Have them as an occasional treat, and only at mealtimes, brushing your teeth twice a day using a toothpaste containing lavang, babul,Neem etc. Gently brush your gums and tongue as well,cleaning between your teeth using dental floss.

[You may consult our Ayurveda experts through on line consultation or personally.](#)

HERB OF THE MONTH: **LAVANG(CLOVES)**

Clove contains significant amounts of an active component called *eugenol*, which has made it the subject of numerous health studies, including studies on the prevention of toxicity from environmental pollutants like carbon tetrachloride, digestive tract cancers, and joint inflammation. Eugenol extracts from clove have often been used in dentistry in conjunction with root canal therapy, temporary fillings, and general gum pain, since eugenol and other components of clove (including *beta-caryophyllene*) combine to make clove a mild anaesthetic as well as an anti-bacterial agent. For these beneficial effects, you'll also find clove oil in some over-the-counter sore throat sprays and mouth washes.

Anti-Inflammatory Activity

Eugenol, the primary component of clove's volatile oils, functions as an anti-inflammatory substance. In animal studies, the addition of clove extract to diets already high in anti-inflammatory components (like cod liver oil, with its high omega-3 fatty acid content) brings significant added benefits, and in some studies, further reduces inflammatory symptoms by another 15-30%. Clove also contains a variety of flavonoids, including *kaempferol* and *rhamnetin*, which also contribute to clove's anti-inflammatory (and antioxidant) properties.

A Nutrient-Dense Spice

Like its fellow spices, clove's unique phytonutrient components are accompanied by an incredible variety of traditionally-recognized nutrients. Using our nutrient ranking system, we determined cloves to be an excellent source of manganese, a very good source of dietary fiber, vitamin C and omega-3 fatty acids and a good source of calcium and magnesium.

The health benefits of clove oil can be attributed to its antimicrobial, antifungal, antiseptic, antiviral, aphrodisiac and stimulating properties. The oil is used for treating a variety of health disorders including toothaches, indigestion, cough, asthma, headache, stress and blood impurities

BEAUTY TIPS: FOR DENTAL AND GUM CARE

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- Mix one teaspoon of table salt with one lemon juice. Massage your teeth gently with this mixture twice a week. This will make your teeth natural white by removing yellowish color.
- If you have swollen gums, massage your teeth gently with clove paste mixed with table salt.
- Massage your teeth with powdered dried lemon skin regularly.

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

FORTHCOMING EVENT:ZAKSALAAM INDIA 2007

Venue:Singapore Expo, Singapore

Date(s): 15-19 August, 2007,

For details: Tel:+91-11-2644 7320, 9810203417

Visit us at: www.zakgroup.com

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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***Please send your articles in simple English and abstract (not more than 250 words)**

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