

A CONCEPTUAL STUDY OF MUKHASWASTHA AND MUKHAGAT VYADHI

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ABSTRACT

Mukha is one of the most important part amongst Urdhwanga. Mukha contain 7 subsites. These & subsites causes different 65 diseases, known as Urdhwajatrugat vyadhi. Mukha is significant as it nourishes not only body but mind also and does indriyaprasadan too. It is one of important organ amongst 9 bahirmukha strotas. Due to changed life style, and habitate there is increases in prevalence rate of diseases of oral cavity. Which further lead to major health issues and diseases. In Ayurveda samhita different daily regimen are given under dincharya chapter to prevent from diseases and cure the diseases. Specifically in dincharya dantadhavan, jivhanirlekhan, kavala, gandusha, mukha pratisaran, tambul sevan these regimen following helps giving strength to oral health to prevent and cure diseases. In present paper an attempt

is made to review mukha swasthya and mukhagat vyadhi.

KEYWORDS: Mukhaswasthya, mukhagat vyadhi, dantadhavan, jivhanirlekhan, kavala, gandusha, mukha pratisaran, tambul sevan.

• INTRODUCTION

Ayurveda is god gifted ancient medical science, which is memorized and composed by the Bramha. Ayurveda is considered as a branch of Atharva veda. Ayurveda principle are aimed to protect the health by giving the knowledge of preventing it and cure the diseases by

explaining different types of treatment procedures and principles. Ayurveda basically gives information of ashtang Ayurveda and education of them. These ashtang Ayurveda have special knowledge of that part in specialize way. Shalakya tantra is one of the eight branches of ashtang Ayurveda. As per Acharya vagbhata, it is named as Urdhwang^[1] and its treatment as urdhvang chikitsa. Also known as Uttamang, Jatrurdhwa.

Shalakya tantra exceptionally deals with the diseases of urdwajatrugat vyadhi^[2] or ear, eye, oral cavity, nose, head. Where in oral cavity, it includes study of mukha rachana, kriya and mukhagat vyadhi, its treatment. Mukha is one of the complex structure, which contents 7 parts. Theses 7 parts in mukha contain oshtha, dantamula, danta, jivha, talu, gala & sarvani.^[3] Mukha is one of the significant organ amongst urdhvajtru as it not only full fill nourishment to body and mind but also does indriya prasadan too. While describing the importance of uttamanga, Vagbhata compared the uttamang or shira to the root of tree and body to the stem of tree. It is explained as, if the root is nourished tree servives, if not destroys, like wise in body uttamang.

Different mukhagat vyadhi are explained by all Acharya. Acharya shushrut has described 65 different mukhagat vyadhi.^[3] It occurs in 7 different parts of oral cavity, such as osthagat-8, dantamulgat- 15, dantagat- 8, jivhagat- 5, talugat- 9, galgat-17, sarva mukhagat- 3.^[4] Oral health is as important today as ancient times. But specifically mukha swasthya has gained immense importance now era, as it gets exposed to many risk factors due to change in life style. So, to prevent above mentioned oral diseases and promote oral health. It is common belief that oral health serves as a gateway of general health. This immediate significance of oral health impact on general health and well-being of individual.^[5] Oral diseases have very harmful effect on functionality and quality of individual's life. It is believed that this relationship is due to common risk factors shared between various diseases.^[6] The Global Burden of Disease Study 2017 estimated that oral diseases affect close to 3.5 billion people worldwide, with caries of permanent teeth being the most common condition. Globally, it is estimated that 2.3 billion people suffer from caries of permanent teeth and more than 530 million children suffer from caries of primary teeth.^[7] This directs Oral diseases are major health problem worldwide, which affect people lifetime. To overcome this mukha swasthya has gained importance.

• AIM AND OBJECTIVES

- To study and collect available references of mukha swasthya.

- To study mukhagat vyadhi.
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- To analyze importance of Ayurveda in maintaining and promoting oral health and preventing oral diseases.

• MATERIALS AND METHODS

- This is literally study
- Collection of Ayurveda references from different Ayurveda text and compiled to understand mukha swasthya and mukhagat vyadhi in better way.
- Text of modern science and information collected from internet, different articles, research papers published and journals.
- A humble efforts made to draw a conclusions upon study of topic.

• Mukhaswasthya in Ayurveda

Ayurveda keep highlighting on preventing of health of healthy person and cure by treating diseased person to keep them healthy.^[8] Ayurveda science teaches regimens that should be followed to keep one self away from diseases, these are dincharya, ratricharya, rutucharya, achar rasayan and pathya-pathya ahar & vihara. To prevent oral diseases above introduced, different procedures are explained in detail under these regimens such as, dantadhavan, jivhanirlekhan, pratisaran, tambul sevana, kavala, gandusha. Some herbal drugs and oils are explained in dincharya and other chapters too along with procedures. Mukhaswasthya is scattered in Ayurveda literature. Acharya vagbhata has explained dincharya in chapter Dincharya, Acharya charaka has explained in matrashitiyaadyay, and Acharya sushruta has explained it in anagatabadhapratishedh. Indriya care is taken by following these regimens these are explained in detail following.

1. DANTADHAVAN

Dhantadhavana is brushing of teeths also called as chewing stick. Dantapawana is used for dhanta dhavan procedure. Dantapavana is explained in detail by Acharya sushruta, where its length should be twelve anguli and thickness of kanishthika anguli. As well as it should be straight and soft and without knots.^[9] It is indicated to use it twice aday.^[10] There are different opinion about use of herb stick for dantadhavan like other than this according to Acharya Vagbhata use of arka, nyagrodh, khadir, karanja, vata, arjuna is suggested with crushing and chewing at one end of brush without injuring gums.^[11] Ashtang sangrahar

explained use of asana, karavir, sarja, arimeda, apamarg, malti herb.^[12] Dhantapavan should be kashay, katu or tikta rasa pradhana by vagbhat, ashtang sangrahakar, and charakacharya. Beside this Acharya sushruta explain one more ras that is madhura, where in details of these rasa pradhanata one special herb is mention of each rasa pradhana.^[13] Nimba for Tikta rasa Pradhan, Khadir for Kashay, Yashtimadhu for Madhur and Karanja for Katu ras Pradhan.

Acharya Vagbhatta has explained one should brush in the vertical direction from bottom to top. Also for daily use Acharya sushruta has explained dantapavan draped in kshaudra, vyosh, trivarga, oil, saindhavlavana, and tejovati powder is used. It is used to remove bad odour, coating on teeth, any food particle, cleaning mouth, etc. It removes elevated kapha dosha, keeps clearness in mouth and produces desire for food. And it is contraindicated in throat, palate, lips, tongue diseases, mouth ulcer, cough, respiratory diseases, excessive hiccup, vomiting, indigestion, headache, excess thirst, facial paralysis, dental diseases, cardiac disease, shiro-netra-karna diseases.^[14]

2. JIVHA NIRLEKHAN

Tongue scrapping is explained to do after dhantadhavan, should be done with the help of instrument made up of metal or branch of herb tree that is tongue scrapper. Acharya explained its length about ten anguli pramana.^[15] IT should be not so sharp or should be smooth and curved, so that it could not damage tongue. Uses of this is removing bad taste in mouth, odour of mouth, cures oedema, stiffness of tongue, freshness and gives taste.^[15] Metal scrapper used is made up of either gold, silver, copper, steel or branch of herb, should be soft to scrap or massage over a tongue. This procedure is done from root to tip of tongue till particle coating on tongue is removed. Scrapping stimulated digestive track also it enlarges agni.^[16] Regular tongue scrapping stimulates the apprehension of taste as well as it helps digestion by intensifying salivation in mouth due to stimulation of papillae. Clinical research on use of scrapper regularly shows significant effect on anaerobic bacteria elimination.^[17]

3. Kavala & Gandusha

Gandusha is medicated fluid is held in mouth, without movement until there is lacrimation through eyes and nose come out, whereas kavala is medicated fluid is taken multiple times inside mouth, make it move or whirl and swish and spit out.^[18] These procedures are given in daily regimen to prevent and cure oral cavity diseases. Generally drava dravya is used to held in gandusha procedure and kalka is used for kavala.^[19] Oil or juice or meat soup is explained best for daily gandusha purpose. Whereas lukewarm water, til oil, decoction, milk is

generally used for gargling purpose.^[20] These are of four types snehan, shaman, shodhan and ropan.

- 1) Snehan- used for vat pradhan diseases, use of oil and madhur, amla lavana taste and ushna properties.
- 2) Shaman- used for pitta Pradhan diseases, with tikta, kashay, madhur taste and sheet properties.
- 3) Shodhan- used for kaph pradhan diseases, with tikta, amla, katu, lavana taste and ushna properties.
- 4) Ropan- used for wound, with kashay taste and sheet properties^[21] Diseases of neck, head, ears, mouth and eyes, excess salivation, diseases of throat, dryness of the mouth, nausea, stupor, anorexia and rhinitis are curable especially by Kavala.^[22]

Practicing these enhances strength of mandible, resonance of voice, nourishment of face, taste sensation & gives good taste. It prevents dryness of throat, cracking of lips, decay of teeth, & makes the teeth strong. Person does not experience pain, tingling sensation after eating sour food or hard food.

4. Mukha Pratisaran

Mukha Pratisaran is application of paste of vanaspati with the finger tip on teeth as well as gums.^[23] Kalka, avaleha & churna these three types of forms are used for mukha pratisaran. Medicated drug used for kavala and gandusha are also used for pratisaran in kalka, avaleha & churna form.^[24] Pratisaran is used in dental diseases such as dantaveshtak, sheetada, wisdom tooth.

5. Tambul Sevan

Tambul sevan is given under daily regimen. It not only prevent diseases but also gives good taste to mouth & keep mouth clean, refreshing. Additional to these it acts as digestive stimulant. Tambul is made with tambala patra, pooga phala, khadir saal churna, lavanga, as well as jati fruit, poogaphala, katuka, kakkola, sukshma ela, lavanga, extract of karpura also used in tambul.^[25]

• MUKHAGAT VYADHI

The diseases of oral cavity are uncovers under mukharoga. According to Ayurveda mukha comprises 7 subsites. As per Acharya sushruta there are 65 mukhagat vyadhi in these 7 subsites. Acharya sushrut has explained these mukhagat vyadhi under nidansthan and their

treatment under chikitsasthan. Acharya charaka classified mukhagat vyadhi under chikitsasthan chapter 26, according to dosha predominance into four types, these are 1.Vataja, 2.Pittaja, 3. Kaphaja & 4.Sannipataja. Acharya Vagbhatta has mentioned 8 sub sites instead of 7 and described 75 diseases. He has counted 3 diseases extra in Aushtaroga, 2 extra in Dantaroga & 1 in Jihvaroga, 1 in Kantharoga and 5 in Sarvagatoga.

Table 1: distribution of mukhagat vyadhi according to site.

Site	Sushrut	Bhoj	Madhav nidan	Bhavp rakash	Yograt nakar	Sharan gdhar	Vagbhat
1. Oshtha	8	8	8	8	8	11	11
2. Dantamoola	15	16	16	16	16	13	13
3. Danta	8	8	8	8	8	10	10
4. Jivha	5	5	5	5	5	6	6
5. Talu	9	9	9	9	9	8	8
6. Gal	17	17	17	18	18	18	18
7. Sarvasar	3	3	3	3	3	8	8
8. Ganda	-	-	-	-	-	-	1
Total	65	65	66	67	67	74	75

Acharya Vagbhatta has mentioned 13 Dantamularoga and 8 Taluroga. Vagbhatta has mentioned different terminology Ganda & also used the term Sarvavaktra instead of Sarvani. Acharya vagbhat has mentioned specific nidana of mukharoga in uttartantra chapter 21. These are Matsya pishit, mahish pishit, varaha pishit, amalakamulakam, masha supa, dadhi, ikshu, kshir, sukta, fanit, awak shayya, not cleaning teeth, chhardan-dhum-gandusha-shiraveda anuchit, these are nidana described in samhita.^[26]

In recent years there is significant change in lifestyle, food habitate and daily regimen of human being. Which alternatively lead to increase in prevalence of diseases. By following daily regimen and applying treatment given in samhitas to cure mukhagat vyadhi, this prevalence rate can be lowered. Khadiradi gutika, khadiradi tail, jatipatradi gandusha, rasanjanadi churna, panchpallav kwath mouthwash, kaval with oil, triphala kwath, darvi rasakriya, saptachhadadi kwath, patoladi kwath, tila gandusha, pratisaran kavala gandusha, snehan, etc treatment is given for treatment and prevention of mukharoga.

• CONCLUSION

Mukha is one of the most important part of body. Mukhagat vyadhi are significant and enlarging problem of now adays for public health. Majority of these are caused due to poor oral hygiene and can be prevented by simple daily regimen rather than suffering mukharoga's

and going to follow costly treatment and worsening the condition. One should follow all regimen specifically dantadhavan, kavala and gandusha have advantage over others. As these are not only health promoter, preventive, curative but also restorative too. These mukhagat vyadhi are common, recurrent, early progressive, and costly to treat. So it is most important to develop easy and economic friendly medical measure. For this, in daily regimen procedure and the active principles of plants should be studied into modern oral health-care practices and promoting mukha swasthya with easy regimen should be done. Easy and economically friendly & easily available to generality kind of regimen should be promoted for Mukhaswasthya.

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