

ROLE OF APAMARGA (ACHYRANTHES ASPERA) CHURNA IN ORAL HYGIENE WITH REFERENCE TO DANTADHAVANA (BRUSHING OF TEETH)

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ABSTRACT

Ayurveda aims in maintaining a healthy body and preventing ailments by adopting a proper healthy life style. To achieve this aim the *swasthya chatushka* has been described in *charak smahita* which includes daily regimens in the form of *dincharya*, seasonal regimens in the form of *ritucharya* as well as behavior pattern described under *swasthavritha*. *Swasthavritha* is one of the most important branch of ayurveda which illustrate many things for the study of social health of human being. Oral hygiene is very essential to remain healthy because many of the infections enter the body from the mouth. The components forming the oral cavity are involved in some of the most important physiological functions like churning, deglutition, taste, speech,

metabolism etc., to ensure their functions are properly carried out, it is essential to take care of the oral cavity by maintaining good oral hygiene.

KEYWORDS: *Danta dhavana*, Oral Hygiene, *Apamarga*.

INTRODUCTION

In today's modernization and fast moving hectic lifestyle common man has no time to take care of his health. Many bad habits have been developed in human beings. Some of them are consumption of alcohol, smoking, eating junk food, tobacco chewing etc. So these habits produce many drastic effects on gums and teeth. Commonly occurring disorders of gums and teeth are discoloration of teeth, swollen gums, secretory gums, bleeding gums, gingival inflammation, loose tooth etc. and chronic conditions like pyorrhea alveolar necrosis of gums, recession of gums, dental caries, oral cancer etc. Oral hygiene is very essential to

remain healthy because many of the infections enter the body from the mouth. The components forming the oral cavity are involved in some of the most important physiological functions like churning, deglutition, taste, speech, metabolism etc., to ensure their functions are properly carried out, it is essential to take care of the oral cavity by maintaining good oral hygiene.

Importance has been given to Oral hygiene to maintain health and beauty. A healthy oral cavity is very much necessary for a healthy body. If teeth are not clean, healthy and strong they will not be capable of mastication and proper digestion and without proper digestion there can- not be proper nutrition. In this view Ayurveda plays an important role for the prevention of oral diseases. In Ayurveda many drugs which are essential for *danta dhavana* are mentioned. Out of these *katu-tikta rasa pradhana* “*Apamarga Churna*” is used in present study aiming at maintaining oral hygiene by *danta dhavana* (brushing teeth).

MATERIALS AND METHODS

Materials

1. Fresh roots of *Apamarga* (*Achyranthes aspera*) were collected, dried and powdered in fine form to be used for *danta dhavana* as per *dincharya* procedure mentioned in ayurveda.
2. Authentication and standardization of *Apamarga churna* was done from a GMP certified pharmacy before giving to the patients.

METHODOLOGY

1. 37 healthy individuals took part in the trial.
2. Individuals were screened as per inclusion and exclusion criteria for the trial.
3. These individuals were asked for *danta dhavana* (teeth brushing) using the trial drug twice a day in morning and during night after meals.
4. Proper *danta dhavana* procedure was explained to the participants.
5. The trial duration was 30 days and observations were recorded on the following parameters-
 - a. Mukha vairasya
 - b. Jivha mala
 - c. Danta mala (Dental Plaque)
 - d. Mukha Durgandha (Halitosis)
 - e. pH of Saliva

Inclusion criteria

1. Age group between 15 to 40 years
2. Irrespective of sex, religion, marital status and occupation were included

Exclusion criteria

1. Cases suffering from diabetes mellitus
2. Cases of leukoplekia and oral cancer

OBSERVATION AND RESULTS

Gender incidence – Out of 37 participants, 22 were male while 15 were females.

Nature of diet – Out of 37 participants, 19 were taking mixed diet while 18 were pure vegetarians.

Addiction incidence – Out of 22 male participants, 5 were alcoholic, 11 were tobacco chewer while 6 had no addiction.

Mukhavairasya – P value = 0.003. i.e. reduction in Mukhvairasya.

Jivha mala – P value = 0.01 i.e reduction in Jivha mala

Danta mala – P value = <0.001 i.e. highly significant reduction.

Mukha durghanda (Halitosis) – P value = <0.001 i.e. highly significant reduction

pH of Saliva – P value = 0.004 i.e. change seen in pH of saliva which turned alkaline from acidic.

DISCUSSION

Emphasis has been given towards keeping oral hygiene in order to maintain health and beauty of an individual. In ayurveda *katu, tikta, kashaya rasa* has been described for *danta dhavana* which are very efficient. The aim of the trial was to study the role of *Apamarga churna* for *danta dhavana* in maintenance of oral Hygiene. The drug *Apamarga* contains mainly *katu-tikta rasa*, due to which the vitiated *bodhak kapha* in mouth is reduced and mouth becomes clean and fresh.

Jivaha mal which is formed due to *kapha*, gets cleaned by *katu-tikta rasa* of *Apamarga*. Due to these properties, *Apamarga churna* reduces the *bodhak kapha* in mouth due to which tongue & mouth becomes clean.

CONCLUSION

According to ayurveda *katu-tikta rasa* should be used for maintaining oral hygiene as most of the diseases of oral cavity are caused by *kapha dosha* and *Apamarga* having mainly *katu-tikta rasa* predominance prevents and maintains from oral hygiene problems. By using *Apamarga churna* in *danta dhavana* bad taste of mouth is reduced also it has wound healing property.

So we conclude that the *katu-tikta rasa* of *Apamarga churna* used during *danta dhavana* cures the disorders of teeth and maintains oral hygiene.

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