

“Role of *Apamarga Churna* in Oral Hygiene for *Dantadhavana* ”

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ABSTRACT -

Oral hygiene is very essential to remain healthy because many of the infections start from the mouth. All disorders of mouth are gums and teeth are discoloration of teeth, swollen gums, secretary 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. In this view Ayurveda playing an important role for the prevention of diseases. In Ayurveda many drugs which are essential for dantadhavana are stated. I have selected katu-tikta rasa pradhana “Apamarga Churna”. The importance has been given to Oral hygiene to maintain health and beauty. The healthy Oral

Cavity very much necessary for healthy body. If the teeth are not clean, healthy and strong they cannot be capable to mastication and proper digestion and without proper digestion there cannot be proper nutrition.

KEYWORDS : *apamarga Churna, dantadhavan, teeth, gum, mouth disorder*

INTRODUCTION:

The main aim of Ayurveda is to maintain the health of healthy individuals and cures the disease. Ayurveda aims first maintaining the healthy body and preventing ailments by adopting a proper healthy life style. To complete this aim the swasthya chatushka, has been described in charak

smahita which includes daily regimens in the form of Dincharya, seasonal regimen in the form of Ritucharya, Diatic regimens as well as behavior pattern described under swasthavritta. All doshas, agni, dhatu, mala, kriya, indriya, mana are present in equilibrium state then the individual called healthy one. The word ayurveda is made from two words, "Ayu and Veda". In which Ayu means Life and Veda means Knowledge so we can say that Ayurveda is knowledge of life. Nature always doing better for all live being, but life of modern man is far removed from the rules of nature. In fact, there has been drastic changes in his day by day activities including life style, food habits, sexual life, medication, environmental pollution and industrial and occupational hazardous. Ultimately, these all factors decline the human immunity day by day and due to less protective power and alternative nutrient, so many diseases born and become rigid. Now a day's though our science going towards the extreme of success, till this is accepted all over the world that progression of social health of human beings is very essential than the diagnosis or management of any diseases. But still most of the people of

our country are suffering from many diseases because of the lack of health education For prevention of disease and to maintain the health there are some principles which are mentioned in Ayurvedic texts are dincharya upakarma. By following Dantadhavana, Nasya, Gandoosh, Anjana etc. that are mentioned in Dincharya, we can take care of our indriyas which are 11 in number

(5 Gyaindriyas, 5 Karmendriyas, 1 Mana)

AIMS AND OBJECTIVES -

Aim: Role of Apamarga Churna in Oral Hygiene for Dantadhavana.

Objectives:

- To assess the Role of Khadir Churna in Oral Hygiene for dantadhavana in healthy individuals.
- Comparative study between Apamarga Churna and Khadir Churna.
- To observe the side effect if any.

MATERIAL & METHOD -

Material:

- Subject:
- 71 Healthy Individuals were randomly selected for

Dantadhavana from
Swasthrakshana O.P.D.

- 71 Healthy individuals were divided into two groups.
- Out of those 37 Healthy individuals were Registered for group A and 34 Healthy individuals were registered for group B.

Intervention -

For Group A –37 Healthy individuals using Apamarga Churna.

For Group B - 34 Healthy individuals using Khadir Churna.

वटासनार्कखदिरकरंजकरवीरजम्।
सर्जरिभेदापामार्गमालतीककुभोद्धवम॥
कषायतिककटुकंमूलमन्यदपीदृग्म्।

अ.स. ३/१३-१४.

- Apamarga churna and Khadir churna was collected from market.
- Identification, Authentication and Standardization of Apamarga & Khadir churna was done in GMP approved laboratory.

Method:

- Study Design- Open Randomized Clinical Trial
 - i. 71 Healthy individuals were selected for Dantadhavana randomly.

- ii. Written consent was taken from each individual.
- iii. 71 Healthy individuals were divided into two groups.
- iv. Group A- 37 Healthy Individuals using Apamarga Churna for Dantadhavana.
- v. Group B- 34 Healthy Individuals using Khadir Churna for Dantadhavana.
- vi. Out of those 60 Healthy individuals were selected for Dantadhavana.
- vii. 11 Healthy individuals i.e. 7 individuals from group A and 4 individuals from group B were drop out.
- viii. Dantadhavana was done in morning and at night after meal.
- ix. For Group A 2 gm Apamarga churna for & for Group B 2 gm Khadir Churna for Dantadhavana was given.
- x. Examination was done of the individuals as per Performa.

DISCUSSION:

The objective of the dissertation was to study the role of Apamarga churna for Dantadhavana in Oral Hygiene. In this study 60 individuals were registered.

Clinical trials were carried methodically & proper record of the observations was maintained. The assessment was carried out before & after therapy to evaluate the total effect of therapy.

The importance has been given to Oral hygiene to maintain health and beauty. The Oral hygiene is very much necessary for healthy body. If the Oral hygiene not maintains then lot of Oral disorders to be formed because of that health of an individual cannot be maintain.

In ayurveda katu, tikta, kashaya rasa described for dantadhavana which are very efficient. In ayurveda many drugs (like arjuna, apamarga, karvira, amra, khadira, arka etc.) which are essential for dantadhavana are stated. Out of those I have selected katu-tikta rasa pradhana "Apamarga Churna". In Ayurvedic text it is elaborated as all the Oral hygiene problems are a result of vitiated Bodhak kapha.

According to rasa properties, we can consider the following action, 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, is cleaned by katu-tikta rasa of Apamarga.

Apamarga has Rochana & deepana properties which help in reducing aruchi. Apamarga also have Rochana guna which helps in reducing the mukhvarasya.

According to all above properties of Apamarga churna we consider that the katu-tikta rasa reduces the bodhak kapha in mouth, and tongue & mouth becomes clean. The taste of food feels normal.

Katu-tikta rasa should be used for oral hygiene because mostly diseases of oral cavity are caused by kapha dosha and Apamarga have mainly katu-tikta rasa so it prevents from oral hygiene problems.

By using katu-tikta rasa, bad taste is reduced.

It is best of yogawahidravayas which enhance the efficacy of other drug when used in combination.

It also has healing property of wounds.

Taking account of all discussion we confirm that the katu-tikta rasa of Apamarga churna cures the disorders of teeth and prevents from oral hygiene problems.

CONCLUSION:

- Apamarga churna plays a significant role in reduction of Mukhvairasaya.
- Khadir churna plays a significant role in reduction of Mukhvairasaya.
- Apamarga churna helps in reduction of jivaha mal.
- Khadir churna helps in reduction of jivaha mal.
- Apamarga Churna helps in management of Aruchi.
- Khadir Churna helps in management of Aruchi.
- Apamarga churna shows significant role in management of Halitosis.
- Khadir churna shows significant role in management of Halitosis.
- Apamarga churna is significant in management Danta mal.
- Khadir churna is significant in management Danta mal.
- Apamarga churna is significant on oral ph.
- Khadir churna is significant on oral ph.
- The drugs (I e. Apamarga and Khadir churna) is cost effective, easy to prepare & easy to take.
- No side effects were seen.

- The drug Apamarga and Khadir Churna plays a significant role in management of dental diseases as well as in maintaining healthy oral hygiene.
- Hence the synergistic effect of all these drugs totally act on oral cavity i.e. teeth, jivaha etc. and cures the problems in such a way that the patient feels himself guise fresh and clean oral cavity.
- Hence according to all above study Apamarga Churna comparative to Khadir Churna is equally significant.

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