

A BRIEF REVIEW ON MERITS & DEMERITS OF AYURVEDA & MODERN WAY OF DANTDHAWAN**Dr. Aishwarya. R. Jambhulkar*¹ and Dr. Ram Ramekar²**¹PG Scholar, Dept. of Swasthivritta & Yoga, ²HOD, Dept. of Swasthivritta & Yoga.

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Nagpur.**ABSTRACT**

In Ayurveda A daily personal routine work of a person is known as Dinacharya. In this Dinacharya schedule Dantdhawan plays a really important role. All the three Acharya's Charak, Shushrut, Vagbhat had described a detailed procedure of dantdhawan in their Samhita's. In this modern era there are hundreds of toothpaste are available & we see many side effects of ingredients which are present in toothpaste. And this article is on benefits & hazards of both Ayurvedic & modern way of toothbrushing.

KEYWORDS: Ayurveda, Merits, Demerits, Dantdhawan, toothpaste, Dinacharya.

INTRODUCTION

Nowdays oral disease continue to be a major health problem worldwide. Ayurveda the science of life is one of the ancient and comprehensive systems of health care. An analysis of Ayurvedic treaties signifies that different aspects of Ayurveda were evolved from time to time.

Ayurveda strongly emphasize on preventive & promotive aspects of health rather than curative.

The daily & seasonal regimen's which have been described by Acharya's in samhita will give a new shape in lifestyle. Brushing the teeth daily with twig of tree of katu, tikta, kashay rasa is called Dantdhawan.

In modern time there are use of many toothpaste rather than tree twig. Nowadays whole world is obsessed with freshness & cooling. No one is looking at from what contents the pastes are made up of like abrasives, fluorides, thickening binders, flavors, foaming detergents & preservatives. A very big illusion is 'The more the foam, the deeper the cleaning of teeth' And when these components when ingested this can cause calcification, kidney stones, joint issues, weakens hearts muscle, endocrine issues, bone deformation etc.

AIM

The aim of our research is to review merits & demerits of using tree twig & toothpaste in detail.

METHOD

The data used in our review is collected from Ayurvedic texts such as Charak, Shushrut, Ashtang samhita & various online articles.

MATERIAL

Dantdhawan described in Ayurveda.

A 12cm in length, thickness similar to breadth of little finger, good bristles, should be straight, should be grown in safe & hygienic place should be of Kashaya (Astringent), Tikta (bitter), Katu (pungent), Madhura (sweet) rasa are preferred.

Twig used commonly

- Khadir (Acacia Catechu) for Kashaya rasa (Astringent).
- Nimba (Azadirachta Indica) for Tikta rasa (bitter).
- Karanja (Pongamia Pinnata) for Katu rasa (Pungent).
- Madhuka (Madhuka Indica) for madhura (sweet) as are considered best twigs for dantdhawan.
- Fresh stems of liquorice (Glycyrrhiza glabra), Black catechu (Acacia Catechu linn), Arjun tree (Terminalia Arjuna).
- Fever nut, (caesalipinia boudue) & mikweed plant (calotropis procera) can also be used for brushing.

Merits of dantdhawan ayurveda procedure

- Takes out all the dirt from oral cavity.
- Takes out bad breath (Halitosis) (Mukhdurgandh).

- It decreases Anorexia (Aruchi) and increase appetite.
- Kashay, Katu, Tikta rasa destroys all the Kapha present in oral cavity & increase appetite & takes out dirt & bad breath.
- Takes out all the coating of Kapha from taste buds & increases taste perception in mouth.
- Takes out all the diseases of tongue.
- Provides sense of purity, lightness & cleanness or scrapes excessively accumulated Kapha dosha.
- Tikta & Amla ras activates the salivary gland to secretes more saliva.
- Katu & Tikta ras acts as Krumighna mean take out all the germs.
- Kashay rasa makes gums more strong.
- Chewing twigs is believed to cause attrition & leveling of biting surfaces, facilitate salivary secretion and possibly, help in plaque control.
- While some stems have an antibacterial action present day research has shown that all the chewing sticks described in ancient Ayurveda texts have medicinal and anti cariogenic properties.
- These natural products have been used for their pharmacological applications viz antiulcer genic, wound healing, anti inflammatory, antimicrobial, antioxidant properties.

Demerits of dantdhawan

- In urban population it is more difficult to find twigs of tree in daily basis.
- Its taste is not so good that children's would like to use it.

Merits of using toothpaste

- It is easily available in any shop.
- It is more handy & easy procedure in day to day life.
- They helps prevents cavities by strengthening the enamel of teeth.
- Toothpaste & toothbrush are designed for effective cleaning & least harm to mouth & user friendly.

Demerits of toothpaste

Many toothpastes on the market include a bust of harmful ingredients.

➤ Fluoride

The fluoride used in toothpaste is Sodium fluoride & is considered on over the counter drug by Food & Drug Administration (FDA). In fact warning labels are required by FDA on fluoride toothpaste & dental care products shipped since 1997.

The warning read follows

“Keep out of reach of children under 6yrs of age. If you accidentally swallow more than used for brushing, seek professional help or contact a poison control centre immediately”

However too much fluoride can cause a condition known as Fluorosis that discolors or spots tooth enamel & affects adolescents.

➤ **Artificial sweetness**

Sorbitol a liquid that keeps toothpaste from drying out is a laxative that can cause Diarrhea in children.

Saccharin, another artificial sweetener has been linked to bladder cancer, brain tumors & Lymphoma in rodents.

Saccharin is approximately 350 times sweeter than your sugar.

Saccharin was linked to cancer in a few clinical studies in 1970's but continues to be a commonly used additive in food & hygiene products.

➤ **Artificial colors**

Synthetic color are derived from coal tar only.

- **Titanium Dioxide (Tio₂):-** It is an inorganic chemical compound added as a colorant to make toothpaste white.

The International Agency for Research on cancer (IARC) has classified titanium dioxide as “possibly carcinogenic to humans” based on studies that showed increased lung tumors in rats associated with titanium dioxide inhalation.

➤ **Sodium lauryl sulfate (SLS)**

Originally used to clean floors, sodium lauryl sulphate is a detergent known to cause microscopic tears in the mouth (which can lead to canker sores). It's an ingredient that makes toothpaste form.

➤ **Carrageenan**

It is derived from red seaweed.

Carrageenan is added to thicken toothpaste but it's been linked to gastrointestinal inflammation, ulcers & even colon cancer in laboratory animals.

While food grade carrageenan sound safe it's also been linked to insulin resistance & glucose intolerance in mice.

➤ **Propylene glycol**

It is a synthetic chemical compound used as a surfactant. This is the main active ingredient in antifreeze and used to soften cosmetic products.

This compound is known as irritate the skin eyes, lungs and mucous membrane, heart, central nervous system. Based on research showing that propylene glycol was toxic in rats after long use.

➤ **Triclosan**

Triclosan is an antibacterial & antimicrobial chemical has been used in personal care products & as a pesticide for decades.

In December 2017, the FDA announced that “consumer antiseptic washes” containing triclosan were prohibited.

Side effects of triclosan on human health

- 1) Abnormal endocrine system/lowers the thyroid hormone.
- 2) Weakening of immune system.
- 3) Children exposed to antibacterial products at an early age have an increased chance of developing allergies, asthma & eczema.
- 4) Uncontrolled cell growth.
- 5) Developmental & reproductive toxicity
- 6) Increase in antibiotic resistance.
- 7) Tumors on mice.

CONCLUSION

Oral diseases are becoming one of the biggest problems in public health & these are rising in developing country.

In this article an attempt made for review drawbacks & positive side of dantdhawan by ayurvedic method & cleaning mouth with toothpaste by modern method.

Many ayurvedic plants, possess antimicrobial anti-inflammatory, analgesic, antiulcer activities when screened acc to modern parameters.

Ayurvedic dantdhwan twigs prevents dental caries & dental plaque & it has healing properties & helpful for maintaining oral health.

On the other side modern toothpaste has also cleaning, antimicrobial, anti-inflammatory, anti plaque properties. But there are some hazardous elements also present in toothpaste which in long term use can cause severe side effects. So conclusion of this article is to use ayurvedic dantdhawan twigs than toothpaste.

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