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Ayurveda And Oral Health: A Review

Dr Shweta Meena¹, Dr C R Amrutha², Dr Sakhitha K S³, Dr Rajendra Prasad Sharma⁴

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1. P G Scholar, Department of Rasashastra and Bhaishajya Kalpana, National Institute of Ayurveda, Jaipur, 302002
2. P G Scholar, Department of Rasashastra and Bhaishajya Kalpana, National Institute of Ayurveda, Jaipur, 302002
3. Lecturer, Department of Rasashastra and Bhaishajya Kalpana, National Institute of Ayurveda, Jaipur, 302002
4. Associate Professor, Department of Rasashastra and Bhaishajya Kalpana, National Institute of Ayurveda, Jaipur, 302002

Corresponding Author :- Dr Shweta Meena, P G Scholar, Department of Rasashastra and Bhaishajya Kalpana, National Institute of Ayurveda, Jaipur, 302002, Email, id- dr.shwetameena@gmail.com

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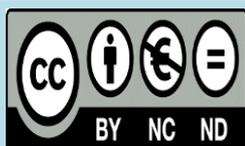
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ABSTRACT: -

Oral diseases pose a major health burden for many countries and affect people throughout their lifetime, causing pain, discomfort, disfigurement and even death. Most oral health conditions are largely preventable and can be treated in their early stages. However the conventional treatment options are too expensive considering the fact that most of the oral diseases dis-proportionally affect the poor and socially-disadvantaged members of society. There is a global need for alternative preventive and therapeutic options for the management of oral diseases. Ayurveda, the traditional system of medicine of India has an extensive literature regarding the etiopathogenesis and various treatment aspects of Oral diseases. In the present review an attempt has been made to collect and compile the literature pertaining to oral diseases and their treatment in various Classical texts of Ayurveda. It was observed that most of the single herb remedies for oral diseases mentioned in Ayurveda like *Yasti madhu* (*Glycyrrhiza glabra*), *Triphala* etc possess anti-microbial and anti-inflammatory properties which further substantiate their claims. It was also found that Ayurveda focus more on prevention-oriented management of oral disease than treatment-centered practice. Ayurvedic methodologies for maintaining oral health are found to be far more economical, safe and can be easily adopted by the general public.

Key words: Ayurveda, Traditional medicine, Oral health



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INTRODUCTION

Oral diseases pose a major health burden for many countries and affect people throughout their lifetime, causing pain, discomfort, disfigurement and even death¹. These diseases share modifiable risk factors with other major non communicable diseases². Oral conditions remain a significant public health challenge. Unmet demand for dental services reached approximately 3.5 billion cases in 2017, and it is likely to keep increasing³. Untreated dental caries (tooth decay) in permanent teeth is the most common health condition according to the Global Burden of Disease 2017. Severe periodontal (gum) disease, which may result in tooth loss, is also very common, with almost 10% of the global population affected. Treatment for oral health conditions is expensive and usually not part of universal health coverage (UHC). Most oral health conditions are largely preventable and can be treated in their early stages. Oral diseases disproportionately affect the poor and socially-disadvantaged members of society. There is a very strong and consistent association between socioeconomic status (income, occupation and educational level) and the prevalence and severity of oral diseases⁴.

There is a global need for alternative preventive and therapeutic options for the management of oral diseases. Ayurveda is a form of traditional holistic medicinal system originating in the Indian subcontinent region. Its advent and practice in the region reportedly date back about 3000-5000 years. Recently, it has gained popularity as complementary medicine in other parts of the world⁵. The aim of Ayurveda is to guarantee both preventive and curative benefits to the mankind.

The eight branches of Ayurveda have elaborately explained the methods for diagnosis as well as treatment of diseases affecting different parts of body separately. ‘*Shalaky Tantra*’ is one of the branches dealing with diseases of head and neck. Ancient texts of Ayurveda explain the significance of this section differently. Extensive literature is available in *Charaka Samhita*, *Susruta Samhita*, *Astanga Hridaya* regarding the etiopathogenesis and various treatment aspects of Oral diseases. In the present paper a review of the oral diseases explained in various Ayurvedic texts and various preventive and curative treatment options of *Ayurveda* in the management of oral diseases has been dealt with.

MATERIALS AND METHODS

Oral diseases and their treatment methodology was compiled from Classical texts of Ayurveda like *Charaka Samhita*, *Sushruta Samhita* and *Ashtanga Hridaya*, *Astanga Sangraha* etc.. Research studies pertaining to single herbs were searched from various databases like Google scholar, Pubmed etc.

Oral diseases in Ayurveda

According to the ‘*Charaka Samhita*’ sixty-four varieties of diseases of mouth are described, depending on the variations in their *sansthan* (location), *dushya* (tissue elements which are vitiated), *aakriti* (signs and symptoms) and *nama* (name)⁶ (table no. 01). It has been classified in to four types, viz., *vatika*, *paittika*, *kaphaja* and *sannipaatika*⁷. These are described under the specialized branch of Ayurveda, “*shalakya tantra*” which deals with the diseases of head and neck, according to their etiology, signs and symptoms, characteristic features and treatment⁸. The diagnosis and treatment of the four types of mouth-diseases

are described in *CharakaSamhita*^{9,10}. '*SusrutaSamhita*' also explains the diagnosis and treatment of diseases of the mouth in detail^{11,12}. It contains total sixty-five number of diseases of the mouth, localized in seven *aayatana* (seats) viz, *oshtha* (lips-8), *dantamula* (roots of the teeth, gums-15), *danta* (teeth-8), *jihva* (tongue-5), *talv* (palate-9), *kantha* (throat-17) and the entire mouth (3)^{13,14}. According to *Ashtanga Hridaya* and *Ashtanga sangraha*, diseases of mouth are seventy-

five in total, in which diseases of *oshth* (lips) are eleven, disease of *ganda* (neck) is one, diseases of *danta* (teeth) are ten, diseases of *dantamula* (roots of the teeth) are thirteen, diseases of *jihva* (tongue) are six, diseases of *talv* (palate) are eight, diseases of *gala* are eighteen, diseases of *vaktra* (mouth) are eight¹⁵. Table no 01,02,03 and 04 explains oral diseases and their remedies mentioned in different *samhitas*.

Table no.01 showing some of common oral diseases and drugs mentioned for their treatment in *Charaka Samhita*¹⁶

S.N.	Oral disease name	Useful drug
1.	<i>Vataja mukharoga</i>	<i>Kalak churna</i>
2.	<i>Pittaj mukharoga</i>	<i>Pitak churna</i>
3.	<i>Kaphaja mukharoga</i>	<i>Mridikadi churna</i>
4.	<i>Mukhapaka</i> (stomatitis)	<i>Triphala kwatha</i>
5.	<i>Kantha roga</i> (diseases of neck)	<i>Kshar gutika,</i> <i>pathadi churna</i>
6.	All <i>Danta, mukha, gala roga</i>	<i>Khadiradi Gutika</i>

Table no:02 showing some common oral diseases and drugs mentioned for their treatment in *Susruta Samhita*¹⁷

S.N.	Oral disease name	Useful drug
1.	<i>Shitad</i> (spongy gum)	<i>Triphala</i>
2.	<i>Dantapupput</i> (gum boil)	<i>Pancha lavana, yava kshara</i>
3.	<i>Dantavestak</i> (pyorrhea)	<i>Kshiri vriksha</i>
4.	<i>Sushir</i> (gingivitis)	<i>Kshiri vriksha</i>
5.	<i>Upakusha</i> (pyorrhea)	<i>Trikatu, vetasphala</i>
6.	<i>Dantavaidarbh</i>	<i>Kshara</i> (Alkali)
7.	<i>Adhimamsa</i> (Impacted tooth)	<i>Pippali</i> (Pepper) <i>churna, triphala</i>
8.	<i>Kaphaj jihvakantak</i>	<i>Sarshapa</i> (Mustard), <i>saindhava lavana</i> (Rock Salt)
9.	<i>Galashundika</i> (Uvulitis)	<i>Nimba, vacha</i> (sweet flag), <i>patha</i> (<i>Cissampelos Pareira</i>)
10.	<i>Vatajarohini</i> (Diphtheria)	<i>Panchalavana</i>
11.	<i>Pittaj rohini</i>	<i>Draksha kwatha</i>
12.	<i>Kaphaj rohini</i>	<i>Vidanga, saindava lavana danti</i> (Red physic nut) <i>kawal</i>
13.	<i>Vataj sarvsara</i>	<i>Panchlavana</i>
14.	<i>Vataj osth roga</i> , (cracked lips)	<i>Guggulu, Yashti madhu</i> (Licorice) <i>churna</i>
15.	<i>Kaphaj osth roga</i> , (macrochelia)	<i>Trikatu, kshar</i>
16.	<i>Medaja osth roga</i> (cheilitis)	<i>Priyangu</i> (Perfumed cherry), <i>triphala and lodra churna</i>

Table no.03 showing some common oral diseases and drugs mentioned for their treatment in *Ashtanga Samgraha*¹⁸

S.No	Oral disease name	Useful drug
1.	<i>Khandostha</i> (cleft lip)	<i>Shata dhout ghrith</i>
2.	<i>Kaphaj osth</i> (macrochelia)	<i>Vyosh</i>
3.	<i>Shitadant</i> (bleedinggum)	<i>Anutail ,kshirivriksh kasaya</i>
4.	<i>Dantaharsha</i> (sensitivetooth)	<i>Ela (Elettaria cardamomum) ,kusth (Saussurea lappa) ,patli gandush</i>
5.	<i>Danta chala</i>	<i>Dashmula kwath,triphala</i>
6.	<i>Danta sarkara</i> (Tarar)	<i>Kshara tail</i>
7.	<i>Krimi danta</i> (dental caries)	<i>Sarshapa (mustard), karanja tail</i>
8.	<i>Shitad</i> (spongy gum)	<i>Rasanjan, triphala, arjuna (Terminalia arjuna)</i>
9.	<i>Upkusha</i> (Pyorrhea)	<i>Maricha (Piper nigrum), kusth(Saussera lepa), madhuk(Madhuca indica) , priyangu (Callicarpa macrophylla)</i>
10.	<i>Dantapupuut</i> (dentoalveolar abscess)	<i>Svarjika (Alkali), madhuk (Madhuca indica), sunthi, (Zingiber officinale) saindav(rock salt)</i>
11.	<i>Dantvidradi</i>	<i>Kusth (Saussurea lappa),katuka (Picrorhiza kurroa) ,yavankshar,triphala</i>
12.	<i>Susir</i>	<i>Lodra (Symplocos racemosa), musta (Cyperus rotundus), triphala, kshirivriksha</i>
13.	<i>Adimans</i> (Impacted tooth)	<i>Yava kshar</i>
14.	<i>Danta vaidarbh</i>	<i>Kshar (alkali), lodra (Symplocos racemosa), manjishtha (Rubia cordifolia), madhuk (Madhuca indica).</i>
15.	<i>Dantanadi</i> (oral sinus)	<i>kshirivriksha , guda (jaggery) ,madhu (honey),sarspa tail(mustard oil).</i>
16.	<i>Talupaka</i> (ulceration of Palate)	<i>Kasis (Ferrous Sulphate) ,rasanjan, kshodra(honey), patoladi kwath</i>
17.	<i>Talushosha</i> (cleft palate)	<i>Madhuk (Madhuca indica),pippali (piper longum) ,nagar</i>
18.	<i>Kanthroga</i>	<i>Rasanjan, nimb kwath,vyosh,triphala</i>
19.	<i>Vataj rohini</i>	<i>Mahapanchmula kwath,ela(Elettaria cardamomum) ,kapith (wood apple)</i>
20.	<i>Pittaj rohini</i>	<i>Patang (Caesalpinia Sappan), lodra, draksha ,triphala,</i>
21.	<i>Kaphaj rohini</i>	<i>Triphala,saindhv (rock salt), nimb (neem) ,jati (Jasminum grandiflorum), vidang (Embelia ribes)</i>
22.	<i>Gala vidradi</i> (Parapharyngeal abscess)	<i>Lodhra (symplocas racemossa),rasanjan,kiratiktaka kwath</i>
23.	<i>Galagand</i> (goiter)	<i>Tila (sesame) , priyal (Buchanania lanzan), mulak, (radish) atsi (Flax plant), nimb(margosa), guduchi (Tinospora cordifolia)</i>

24.	<i>Mukhapaka</i> (stomatitis)	<i>Triphala kwath, mridvika, patha (Cissampelos pareira), jati (Jasminum grandiflorum),</i>
25.	<i>Vataj mukhapaka</i>	<i>Dashamula, kakoli (Roscea procera wall.), sariva kwath ,pippali (Piper longum)(salt) ,lavan</i>
26.	<i>Pittaj mukharoga</i>	<i>Kshir (milk), draksha (Vitis vinifera) ,manjistha (rubia cordifolia) , Lodhra (symplocas racemossa),</i>
27.	<i>Kaphaj mukharoga</i>	<i>Kshar, lavan, nirgundi (Vitex negundo), davdaru, ativisa (Aconitum heterophyllum), danti (Baliospermum montanum)</i>
28.	<i>Sarvaj mukhapaka</i>	<i>Rochanna, kasis Ferrous Sulphate., rasanjan, mocharasa (exudates of Bombax malabarica)</i>
29.	<i>Arbuda</i>	<i>Muskak bhasma, madhu (honey) tail(oil) ,nimb (margosa) , guduchi kwath</i>

Table no:4 showing some common oral diseases and drugs mentioned for their treatment in Ashtanga Hridaya¹⁹

1.	<i>Khandosth</i> (Cleft lip)	<i>Yasthyadi tail, mhasneha</i>
2.	<i>Pittaj osthroga</i> (Apthous ulcer)	<i>Rodhra (symplocas racemossa), sarjrasa, (Vateria indica) guduchi (Tinosporia cordifolia)</i>
3.	<i>Kaphaj osthroga</i> (macrochelia)	<i>Patha (Cissampelos pareira), kshar, vyosh</i>
4.	<i>Medoj osthroga</i> (cheilitis)	<i>Priyangu (Callicarpa macrophylla) , rodhra (symplocas racemossa), triphala</i>
5.	<i>Jalaarbuda</i> (cyst in lips)	<i>Kshodra (honey), Kshar, pippali (piper longum) , maricha (piper nigrum)</i>
6.	<i>Shitadanta</i> (spongy gums)	<i>Dadim (PUNICA GRANATUM), twak (Cinnamomum cassia), takshrya, kshirini kwath, anu tail</i>
7.	<i>Dantaharsha</i> (sensitive tooth)	<i>Til (sesame), yastimadhu (glycyrriza glabera)</i>
8.	<i>Prachal dwija</i>	<i>Dashamulambu, tutth (Copper sulphate) , rodra (symplocos racemose)</i>
9.	<i>Adidanta</i> (extra tooth)	<i>Ksharen,</i>
10.	<i>Danta sharkara</i> (tarter)	<i>Kshar churna</i>
11.	<i>Krimidanta</i> (dental caries)	<i>Saptaparnaarka ksheer</i>
12.	<i>Shitad</i> (spongy gums)	<i>Musta (Cyperus rotendus), arjuna (Terminalia arjuna), twak (Cinnamomum cassia), triphala</i>
13.	<i>Upakusha</i> (Pyorrhoea)	<i>Laksha (Laccifer lacca) priyangu (Callicarpa macrophylla), kusth (saussurea lappa), maricha (Piper nigrum), rasanjan</i>
14.	<i>Dantapupput</i> (Palatal abscess)	<i>Yasthyadi, swarjika, shunthi (zingiber officinalis), saindev (rock salt)</i>
15.	<i>Danta vidradi</i>	<i>Katuka (Picrorhiza kurroa), kusth (Saussurea lappa), yava (Barley)</i>

16.	<i>Soshir</i>	<i>Rodra (Elaeocarpus ganitrus), mushta, mishi, kinshuk (Butea monosperma), yasthyadi pakva tail</i>
17.	<i>Adimansk</i>	<i>Patol (Trichosanthes dioica), nimb (margosa) , triphalakwath, vacha(Acorus calamus), tejovati (ZANTHOXYLUN ARMATUM)</i>
18.	<i>Dantavidarbha</i>	<i>Kshar, kshirivrikshaambu, jati, madan, khadir</i>
19.	<i>Talupaka</i>	<i>Kasis,takshrya</i>
20.	<i>Talushosha</i>	<i>Kana, shunthi (zingiber officinalis), dhanvmanrasa</i>
21.	<i>Kantharoga</i>	<i>Darvi (Berberis aristata) , twak(Cinnamomum cassia) ,nimb (Margosa) ,takshrya ,haritaki kasaya</i>
22.	<i>Vataj rohini</i>	<i>Panchamulaambu</i>
23.	<i>Pittaj rohini</i>	<i>Priyangu (Callicarpa macrophylla) ,sita, draksha (vitis vinifera) , parushka kwath</i>
24.	<i>Kaphaj rohni</i>	<i>Apamarga (Achyranthes aspera), sveta, danti, saindev</i>
25.	<i>Vatajgalganda (goitre)</i>	<i>Guduchi,nimb,kutaj,hanspadi,bala</i>
26.	<i>Kaphajgalgand</i>	<i>Ajagandha ,palasa, gunja,vatskadirva tail</i>
27.	<i>Medojgalgand</i>	<i>Asanadi churna</i>
28.	<i>Mukhapaka (stomatitis)</i>	<i>Triphala,patha,jati,mridvika</i>
29.	<i>Vatajmukhapak</i>	<i>Krishanaadya</i>
30.	<i>Arbuda (tumor)</i>	<i>Swarjika,nagar,kshodra,guduchi,nimba</i>
31.	<i>Putimukha</i>	<i>Samanga,dhatki,rodhra,padmak</i>
32.	<i>Kanthadi roga (diseases of throat)</i>	<i>Triphala ,kiratiktadi,katutrikadi,mustha,haridra,khadirsara</i>
33.	<i>Sarvmukharoga (diseases of oral cavity)</i>	<i>Khadir ,jambu,madhuyasthi,nilotpala,jatipatra</i>
34.	<i>Mukhadushika (acne), vyanga (blemishes)</i>	<i>Prapunat,rodhra,darvi</i>
35.	<i>Dansamansa,arti,kandu,paka</i>	<i>Patha ,darvi,twak,kusth,musta,tikta,rodhra</i>
36.	<i>Mukha danta gala vikara</i>	<i>Takshrya,patha,vyosh,ghradhuma</i>
37.	<i>Danta aasya galaamya (diseases of throat/oral cavity)</i>	<i>Darvi,(Berberis aristata) ,twak (Cinnamomum cassia), sindu ,manashila, haratal, pitak churna</i>
38.	<i>Galaamya (diseases of throat)</i>	<i>Dvikshar, vara, panchapatu, vyosha, takshrya</i>
39.	<i>Mukha paka (stomatitis)</i>	<i>Saptachdadi kwath</i>
40.	<i>Mukha gada shaishan</i>	<i>Patol(Trichosanthes dioica) ,shunthi (zingiber officinalis) , triphala, vishala (Citrullus colocynthis), nisha, (Emblica Officinalis) amrita (Tinospora Cordifolia)</i>
41.	<i>Mukhasth Nadivrana (oral cavity sinuses)</i>	<i>Darvi,(Berberis aristata) gairik,kshodra</i>

Preventive measures for maintaining oral health

Dinacharya (Daily regimen) described in Ayurveda includes some preventive measures for maintenance of oral health as well as prevention of oral diseases. These include procedures like *Dant Dhavana* (Brushing), *Jivha Lekhana* (Tongue scrapping) and *Gandoosha* (gargling) or oil pulling and inclusion of certain rasayana drugs in diet. For *dantha dhavana* specific drugs with respect to their *rasa* are mentioned. *Nimba* (*Azadiracta Indica*) twigs are considered best among bitter trees, *Khadira* (*Acacia catechu*) twigs best among astringent, *Madhuka* (*Madhuka Indica*) is best among sweet ones and *Karanja* (*Pongamia pinnata*) twigs are best among pungent *rasa*²⁰. For *jihva nirlekhana* tongue scrapers made of gold, silver etc are mentioned²¹. Ideal size and qualities of tongue scraper is also mentioned in the texts. *Gandusha* (oil pulling) and *Kavala* (gargling) are certain procedures described in Ayurveda which involves swishing of certain oils, herbal decoctions etc in mouth for maintenance of oral health as well as prevention of diseases.

Treatment modalities using single and multidrug formulations

Ayurveda always have holistic approach in treating different conditions. For oral disease also treatment according to *dosha* with suitable medicinal formulations explained for general diseases can be used. Apart from that specific formulations for oral diseases are also mentioned in different *samhithas*.

Some single drug remedies useful in oral diseases

1. **Yashti Madhu** (*Glycyrrhiza glabra*) :- Licorice roots are widely used in Ayurveda medicines. It is even told as a tooth stick for brushing in *dinacharya*. It contains a lot of secondary metabolites for health benefits. It mainly pacifies *pita dosha* and *vata dosha*²². It is also said to be *rakta dosha hara* too²³. Thus, its *vranahara* (wound healer) and *sotha hara* (anti-inflammatory) properties makes it more useful in oral diseases²⁴. Recent studies also revealed its action in dental caries, periodontal diseases, apthous ulcers, oral cancers, gingivitis, Candidiasis²⁵. It can be used in

different forms like *kwatha* (decoction), *kalka* (paste form), *churna* (as powder form) etc and that too for both internal and external application.

2. **Madhu** (Honey):- Honey has been beneficial to mankind since ancient times in different ways. The *kashaya* (astringent) *madhura* (and *ruksha* properties of honey makes it useful for *vrana ropana* (wound healing) and *vrana sodhana* (wound cleaner)²⁶. this wound healing property helps in case of apthous ulcers and other oral diseases. The anti-bacterial effects of honey have been proven against gram - positive and negative rods and cocci, yeast and fungi²⁷. Studies also revealed that topical application of honey could help in preventing gingivitis and dental caries²⁸.

3. **Nimba** (*Azadirachta indica*):- As mentioned earlier *Nimba* twigs are considered as a best among *tikta rasa* (bitter) drug for brushing in Ayurveda²⁹. It helps to pacify *kapha*, *rakta* and *pitha dosha*³⁰. Thus it is useful in curing *vrana* (wound), *kushta* (*Saussurea lappa*) and *sopha* (inflammation) etc³¹. All parts of *nimba* tree is said to be useful for *niyamana*³². Studies have proven the effect of Neem tree in prevention of plaque, dental caries, gingival problems and even halitosis³³.

4. **Jambu** (*Syzygium cumini*) :- It mainly pacifies *kapha* and *pitha dosha* but increases *vata dosha*³⁴. It is useful for *kapha, pitta, rakta, daha hara*³⁵. Jamun helps to strengthen the teeth and gum tissues and even reduces the bleeding issues³⁶. Antibacterial properties of *jamun* are studied and found useful in strengthening oral tissues³⁷. Essential oils from *jamun* leaves are reported to have antibacterial effects against *Bacillus sphaericus*, *Staphylococcus aureus*, *Escherichia coli*, *Pseudomonas aeruginosa* and *Samonella typhimurium*³⁸. It can be used internally as well as externally using different preparations.

5. **Dadima** (*Punica granatum*): - Pomegranate fruits are used as both food as well as medicinal purposes. Therapeutically it is found to be useful in a lot of conditions. But they are specifically useful in oral diseases. It is useful in controlling the common oral pathogens which leads to dental caries and periodontal diseases³⁹. Mouth rinses

prepared from this showed reduction in saliva total protein content which is usually found higher in people with gingivitis⁴⁰. The anti-inflammatory effect of pomegranate extract is also useful in reducing the irritation of inflamed gums⁴¹.

Some multi drug formulation useful in oral diseases

1. **Sapthachadadi kwatha**⁴²:- It is a composition of ten herbal drugs which is made in to decoction . It is mainly mentioned for internal use in *mukhapaka* (stomatitis). It can also be used for *gandhusa* (oil pulling) in *mukha paka* (stomatitis). It is *kapha pitha hara* and *rakta prasadana* (blood purifier). It is useful in mouth ulcers of various aetiology.⁴³
2. **Triphala kwatha**⁴⁴:- its a composition of three herbal drugs mentioned most of the Samhitas. for oral diseases its mainly *ropana* (healer), *kleda hara* (remove exudation) and *tridosha hara*.
3. **Ksheeri vriksha kwatha** :- A composition of bark of five trees. It is having *sheeta guna* (cold) and *vrna roapana* (healing) action. *Gandhusa* (oil pulling) with this is helpful for many *paithika mukha rogas* , *danta rogas* etc⁴⁵.
4. **Guduchyadi kwatha** :- A combination of 5 drugs which is mainly *pithakaphara* in action. It is useful both internally and for *gandhusa* (oil pulling) as well as *kavala graha* (gargling).⁴⁶
5. **Guggulutikthaka kwatha**:- It's the decoction made from from the reference of *gugguluthikthaka ghrtha*⁴⁷ . it is *vatha kapha hara* , *medo hara* (hypolipidemic drugs) and *kleda hara* (remove exudation) in action. It is useful in *danta nadi rogas* and other penetrative diseases.
6. **Dasana sankar churna**⁴⁸:- It's a combination of powder of 8 herbal drugs with *bhasma* (metallic preparation) of areca nut and *khadiya mitty*. It's used for cleaning the teeth. It helps to cure *danta roga* (teeth diseases) and *asya roga* (disease of oral cavity).
7. **Pithaka churna**:- It's a combination of both herbal and mineral drugs with *kapha pitha hara* , *ropana* (healing) and *asya vishodhana* (oral cavity cleaner) property. It is used to apply externally with honey and ghee in mouth ulcers of various aetiology⁴⁹.
8. **Pathaadi churna**:- A combination of nine herbal drug powder. Mainly useful in inflammatory diseases , infectious diseases of mouth and bleeding gums etc. It is *kapha pitha hara* , *srava hara* , *paka hara*. It is used for smearing over the gums, *kabala* , *danta dhavana* (brushing) etc⁵⁰.
9. **Khadiradi gutika**:-one of the common remedies for many *mukharogas* (oral diseases). *Khadira* (*cutch tree*) and *arimeda* (sweet acatia tree) are the main contents. It is mainly *kapha pitha samana*, useful in painful conditions affecting teeth and gums. It is also useful in infectious conditions of mouth⁵¹.
10. **Arimedadi taila or irimedadi taila**:- *Arimeda twak* (*Acacia farnesina*) and *khadira sara* (*Acacia catechu*) are the main ingredients. Its commonly used for *Kavala* (Gargling)-*Gandusha* (Oil Pulling) as well as *abhyanga* (massage) in dental and other oral issues. It can also be used for *nasya* (nasal medication) in particular conditions⁵².
11. **Tiktahaka ghrta**:- a ghee formulation useful for many diseases of *paithika* origin. Also, it is useful in conditions affecting bone and teeth⁵³.
12. **Guggulutikthakam ghrtha**:- ghee formulation useful in many *jathrurdhwagata* (head and neck) conditions⁵⁴.
13. **Tila rasayana** :- black sesame seeds are rich in calcium ,iron, copper, magnesium and phosphorus which helps in nourishment of bone and teeth⁵⁵. Use of *tila* (sesame) seeds with *guda* (*jaggery*) is a traditional practice for maintaining healthy oral tissues⁵⁶.

DISCUSSION

Acharyas have classified diseases affecting lips, neck, teeth, gums, palate and those affecting the whole mouth specifically and treatment for these

are also given accordingly. *Dosha* specific and *roga* (diseases) specific treatment are mentioned as well. Many times formulations mentioned for general diseases are also given for *mukha rogas* (oral diseases) depending on their *dosha haratwa* (ability to pacify vitiated *doshas*). Single drug remedies as well as multi drug formulations are found in this context. There are some differences in opinion about the *doshasavastha* (stages) regarding some conditions among acharyas. Also, some diseases are specifically highlighted only by certain authors. But the basic concepts of treatment principles are similar among all. Most of the diseases affecting mouth, gums, throat etc are due to vitiation of *kapha* and *rakta*. So, treatments and procedures that mitigates *kapha* and *rakta* are beneficial in their treatment. Hence *katu* and *tiktha rasa pradhana* (bitter-pungent) medicines will be more useful in these conditions⁵⁷.

CONCLUSION

Oral diseases are causing a major health burden especially in the developing countries. Ayurveda remedies for oral diseases are being practiced by generations. The present review showed that knowledge regarding oral diseases is extensively dealt in Ayurveda and numerous single herbs and formulations are utilized for the prevention and management of oral diseases. Many herbal remedies mentioned in Ayurveda like *Yashti madhu* (*Glycyrrhiza glabra*), *Triphala* etc possess antimicrobial and anti-inflammatory properties. Many are yet to be screened for their efficacy. After proper screening and efficacy studies Ayurvedic remedies can be incorporated in to public health which can provide an affordable and safer oral health care to the public.

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