

Vol. 11 | Issue No. 2 | April-June 2016

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THROUGH AYURVEDA**

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**OVERCOME  
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RNI No. KERENG/2006/20510

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Bonny Thomas

Consulting Editor  
O.J. George

Executive Editor  
TKV.Mani

Editorial Co-ordinator  
Nina Susan Abraham

Layout & Design  
anoopkumar0@gmail.com

## Panel of Experts

Mrs. S. Jaleja IAS (Retd)  
Dr. Madan Thangavelu (Cambridge University)  
Dr. G. S. Lavakar (Former Director General, CCRAS)  
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Adv. Biju Hariharan

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Ireland : Thomas Mathew  
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Middle East : Anil Nath  
Ph: 506854500  
Singapore : Mahesh A, Ph: +65 906 22828  
Germany : Thomas Vallomtharayil  
Ph: 02305 4455 100  
Austria : Monicham Kalaperackal  
Ph: 0043 6991 9249829  
Korea : Dr. A. Thomas, Ph: 0082 10 5822 5820  
Australia : S. Mathew, Ph: 61247026086

## BUSINESS ASSOCIATES India

New delhi : Virendra Jagtap, Mob: +91 9654593521  
Mumbai : Mohan Iyer, Mob: +91 22 6450 5111  
Ahmedabad : Madanan MA, Mob: +91 98980 02522  
Hyderabad : Vinod Menon, Mob: +91 08143617672  
Trivandrum : Balagopal, Mob: +91 9544181188  
Chennai : C N Ramachandran, Mob: +91  
9841726257  
Puducherry : K. Ramasubramanian, +919894977161  
Goa : Olavo Edrigo Lobo - 9822589237

## Ayurveda an answer to your dental woes

Is bad breath keeping your friends away from you? Are you finding it difficult to face your friends due to yellow teeth? Are you suffering from a million of dental woes with barely any solution? Don't panic, because with this edition we hope to do justice to all your dental queries.

Ayurveda is synonymous to alternative and traditional medical treatment and it is wrong to believe that this ancient treatment system offers cure only to a handful of diseases. It is also wrong to believe that Ayurveda has no treatment for any kind of dental issues. This is because of the fact that Ayurveda and dental issues are hardly discussed and written about. Through this issue we have strived to correct this perception. The only primary rule of Ayurveda is that this ancient method of healing is more preventive than curative. It defines a lifestyle which if followed diligently can help a person lead a healthy and peaceful life.

As mentioned earlier, even though there is hardly any research in this field there is a lot of literature that has gone unawares. This field of study is very important today since the new corporate culture demands an individual to be ready for placement or promotion only if his/her oral hygiene is sound. We also need to understand that oral hygiene is a very important area that needs to be discussed considering the chemicals used in toothpastes and mouth washes have great potential for diseases like mouth ulcer and oral cancer. It is in this context that Ayurvedic method for dental woes becomes relevant. Thus, the best solution to all dental disorders is to adapt to Ayurveda methods as it can leave one with very little side effects. If Neem sticks and other herbs are used to clean teeth you can assure yourself of healthy gums and teeth and a mouth that is devoid of bad breath.

Before we look at the traditional Ayurvedic ways to ensure good oral health, we need to try and understand what causes tooth decay or other oral illnesses first. A lot of this is detailed in this issue. This issue will thus take you through a journey that will help you understand the reasons for poor oral health and describe to you some age-old relevant Ayurveda practices that will be effective in preventing tooth decay and thus ensuring good health and oral hygiene.

- Editor

## CORPORATE OFFICE

FM Media Technologies PVT Ltd,  
Panta Square, Opp. Kavitha, MG  
Road, Cochin - 682016, Kerala, India.  
Tel/Fax: +91 484 2341715  
Email: editor@ayurvedamagazine.org  
www.ayurvedamagazine.org

Printed, published and owned by  
Bonny Thomas  
FM Media Technologies Pvt. Ltd.,  
Panta Square, Opp. Kavitha,  
MG Road, Cochin - 682016,  
Kerala, India.  
Editor: Bonny Thomas

Printed at Sterling Print  
House Pvt Ltd, Dear No.  
49/1849, Ponnakkara-  
Cheranallur Road, Aina,  
Ponnakkara P.O.,  
Cochin-682041,  
Ph: 0484 2800406.

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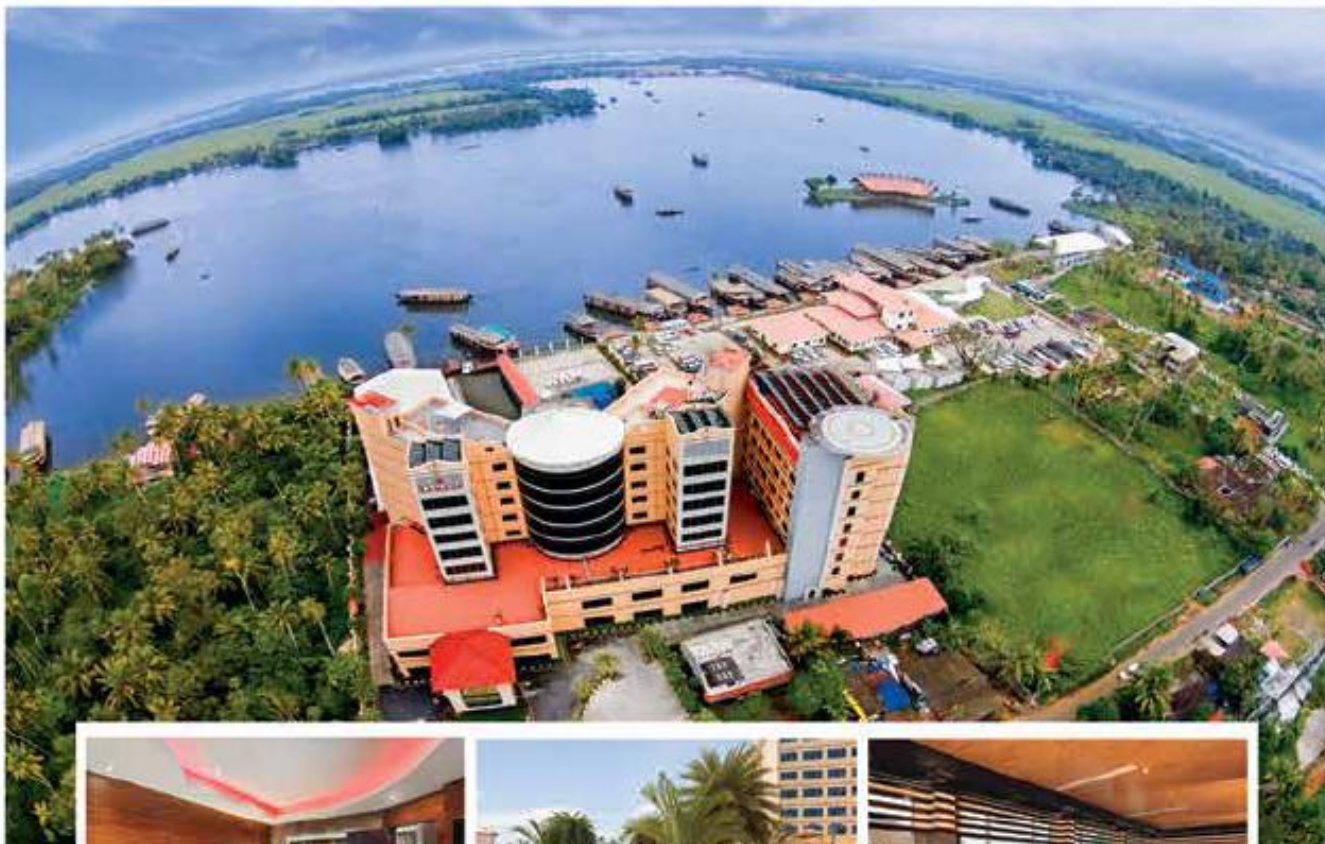


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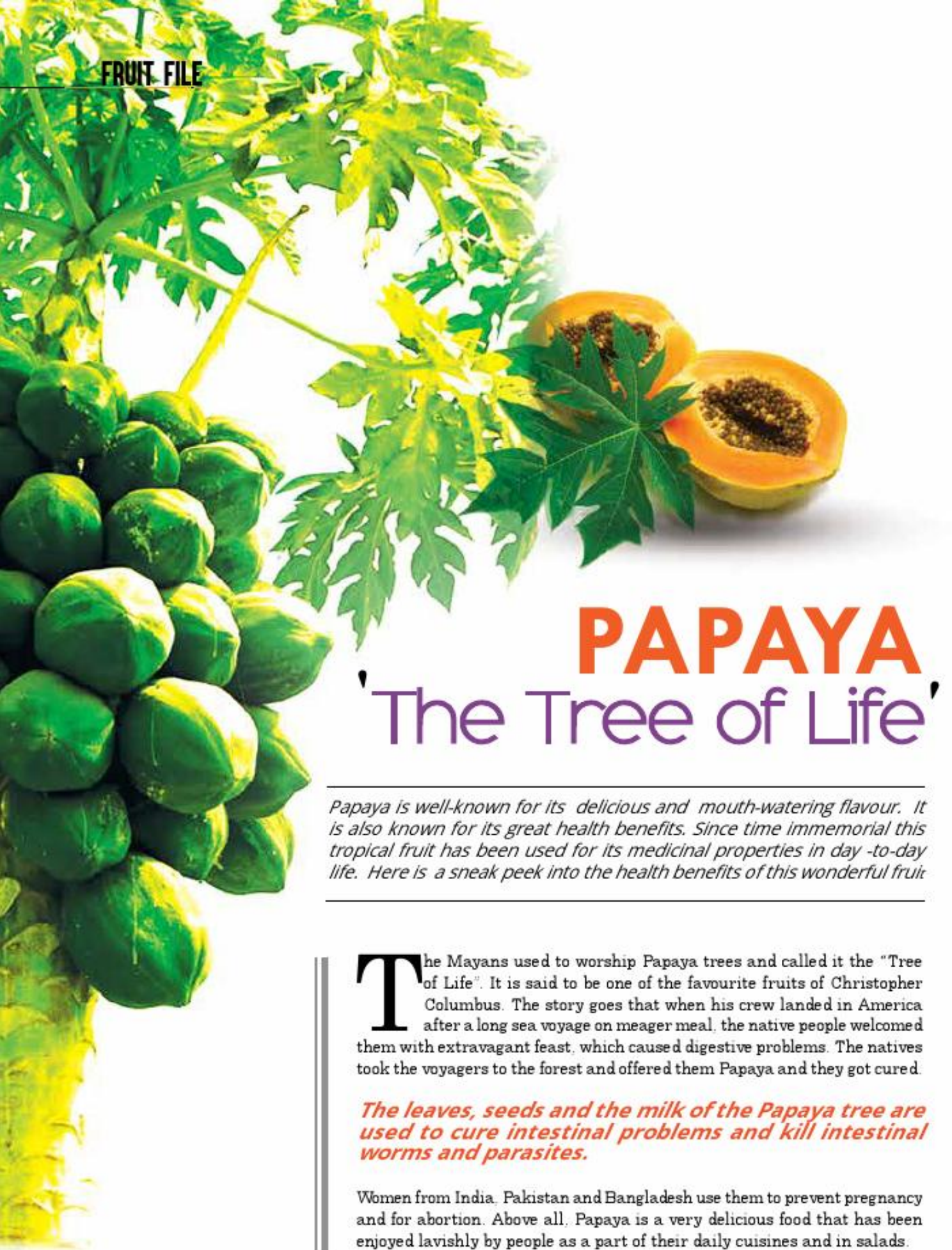


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# PAPAYA

## 'The Tree of Life'

*Papaya is well-known for its delicious and mouth-watering flavour. It is also known for its great health benefits. Since time immemorial this tropical fruit has been used for its medicinal properties in day-to-day life. Here is a sneak peek into the health benefits of this wonderful fruit*

**T**he Mayans used to worship Papaya trees and called it the "Tree of Life". It is said to be one of the favourite fruits of Christopher Columbus. The story goes that when his crew landed in America after a long sea voyage on meager meal, the native people welcomed them with extravagant feast, which caused digestive problems. The natives took the voyagers to the forest and offered them Papaya and they got cured.

***The leaves, seeds and the milk of the Papaya tree are used to cure intestinal problems and kill intestinal worms and parasites.***

Women from India, Pakistan and Bangladesh use them to prevent pregnancy and for abortion. Above all, Papaya is a very delicious food that has been enjoyed lavishly by people as a part of their daily cuisines and in salads.





## HEALTH BENEFITS OF PAPAYA

1. **Skin & Papaya-** It is great for the skin and can be used as a face-pack for good results. It helps to get rid of acne and skin infections as it assists in opening clogged pores. The fermented flesh of Papaya also called as papain helps to dissolve the dead cells, giving fresh and glowing skin as a result. It is good to cure the skin infections and wounds that don't heal quickly.

2. **Cholesterol & Papaya-** As it is a fruit that is rich in fiber it lowers blood cholesterol levels. It contains enzymes that help prevent oxidation of cholesterol, which in return helps to prevent heart-attacks.

3. **Anti-ageing & Papaya-** The antioxidants in Papaya help in controlling premature ageing. This quality of the Papaya helps you to get a younger look.

4. **Intestinal Worms & Papaya-** The seeds of Papaya too possess medicinal properties. They are very good in treating intestinal worms in the body.

5. **Constipation & Papaya-** Papaya helps in preventing constipation and aids in digestion. The enzyme papain is a digestive enzyme that helps in natural digestion.

6. **Colon & Papaya-** Its juice helps in curing infections of the colon by clearing the pus and mucus from it. You need to take it regularly to heal quickly.

7. **Weight Loss & Papaya-** It is low in calories and high in nutritional values. Hence, it is a good food for those who want to lose some weight.

8. **Morning Sickness & Papaya-** In pregnant ladies, regular

consumption of a small slice of Papaya helps to cure nausea and morning sickness.

9. **Osteoporosis & Papaya-** It contains anti-inflammatory enzymes that help in relieving pain for those who are suffering from arthritis, edema and osteoporosis. It also possesses anti-cancerous properties that can help prevent cancer.

10. **Immunity & Papaya-** It is rich in Vitamin A and Vitamin C that help in boosting the body's immunity and hence is very good for those who are suffering from fever, cold or flu.

11. **Shampoos & Papaya-** Shampoos containing Papaya are very good to control dandruff.

12. **Menstrual Irregularities & Papaya-** It helps in controlling the





menstrual irregularities in women. Papaya helps to ease menstrual cramps and helps in promoting regular flow of menstruation.

13. Liver cancer & Papaya juice - As it has anti-proliferative effect on liver cancer cells it stops or slows down the growth of the cancer cells of liver and helps in its cure.

14. Contraception & Papaya- Research with adult male langur monkeys has shown that it has contraceptive capability and maybe it has similar effect in adult males too.

15. Kidney disorder & Papaya- In poison related kidney disorder it



was found that the aqueous seed extract of the unripe mature fruits of Papaya induces antioxidant and oxidative free radical scavenging and help kidney to recover.

16. Dengue Treatment and Papaya

- Researchers have found that the juice obtained from the Papaya leaves helps in the dengue fever treatment. The extract obtained from the papaya leaf increases the platelet count also known as thrombocytes in patients with dengue fever.



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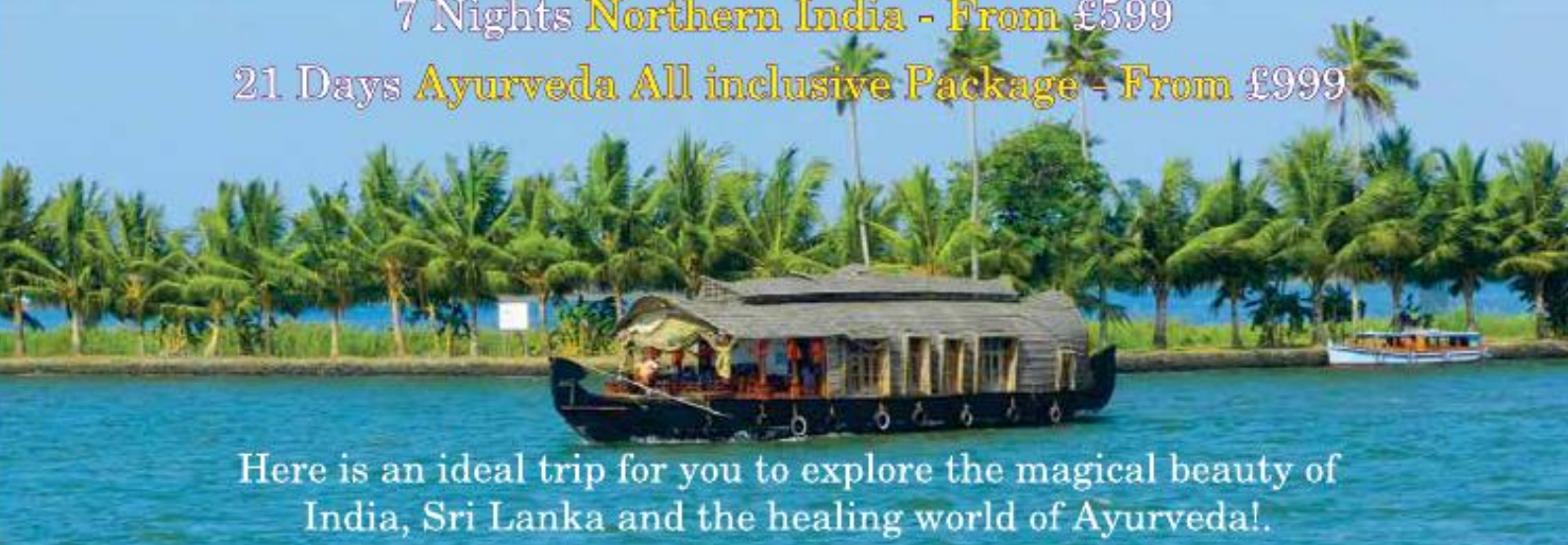
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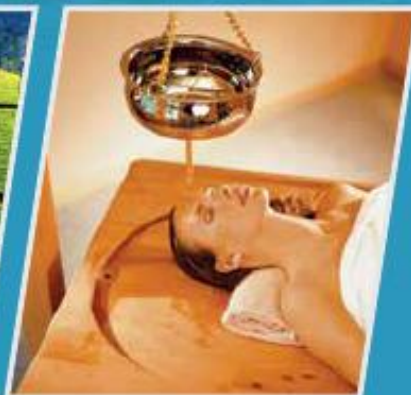
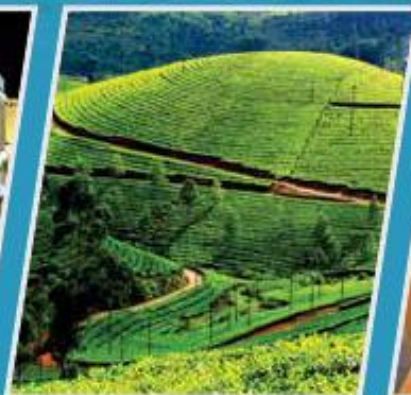


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# ORAL HYGIENE AYURVEDIC VIEWS



***Oral hygiene is part of healthy life. It has been a regular practice followed by people for keeping mouth and teeth clean for dental health, which keeps many diseases away. A look at the benefits of oral health.***

.....

**Dr.K Praveen M.S.(Ay)**

Medical Officer

Indian Systems of Medicine, Kozhikode - Kerala

Email-dr.praveen.0088@gmail.com, Phone-09400730088/09847730088





**A**yurveda, "the science of life," explains each and every step for healthy living. The ancient treatment system defines health as the tri-pole of physical, mental and social well-being. Centuries back itself, Susruthacharya stated health as "sama dosha samagnischa sama dhatu\mala kriya, prasanna ath-mendriyam anahswa sthaithy abhindheeyathe" - the healthy proportion of the vital factors along with proper digestion, assimilation, metabolism and proper excretion of urges along with a happy mind, soul and healthy sense organs is health. The universally accepted World Health Organization's (WHO) health definition also points out the same ideas. In the present era, understanding the basic Ayurvedic concepts of preventive health care is must for healthy living.

## ORAL HYGIENE

Oral hygiene is the practice of keeping the mouth and teeth clean for dental health and to avoid bad breath. Brushing, teeth, gum massaging and gargling are main techniques for oral hygiene. Brushing helps to removedental plaque and tartar from teeth and helps

to prevent cavities, gingivitis and gum disease. Tooth decay is the most common global disease affecting every family. Another main issue is the plaque formation on teeth. Plaque is a sticky film that forms on the teeth and gums. The bacteria in plaque release acid that can cause tooth decay.

## DANTHARAKSHA CHARYA or AYURVEDIC DENTAL CARE

Good oral hygiene is essential for oral health. Ayurveda has mentioned various techniques under Dantha RakshaCharya which includes Ayurvedic oral hygiene for preventing dental caries and various diseases related to gums, tongue and mouth.

Ayurveda explains Danda RakshaCharya while detailing the daily regimes. Various herbal medicines which can be used as tooth brush, gum massage powders and gargling are mentioned in this. Pastes or powders or herbal twigs with astringent, bitter and pungent tastes are mentioned for tooth cleaning (Danda dhavana).

Twigs of Vata (Indian Banyan), Asana, Arka (Crown Flower), Khadira (Cutch tree), Karanja(Pongamiaglabra), Kara-

veera (Indian Oleander), Arimeda (Mimosa Bush), Apamarga (Apamarga), Malathi(Jasmine) or such other known herbs which poss the above mentioned tastes should be used for tooth cleaning. These twigs should be of the thickness of the little finger, straight, devoid of knots and obtained from trees grown at a good place. One end is made like a brush by chewing and the teeth cleaned with it in the morning, after meals and at night.



## GUM MASSAGE

Gum massage is indicated after brushing. After cleaning the teeth, the gums are cleaned without hurting them by rubbing with nice powder of vapyra or kushta and three groups of three drugs – Triphala, Trikadu andTrujatham mixed with honey.



**Trikadu** - (Sundi(Ginger), Pippali(Long Pepper), Maricham(Black Pepper).

**Triphala**- (Amalaki(-Gooseberry), Bibhitaki (Almond), and Haritaki (Myrobalan).)

**Trijatha** - (Ela(Cardamom), Lavanga (Cloves), Twak (Cinnamon) )

### TONGUE CLEANING

Tongue cleaning should be done after gum massage using soft tongue scraper or massages over tongue. It will remove the dirt, bad taste and smell of tongue, mouth and teeth. It produces better taste, cleanliness and softness of the mouth and dispels the diseases of the tongue, mouth and teeth.

### KABALAM OR MOUTH GARGLES

Specially prepared decoctions are used for Ayurvedic gargles known as kabala. This is of four types. Snaihika kabala -lubricating effect, Samana kabala - mitigating effect, Sodhana kabala - purificatory and Ropana kabala - healing effect. In usual practice for oral hygiene luke warm Triphala Choornam decoction is used. Many combinations are mentioned in Ayurveda for mouth gargles which can also be used for oral irrigation depending on various pathological conditions of mouth and gums. Oral irrigators reach 3-4 mm under the gum line. Oral irrigators use a pressured, directed stream of water to disrupt plaque and bacteria.

### DIETS FOR HEALTHY SMILE

Foods that help teeth and gums

include cereals which are rich in vitamin B, fruits and vegetables containing vitamin C, both of which contribute to healthy gum tissue. Lean meat, fish and poultry provide magnesium and zinc for teeth.

Milk is a good source of calcium, the main component of teeth and bones. Cheese contains calcium and phosphate, which helps balance pH in the mouth, preserves and rebuilds tooth enamel, produces saliva, and kills bacteria that cause cavities and disease. Animal foods contain phosphorus which, with calcium, is one of the two most vital minerals of teeth and bone.





Ayurvedic combination Triphala-choornam is well used as a rasayana with honey, having high anti-oxidant property. It is an Ayurvedic herbal formula consisting of equal parts of three myrobals, taken without seed: Amalaki (*Emblica officinalis*), Bibhitaki (*Terminalia bellirica*), and Haritaki (*Terminalia chebula*). Green tea contains polyphenol anti-oxidant plant compounds, which are thought to reduce plaque, and to help reduce cavities and gum disease. Tea may also help reduce bad breath and its fluoride content is also good for teeth.

Fruits such as apples, strawberries, gooseberries etc. contain Vitamin C. This vitamin is essential for healthy gum. Vitamin A is necessary for the formation of tooth enamel. Crunchy vegetables may also help clean gums. Onions contain anti-bacterial sulphur compounds. Celery protects teeth by producing saliva which neutralizes bacteria that cause cavities. Sesame seeds reduce plaque and help build tooth enamel. They are also very high in calcium. Sesame oil mixed with luke warm water is even used for gargling and irrigation.

#### CARE TO AVOID DENTAL CARRIES

Uncontrolled and abundant intake of sweet and salt rich foods leads to dental carries and gum infections. Ayurvedic texts while explaining dental care strictly says to avoid drugs that are sweet and salty. Avoiding such food stuffs helps to prevent dental carries and gum diseases.

Sweets, cooked starches (chips items), table sugar etc are com-

monly associated with dental cavities. The more frequently sugars are consumed, the greater the time during which the tooth is exposed to low pH levels, at which point de-mineralization occurs. Limiting sugar-containing foods and drinks is one way to reduce the incidence of cavities. Consuming drinks such as orange juice or cola or cooled sugar containing beverages throughout the day raises the oral health risks.



### IMPORTANCE OF GOOD ORAL HYGIENE

- Prevention is always better than treatment.
- Good oral hygiene habits will keep you away from most diseases related to teeth and gums.
- Dedicate daily some time for your dental and oral care
- Maintaining good dental hygiene should be a lifelong everyday habit.
- Daily practice of Danda Raksha Charya, with proper danda dhavana and gum massages followed by gargling will give you a healthy smile forever.

### SIGNS OF GOOD ORAL HYGIENE

- Healthy mouth with a healthy smell
- Clean teeth without any debris
- Healthy gums
- No bleeding of gum and gum pain
- Clean and smooth tongue

#### Keep in mind...

- Ayurvedic dental care can help to keep your teeth and gums healthy
- Practice Dandha dhavana- brushing teeth twice daily
- Rinse your mouth well after each meals and brush and
- massage your gums with your fingers after each meal
- Gargling to avoid debris and gum infections
- Practice healthy diet
- Limit sugar and crispy fried snacks and limit soft drinks





# TIPS FOR SUMMER GLOW ON YOUR SKIN





A glowing skin is an asset to anybody. While this comes naturally to some, others have to work on it. The only truth is that it is achievable. Also, a glowing skin can be the first great impression you can create. Summer heat usually drains the skin of its glow but here are some tips so that your skin glows during summer too.

---

**1.** Remove dead skin cells, toxins and other deposits from the skin by using an exfoliating mask. This will help to give a fresh complexion to your skin and will remove blemishes. A mixture of plain yogurt mixed with honey can act as a great cleanser and moisturizer. This mask can be applied to the skin and then left there for ten minutes after which it can be washed off with warm water.

---

**2.** For extremely oily skin, use of lukewarm water for cleansing is recommended. This will dissolve and wash off the excess oil from the skin more effectively than cold water.

---

**3.** One of the most important factors of skin during summer is to prevent it from getting tanned. Use of any kind of citrus fruits is essential to remove any kind of tan from the skin during this season. Lemon is a natural bleaching agent and will help remove any kind of tan from the skin. Lemon can be used both externally and internally to give glow to the skin during summer.

---

**4.** It is advised that a paste of banana and milk can be applied to the skin and left for 10 -20 minutes to give the skin a soft and glowing look. This is very effective during summers.



5. Another face pack for the skin is a paste of mashed papaya, honey and egg white. This paste can again be applied to the skin for a soft, smooth glowing effect.

6. It is mandatory to use moisturizer in summer to effectively tone the skin without making it too oily. For this purpose a water-based moisturizer is recommended during summer.

7. During summer it is recommended to have cool showers rather than a hot water bath since cool shower will hydrate the skin and make it look fresh.

8. A mixture with equal quantities of cucumber juice, rose water and lime juice can be applied as a mask for the face and left there overnight. This mask helps in clearing the complexion and thus keeping it healthy.

9. To clean the clogged deep pores of the skin during summer, a mixture that has 50ml of raw unboiled milk with two teaspoons of lime juice can be used.

10. Orange juice can be applied to the skin for a soft even tone.

11. A paste with equal quantities of turmeric powder, wheat flour and sesame oil is highly effective in removing facial hair.

12. A mixture that has equal quantities of lime juice, glycerin and rose water if applied to the face regularly at bed time is very useful in removing pimples, black-heads and other stains of the skin. It makes the skin soft, and can also be applied to other parts of the body (hands, feet etc.)

13. To keep your skin glowing this summer, another method to be used is to wash your face daily with Rose water. This is highly coolant and can act as a good toner for the skin.

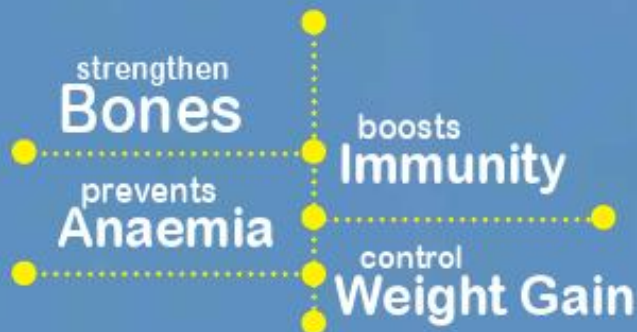
14. Also drinking 8-ounce glasses of plain, filtered water everyday can help to maintain the moisture balance of the skin and body.





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GoodBye

# YELLOW TEETH

**E**very person in his life would have at least stood once in front of the mirror gazing the colour of his teeth. Many a time people might have noticed them being yellow in colour which usually brings a deep

sense of distress. Many thoughts like 'I can't face my boss...or I may not be able to face the public...or I have lost my dignity...or is it a serious medical condition I've had landed into...?' pop up and stagnates in the mind which brings a negative impact in their life.

Ayurveda, the science of life, provides many methods to get healthy white teeth and to clear off from this problem. Some of these methods give you an immediate relief but some are preventive factors that are to be practiced daily for preventing yellow discoloration.









## What causes your teeth to get yellow?

**Yellow tooth is not a very serious medical condition. The common causes are:**

**Lack of Oral Hygiene** – Improper routine for brushing of teeth, flossing and rinsing your mouth causes accumulation of plaque and tartars thus making them yellow.

**Getting Old** – Thick enamel looks white, but thin enamel allows dentin tones to show through, making teeth look yellow from the outside. As a person gets old his enamel gets thin making it appear yellow.

**Fluorine content of water** – High fluoride levels of water used cause yellow blotching of teeth.

**Smoking** – Tobacco products in various forms like cigarettes, pipe smoke can stain teeth due to accumulation of tannins.

**Dry mouth** – Saliva neutralizes acid and washes it away. But those who have dry mouth miss out this protective effect. People who breathe through their mouth, because of blocked nasal passages or other medical causes or even as a habit, have dry mouth. This decreases saliva and hence doesn't neutralise the acidic pH in the mouth completely which puts them at risk of developing thin tooth enamel, thus making it look yellow.

**Constant intake of sour foods and drinks:** Sour foods, like sour candies, oranges, soda etc, decrease the pH of mouth thereby increasing demineralisation. This makes enamel thin and makes teeth appear yellow.

**Medicines** – Some antibiotics, anti-histamines, drugs for high blood pressure and anti psychotic medications can cause yellow blotching of teeth of children younger than 8 years old.

**Diseases** – Sometimes even chronic diseases can affect enamel and lead to yellow discoloration of teeth. Even chemotherapy or radiation therapy may discolour teeth. In these cases, the discoloration is more of a brownish colour.

**Hereditary** – Yellow teeth can even be as a result of inheritance.





## Normal colour of teeth

Generally, teeth are light yellow to greyish or bluish white in colour. Since enamel is semi-translucent, the colour of dentin and structures underneath enamel strongly affects the appearance of a tooth.

There are usually two types of dentition. The first dentition that appears by around the age of 6 – 8 months is called as primary dentition or milk teeth. All these teeth are gradually lost and replaced by permanent teeth which start appearing around 6-7 years of age. The enamel on primary teeth has a more density of opaque crystalline minerals. This makes it appear to be whiter. In permanent teeth the density of these crystalline minerals is less and hence, it appears dull when compared to the milk teeth.

## What are the Ayurvedic methods to remove yellow colour?

### Brushing your teeth with herbal powders (DantaDhavana)

Ayurveda advises to use herbal drugs which are Kashaya (astringent), Katu (pungent) or Tikta (bitter) Rasa (taste) in nature. Drugs with these rasa have the ability to scrap plaques (doshas) from the teeth. They are anti-microbial in nature and hence prevent the accumulation of bacterial colonies in the teeth. These drugs will even remove the yellowish discoloration of teeth and make them appear glistening white. The herbal drugs which are specifically used are Arka, Nyagrodha, Arjuna, Khadira & Karanja.

AR KA	NYAGRODHA
The skin on the root helps in removing bacteria and cleans the plaque.	It restores back the colour
ARJUNA	KHADIRA
It helps in repair of the damaged tissue	This drug is specifically beneficial for teeth (dantya) and anti-microbial activities (krimighna)



Out of all these drugs Khadira is the most specific. It is dantya, i.e., it is beneficial for the teeth. Usually in villages where there is plenty of vegetation, fresh drugs are taken and a part is bitten and chewed to make it in the form of a brush and then teeth are cleaned. When fresh drugs are unavailable, dry powders (choorna) of these plants are taken and used for brushing.



#### **Ideal tooth powder to remove yellow discoloration**

Combination of the powder of the following drugs is an ideal tooth powder to make teeth shine white.

1. Grihadhooma.....20 gms
2. Khadira.....15 gms
3. Asana coorna.....15 gms
4. Trikatu coorna.....10 gms
5. Arjunacoorna.....10 gms
6. Arkacoorna.....10 gms
7. Haridracoorna.....5 gms
8. Nimbacoorna.....5 gms
9. Yavakshara.....5 gms
10. Lohabhasma.....5gms

**Apart from these, following drugs are also helpful in whitening the teeth**

#### **GHRIHADHOOMA**

It is the kitchen soot. It appears in abundance when firewood is burnt in kitchen for cooking.

#### **YAVAKSHARA**

It is the alkali preparation from yava (barley). This helps in removing the plaques from teeth, thereby making it white.

#### **LOHA BHASMA**

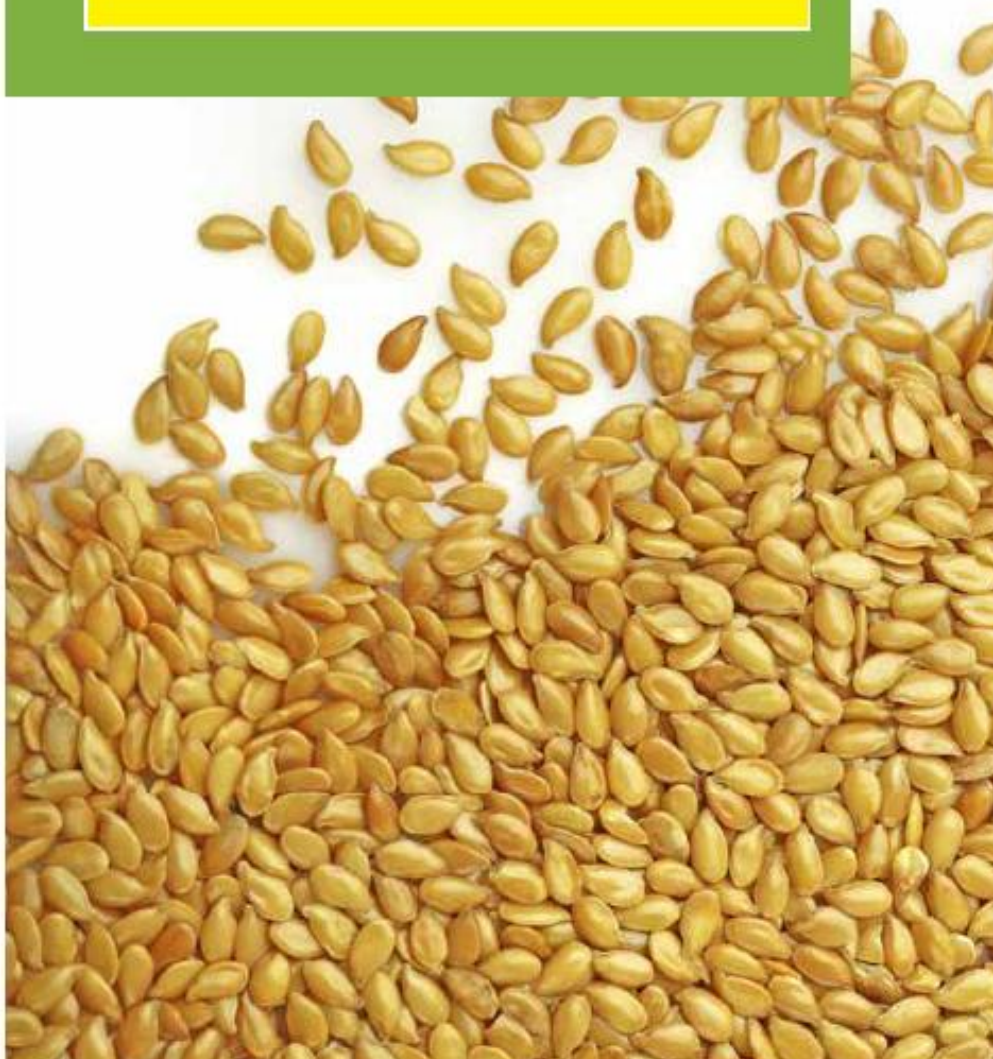
It is calcined iron which has a scarifying action to remove the doshas in teeth.

#### **TRIKATU**

Trikatu is the combination of Shunti (Ginger), Pippali (Long Pepper), Kana (Black Pepper)

#### **HONEY**

It has a scarifying (vilekhana) action. It heals the wound (vrana) and cleanses it. It has the capacity to enter even into the minute pores in the body (sookshma) and helps in clearing the pathways. It helps to maintain the colour or complexion (varnyam)





### Oil Pulling with Sesame Oil (TilaTaila Gandoosha)

In Ayurveda, sesame oil has been described to bring wonderful effects on teeth. It helps in bringing stability (sthairyata) and strength (bala) of the enamel. It also helps in bringing back the colour (varnyakaram) of the teeth. It easily enters the smallest channels in the body (sookshma). It helps in nourishing the teeth (bramhana). It is scarifying (lekhana) in nature. Oil pulling (Gandoosha) is a procedure in which oil is put in mouth and kept for nearly half an hour.

This can be done after brushing teeth with above said powders. Thus oil pulling helps in removal of excess doshas in the teeth. When constantly practiced, it improves remineralisation of enamel and helps in attaining its strength, resistance against traumas, improvement in thickness thereby helps in attaining a white teeth.

### Practice Pan Chewing (Tamboola-Sevana)

This may seem erroneous, but is highly scientific and was practiced in olden days. Chewing two betel leaves, 1 arecanut and little quantity of slaked lime added with herbal powders of Karpoora, Jatiphala and Lavanga is extremely helpful in removing the plaque deposits in teeth, increasing the salivation and increasing the pH of mouth which decreases immediately after intake of food. This increase of pH will help in remineralisation of enamel. The action of these herbal drugs prevents the formation of bio-film over the teeth and thereby preventing plaque formation.

#### KARPOORA

Lekhana removes the plaque and bad breath from mouth

#### LAVANGA

It reduces the accumulation of saliva, bad smell from mouth (vaktrakle dada-urgandhyanashanam)

#### JATIPHALA

This drug has a specific action of removing the plaques in the mouth (mala) thereby removing the bad breath (mukhadaurgandhya) and discolouration (krishnata)



### Practicing Nasya

Nasya is a very potent mode of treatment for teeth disorders. Nasya with anu taila (an ayurvedic pharmaceutical medicine) helps in decreasing the yellow colour of teeth. This has to be practiced as a final step of all activities. Two drops of anu taila (called as pratimarshanasya) instilled separately in both the nostrils helps to gain strength of enamel. Anu taila contains goat milk and sesame oil as its bases.

### Eating black Sesame seeds

Eating black sesame seeds daily is extremely helpful in preventing yellowish discolouration of teeth. Sesame seeds contain calcium, phosphorous, iron and vitamin B complex. Sesame provides strength (bala) to all the parts of teeth.





## What are the practices to maintain white teeth?

### AVOID

☑	Smoking
☑	Drinking cold water
☑	Caffeine containing food stuffs like coffee
☑	Carbonated drinks like soda, fizzes or cokes.
☑	Over eating sour fruits and vegetables
☑	Use of baking soda to clean the teeth. (Baking soda has a corrosive action and it may provide a whitening effect temporarily, but its constant usage may decrease the strength of enamel, thereby making the teeth more yellow).
☑	Use of Lemon and salt. (This combination is widely practiced to remove the yellowish discoloration of teeth. Both these are scarifying agents and remove the doshas from teeth. But many have reported of getting sensitive teeth on applying it. This is because of the acidic pH of the lemon. Secondly practicing this for a long time may fasten the degradation of enamel, thereby making it more yellow.)

### PRACTICE

☑	Finger brush your teeth and wash your mouth after having any food substance orally. This will reduce the accumulation of food wastes on teeth surface.
☑	Avoid snacks between meals. This allows your saliva to dilute the acids in your mouth.
☑	Drink water after eating or drinking any acidic foods to help reduce the acid's eroding effect.
☑	Daily eating of an apple keeps teeth white.
☑	Eat strawberries, as they help in maintaining teeth white.

**Chew 1 tablespoon of sesame seeds daily and then drink cool water. This aqueous medium helps in easy remineralisation of the enamel and this strengthens teeth thus making it whiter.**

**Dr. Praveen Balakrishnan**  
B.A.M.S., M.S. (Ayurveda)  
Assistant Professor,  
Department of Shalakya Tantra  
(Eye & ENT Section),  
Vishnu Ayurveda College, Shoranur  
☎ 09495219678





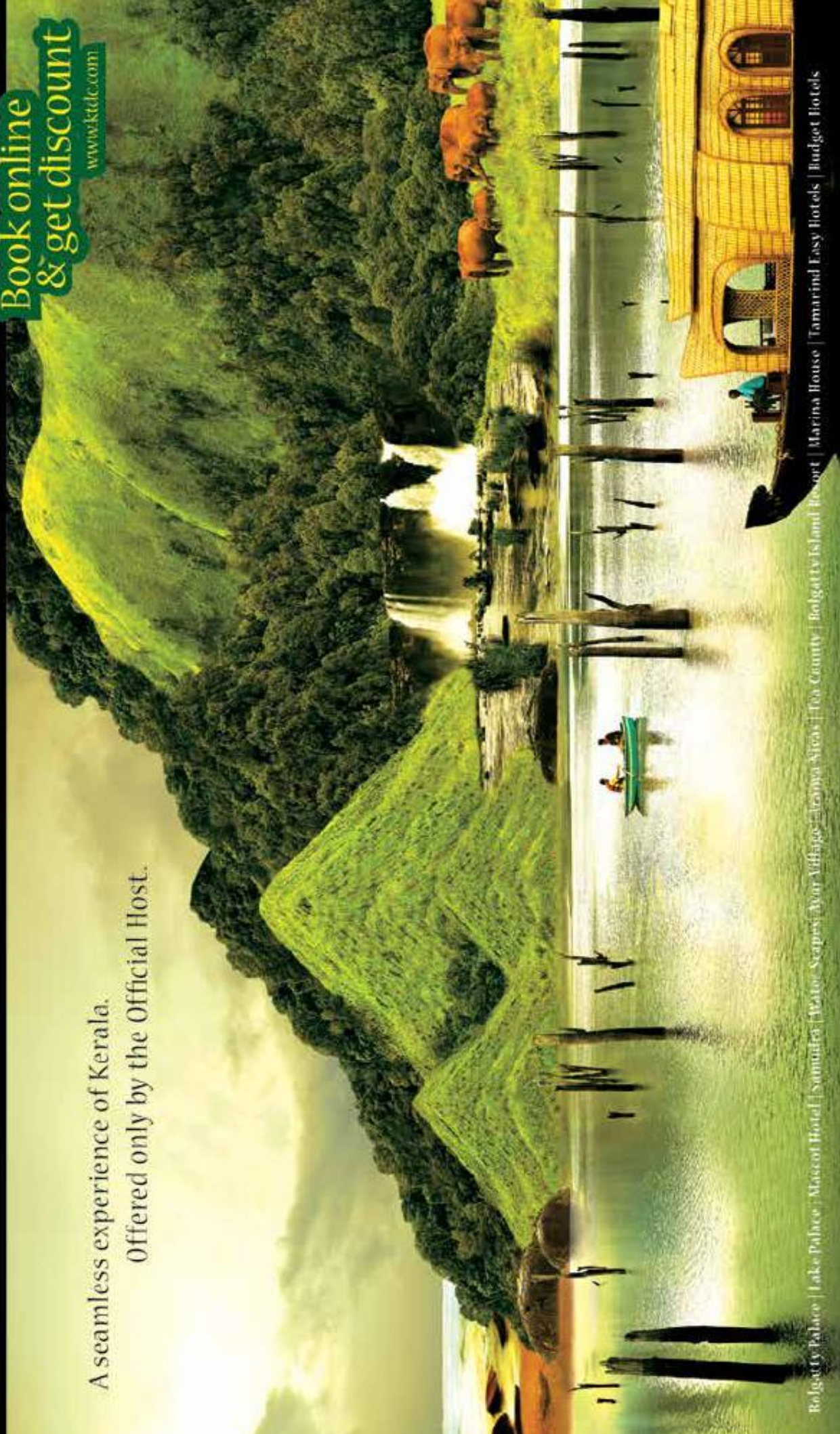
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# FOR CHEW Neem Sticks FOR **DENTAL CARE**





**Dr. V C. Indulekha MD**  
 (Kayachikitsa), MD ( Dravyaguna),  
 Assistant professor,  
 Department of Dravyaguna,  
 Government Ayurveda College,  
 Thiruvananthapuram.  
 drindulekha@gmail.com  
 9446553068



**A**yurveda is a science to provide cure for medical ailments without causing any undue side effects by the use of naturally occurring herbs and shrubs. Nimba is one such wonder plant extensively used in Ayurveda, Unani and Homoeopathic medicine. Its Sanskrit names like 'arishta', 'pichumarda' -meaning relieving from all diseases- also indicates its multi-system activity. It is locally known as Neem tree or Indian lilac, the most versatile, multifarious tree of tropics. It is a tropical evergreen tree, native to East India and Myanmar, grows much in South East Asia, West Africa, recently Caribbean and South and Central America. It is also cultivated in various parts of Indian sub-continent. Neem has become a wonder tree of modern medicine. It has been used traditionally for the treatment of inflammation, infections, fever, skin diseases, diabetes, abscess, liver disorders, dental problems etc. The tree is regarded

as 'village dispensary' in India.

**Medicinal uses:** Despite almost every part of the tree having a bitter taste, parts such as leaves, bark, flower, fruit, seed and root have advantages in medical treatment and useful in industrial products. Its leaves are used for diabetes, eczema, fever, infections, chickenpox, and increased immunity of the body; to reduce fever caused by malaria, treating various foot fungi, useful against termites, etc. Neem bark fights against skin infections such as acne, psoriasis, scabies, eczema, etc. and treats diabetes, cancer, heart disease, herpes, allergies, ulcers, hepatitis, used in curing neuromuscular pains and several other diseases. Barks of Neem are also used to make toothbrush

**Therapeutic uses:** The hot wa-

ter extract of leaves is used for fever, diabetes, as a tonic, refrigerant, and also as an

anthelminthic. Leaves are ground and mixed with dried ginger and 'Triphala', taken orally with lukewarm water to treat common fever. Leaf juice is given to persons suffering from gonorrhoea and leucorrhoea. A paste of leaves is used to treat wounds, ring worms, eczema and ulcers. Bathing with







occurring above shoulders). Oral problems such as deformities of the oral cavity, plaques and infections are well managed and even cured. Ayurvedic texts has described 65 varieties of oral diseases; in seven anatomic locations-eight on the lips, fifteen on the alveolar margin, eight in connection with the teeth, five on the tongue, nine on the palate, seventeen in the oropharynx and three in a gen-

er-  
al-  
ized

vana (Brushing), Jivha Lekhana (Tongue scraping) and Gandoosha (gargling) or oil pulling and tissue regeneration therapies.

### Neem as chewing sticks

Ayurveda recommends chewing sticks in the morning as well as after every meal to prevent diseases. The Neem is a famous herbal chewing stick. The stems should be healthy, soft, without leaves or knots and taken from a healthy tree. Chewing on these stems is believed to cause attrition and leveling of biting surfaces, facilitates salivary secretion and, possibly, helps in plaque control, while stems also have an anti-bacterial action.

Neem leaves is beneficial for itching and other skin diseases. Leaf juice is used as nasal drop to treat worm infestation in nose. Steam inhalation of bark is useful in inflammation of nose and throat. Bark decoction is used to cure intermittent fever, general debility, and loss of appetite after fever. Infusion of flower is given in dyspepsia and general debility. The tender twigs of the tree are used as tooth brush which is believed to keep the breath and mouth clean and sweet.

Ayurveda and oral -dental health (Dental care): In Ayurveda, dental health (Danta Swasthya in Sanskrit) is held to be very individualistic, varying with each person's constitution (Prakriti), and climatic changes, age (Kala-Parinama) etc. Even though dentistry is not a specialized branch of Ayurveda, it is included in Shalakya Tantra (Branch of Ayurveda concerned with all the disorders

form.

Ayurveda advocates procedures such as oral cleansing, extractions, excisions, flap surgeries etc as treatment. Ayurveda also recommends some daily use therapeutic procedures for the prevention of and maintenance of oral health. These include: Danta Dha-

Major dental care products contains Neem leaf or bark extract. Neem leaf is rich in anti-oxidants and helps to boost the immune response in gum and tissues of the mouth. Neem offers a good remedy for curing mouth ulcers, tooth decay and acts as a pain reliever in toothache problems.







Many researches proved that Neem stick is more effective than a toothbrush in reducing dental plaque and gingival inflammation. Neem is said to be an effective natural anti-bacterial agent. Dried chewing sticks of Neem showed maximum anti-bacterial activity compared to other dental caries-causing organisms. Neem is a natural anti-fungal agent also. A clinical study demonstrated that aqueous extract of Neem leaf showed improvement on adhesion, cell surface hydrophobicity and biofilm formation.

Neem oil also shows significant anti-bacterial activity and is used in treating dental plaque by pulling the mouth with neem oil. Muco-adhesive dental gel containing neem is found to be beneficial in reducing the plaque index and salivary bacterial count; comparatively better than chlorhexidine gluconate mouthwash. Studies

also reported that gingivitis has been prevented or even reversed with regular use of Neem tooth-

*Ayurveda insists on the use of herbal brushes, approximately twelve Angulas (9 inches) long and the thickness of one's little finger. The method of use is to crush one end, chew it, and eat it slowly.*

paste and mouthwash. Regular brushing with Neem-containing toothpaste will reduce the deposition of plaque, prevents caries, and enhances the immune response for overall oral health. Frequent usage of mouthwash containing Neem extract will lessen gingival problems and halitosis (bad breath).

The exploration of botanicals used in traditional medicine, may lead to the development of novel preventive or therapeutic strategies for oral health. Ayurveda recommends the use of neem chewing

able anti-bacterial activity against various micro-organisms, including bacterias responsible for dental caries. **Current scientific researchers also proved that chewing of these stems causes attrition and leveling of biting surfaces facilitates salivary secretion and, possibly, helps in plaque control.** In this modern world, we have done enough damage to nature. It is the time to

start changing ways, to synchronize ourselves with nature, providing ample space for each other. Here we are trying to retrieve and learn the ancient Indian ways, benefitting us and our future generations. This article hopes to lay a good solid base for further uses of one of nature's best gift—Neem in many more day-to-day functions. If education can be provided in dental and dental hygiene in schools about the use of Neem-based and also herbal oral care products, it would help our dentists treat patients more holistically.





Toothache is a problem that attack young and old irrespective of time and age. No days people tend to run to the dentist to get a cure for this instead of a bite of a clove that can easily solve your toothache problem. This article guides you through the surprising uses of a clove that can leave you in awe.



# INTRODUCING CLOVES - THE SPICE BUD



**K**nown as the King of Indian spices these buds contain the health benefitting essential oil, eugenol. Eugenol is a local anesthetic with antiseptic properties and hence very useful in dental care essentials as well as in treatment procedures. This is the compound that gives cloves its pleasant and sweet aromatic fragrance. Eugenol also has been found to reduce blood sugar levels in diabetics, but further detailed studies are required to establish its benefits. These buds are known the world over for their medicinal and culinary qualities. The spice here is actually the "flower-buds" native to the ever-green rain forest of Indonesia. Cloves are known to have antioxidant, anti-septic, local anesthetic, anti-inflammatory, rubefacient (warming and soothing), carminative and anti-flatulent properties. These active principles in the clove help to increase gut motility as well as improve the digestion power through increasing gastrointestinal enzyme secretions. Thus, helps relieve indigestion and constipation problems. The spice is also known to contain minerals like potassium, manganese, iron,

“

***Cloves are known to have anti-oxidant, anti-septic, local anesthetic, anti-inflammatory, rubefacient (warming and soothing), carminative and anti-flatulent properties.***

”

selenium and magnesium. The potassium content of the spice bud helps control heart rate and blood pressure. The spice bud is also known for its vitamin A and beta-carotene levels. These are said to have anti-oxidant properties and the vitamin A helps in maintaining healthy mucus membranes and skin. Moreover, this spice is an essential resource of vitamin-K, vitamin-B6 (pyridoxine), thiamin (vitamin B-1), vitamin-C and riboflavin. Consumption of foods rich in vitamin C helps the body develop resistance against infectious agents and scavenge harmful oxygen-free radicals. It can also soothe and relax the intestine and thus





aid in digestion helping in quieting an upset stomach. Cloves also act as an expectorant by helping the esophagus produce more phlegm thus making coughs less severe. As mentioned earlier their analgesic properties help in all kinds of tooth aches. **When clove is applied to the problem areas of the gums its thin skinned membrane of the gums easily absorbs the clove oil thus providing relief from pain.** Even though it is not very effective, clove can also be applied to outer skin to help with sun burn or poison ivy.

Apart from a lot of its medicinal uses cloves are known for its culinary properties too. This spice is generally grounded and added to prepared dishes at the last moment as increased cooking can result in the evaporation of its essential oils.

It is used along with pepper, turmeric and ginger for marinating many non-vegetarian dishes like chicken, fish and meat. This spice is also used in the preparation of soups, barbecue sauces and also for pickling. It is also one of the main ingredients for many curry powders. Most Indian and Middle-East dishes use clove as one of their main spices. As a supplement, the spice can either be used in its whole form, ground form, or reduced to its essential oil.

But it has to be noted that excess use of cloves in dishes can cause gastrointestinal irritation, central nervous system disorders. Also food enriched in this spice should be avoided in individuals with stomach ulcers, ulcerative colitis, and diverticulitis conditions. Preg-

nant women should also avoid the intake of cloves. Among the above said limitations of cloves a few more can be added. Since clove oil is extremely potent great care needs to be taken as this oil can cause rashes and burns if applied in great concentration. It has been advised by many experts that children under the age of 12 should avoid the medicinal intake of this spice. Medicinal-dose of this spice should be kept at bay at least two weeks before surgery. Clove is also well-known for its anti-clotting properties and hence is not advised along with other medicinal blood thinners or medication which prevents clotting. It should also be avoided by those with a hereditary condition which inhibits blood clotting.





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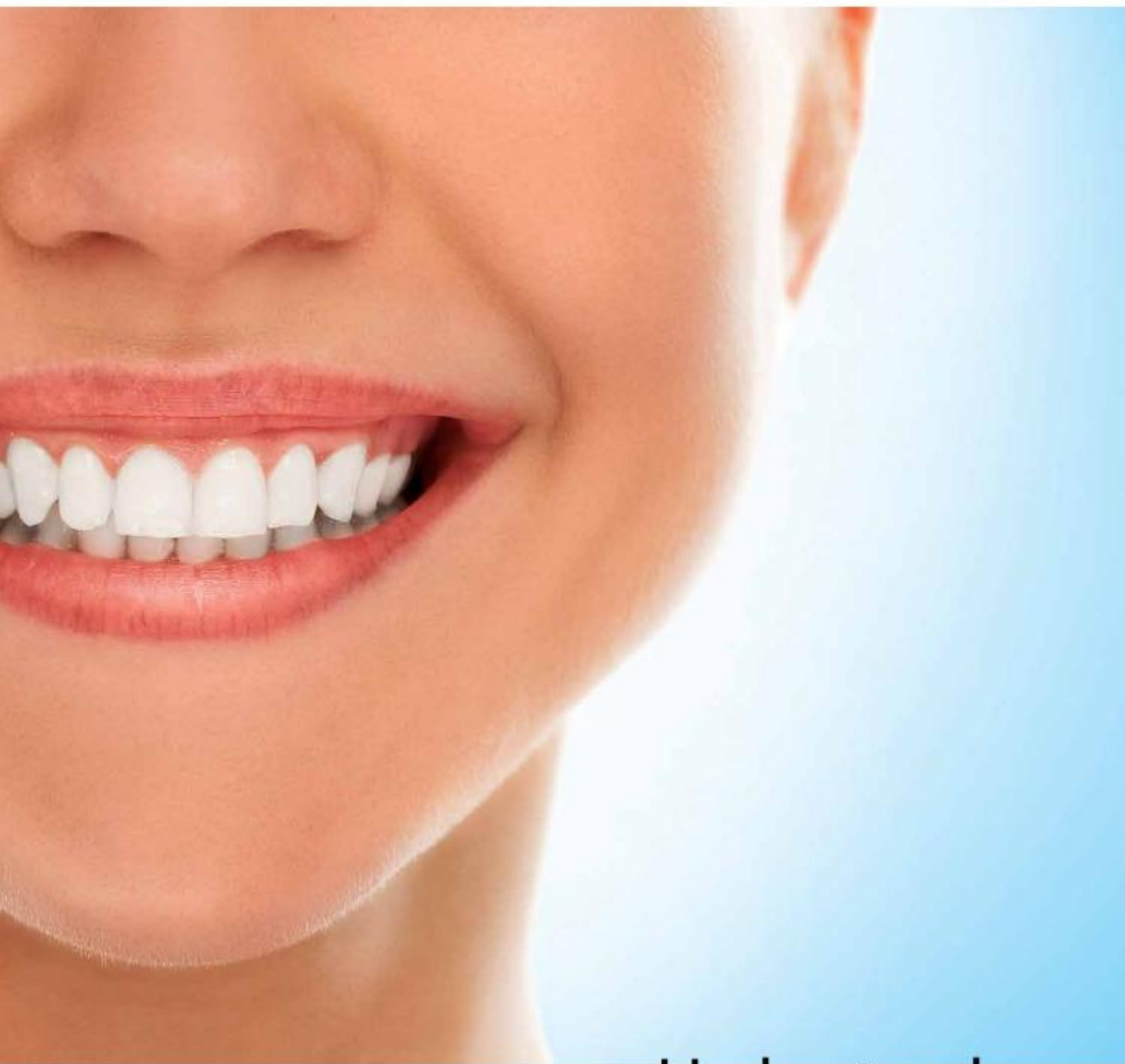
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# Understand Oral Hygiene



**Dr.Sreeja Sukesan**

Professor ,Dept of Eye&E.N.T,  
Govt .Ayurveda College ,  
Tripunithura

**Dr.Manju M Mani, RMO,**

Drushti Ayurveda EYE & ENT  
Hospital ,Vengola

**O**ral health is considered the window to general health. Poor oral hygiene not only creates problems related to teeth and oral cavity but also causes systemic or general health issues. Recent research has proved the link between oral infections and heart disease/stroke risk, dementia, respiratory problems, erectile dysfunctions and so on. It is thus important to identify any kind of oral issues and address them at the initial stages itself.

**Oral hygiene** is defined as the practice of keeping the mouth and teeth clean to prevent common dental problems like dental decay, dental plaque, dental calculi, Gingivitis and Periodontitis.

Ayurveda classics clearly explain the need for maintaining proper oral hygiene and various pathologies related to gum (soft tissue covering the lower part of teeth) and teeth.

There are a lot of combinations mentioned in Ayurvedic literature to resolve the issues related to inadequate oral hygiene. The way in which these combinations are ad-



ministered over the gum and oral cavity is unique in its style, and have much relevance in healing the problems related to oral cavity

It's really amazing that special probes were designed in olden days to remove the calculus (form of hardened dental plaque) attached to the teeth. Dental extraction and dental filling were also practiced in those old days. But unluckily this is the least interested area in clinical practice now-a-days.

In this article, in addition to the common methods of tooth brushing, flossing and irrigation to maintain the oral hygiene we will also discuss some ancient methodologies like kabala, pratisarana along with combinations for tooth cleaning

through **Ayurveda**



## Common oral problems due to improper oral hygiene as identified by Ayurveda

### 1) Krumidanta -Tooth decay

Tooth decay is the most common global disease. Over 80% of cavities occur inside fissures in teeth where brushing cannot reach food left trapped after every meal. Certain bacteria get attracted towards this and as a result acids having the capacity to erode the enamel are formed at the site of the teeth which then turns more sensitive to hot, sweet and sour food items and gradually cavities are developed which results in severe tooth ache.

**2) Dental plaque** is a soft whitish deposit that forms on the surface of teeth. It forms when germs (bacteria) combine with food and saliva. Plaque contains many types of bacteria.

**3) Danta Sarkkara Tartar (calculus)** – This is hardened calcified plaque. It sticks firmly to the teeth. Generally, it can only be removed with special instruments used by a dentist or dental hygienist.

### 4) Upakusa- Gingivitis, Periodontitis

Gingivitis means inflammation of the gums or soft tissues that surround the teeth. These are of various types. However, most cases of Gingivitis are caused by plaque.

Plaque contains different types of bacteria, the toxins produced by the bacteria causes inflammation. The main problem during this period is bleeding of gum during brushing.



Depending on the severity, gum disease is generally divided into two types - Gingivitis and Periodontitis:

Periodontitis occurs if Gingivitis becomes worse and progresses to involve the tissue that joins the

teeth to the gums (the Periodontal membrane).

Gum disease is the most common cause of tooth loss in adults. It is also a main cause of bad breath or halitosis.

## How is good oral health practiced?

Maintaining good oral hygiene is one of the most important things you can do for your teeth and gums. Healthy teeth not only enable you to look and feel good, they make it possible to eat and speak properly.

➡ Good oral health is important to a person's overall well-being. Daily preventive care, including proper brushing and flossing, will help stop problems before they develop and is much less painful, expensive, and worrisome than treating conditions that have been allowed to progress.

➡ There are simple steps that can greatly decrease the risk of developing tooth decay, gum disease and other dental problems. These include:-

➡ Brushing thoroughly twice

a day.

➡ Flossing daily.

➡ Eating a balanced diet.

➡ Limiting snacks between meals.

➡ Using dental products that contain fluoride including toothpaste.

➡ Rinsing with a fluoride mouth-rinse.

**Proper Brushing Technique**

➡ Tilt the brush at a 45° angle against the gumline and sweep or roll the brush away from the gumline.

➡ Gently brush the outside, inside and chewing surface of each tooth using short back-and-forth strokes.

➡ Gently brush your tongue to remove bacteria and make breath fresh.





### Proper Flossing Technique

- ➔ The use of dental floss is an important element of oral hygiene, since it removes plaque and decaying food remaining stuck between the teeth.
- ➔ Use about 18" of floss, leaving an inch or two to work with.
- ➔ Gently follow the curves of your teeth.
- ➔ Be sure to clean beneath the gumline, but avoid snapping the floss on the gums.

### Oral irrigation

Some dental professionals recommend oral irrigation as a way to clean teeth and gums. Oral irrigators reach 3–4 mm under the gum line. Oral irrigators use a pressured, directed stream of water to disrupt plaque and bacteria.

### How to use the Ayurvedic Tooth Powder?

Before you brushing your teeth apply the Ayurvedic powder inside your mouth and gently rub the different areas of the mouth and wait for 5-10 minutes. Hold the saliva tight inside the mouth and spit it out after 10 minutes. Then use a brush to properly clean your teeth.

Practicing this daily can assure you a healthy oral mucosa. Patients having swollen gum or red gum along with bleeding and having burning sensation inside mouth may not benefit from the above combination. Bark of Neem

along with triphala choorna is the better option for such patients.


### Gandoosha & Kabala

This is similar to gargling - local treatment procedure applied inside the mouth - advised for oral, nasal and ear diseases.

In Gandoosha, the mouth is completely filled with medicated liquid so that it can't be moved, but in kabala one can hold the medicine inside and move.

Decoctions used for this purpose can be made by using various combinations according to the condition of the person. Medicated milk and ghee are the usual ingredients for this purpose.



Flossing 

Proper Brushing Technique - Tilt the brush at a 45° angle against the gumline.





### How to practice Gargling?

- ➔ Paste of sesame seed mixed with water can be used for gargling in order to retain the health of Periodontal ligaments.
- ➔ Gargling with ghee / milk is good if there is burning sensation, burns, or wounds within mouth. Honey is also good in such conditions.
- ➔ Gargling with dhanyamla (fermented cereals and other herbal medicines) - relieves halitosis.
- ➔ Gargling with hot salt water removes oedema (a condition characterized by an excess of watery fluid collecting in the cavities or tissues of the body) of the mouth.
- ➔ In Gingivitis gargling with decoction of bark of nalpamara is effective.
- ➔ Gargling with processed milk and with irattimaduram (liquorice), & sesame is useful in case of sensitive teeth.
- ➔ In dantha chaalam-tooth mobility gargling with dasamoola decoction (is a combination of ten medicinal plants of which principally roots are employed in compounding of Ayurvedic formulations) by adding chathursnehas is done.

### Pratisarana

It is a local treatment to reduce the oedema, cell debris so as to enhance healing mechanism of tissue. It is very effective in the management of granuloma (a mass of granulation tissue, typically produced in response to infection, inflammation, or the presence of a foreign substance) inside the mouth. According to the condition the combinations used may vary. The combination for treating pratisarana always contain honey and saindhava - potassium chloride along with a powder form of Ayurvedic drug. It is made into a paste and applied over the wound. Triphala Churna (This is one of the most famous and widely used Ayurvedic product with plenty of health benefits. It comes in

powder form. Triphala means three. Phala means fruit. It is made of three fruits) + honey

### Gargling



Medicate ghee – one of the ingredients used for gargling

+ saindhava is an effective pratisarana dravya for most of the oral pathology like Gingivitis, oral ulcers, tooth abscess etc

Oral diseases related to poor oral hygiene needs more concern and thus should be addressed properly at the initial stages itself. Thus, it has to be understood that the practice of applying tooth powder inside the mouth before brushing ensures



a strong gum and Periodontal tissues. Kabala with salt water and pratisarana using triphala + honey + saindhava will help minimize the pathologies related to gum.





# Overcome **TOBACCO** Blues through **Ayurveda**

**Dr. Suja k sreedhar**

Prof & HOD

Dept. of Shalakya Tantra

Govt. Ayurvedic medical college

Bengaluru. 560 006

*Today, the world over, steps are taken to curb the use of tobacco through special awareness programmes through the different audio-visual media. Thus, the ill effects of tobacco use are brought to the notice of all. Despite all these efforts, this tobacco addiction continues with a very slight decline. This article will throw insight to our readers on the demerits of tobacco use and on the Ayurveda treatment available to overcome the habit as well as side-effects caused by its use.*



**T**he epidemic of tobacco use is one of the greatest threats to today's global health. Approximately one-third of the adult population in the world use tobacco in some form and half of them die prematurely. The nicotine found in substantial amounts in tobacco products is widely considered to be a powerfully addicting drug. Its rapid absorption through the oral mucosa makes it more susceptible to bad oral conditions ranging from the simple hyper-sensitivity of tooth to malignancy or cancer.

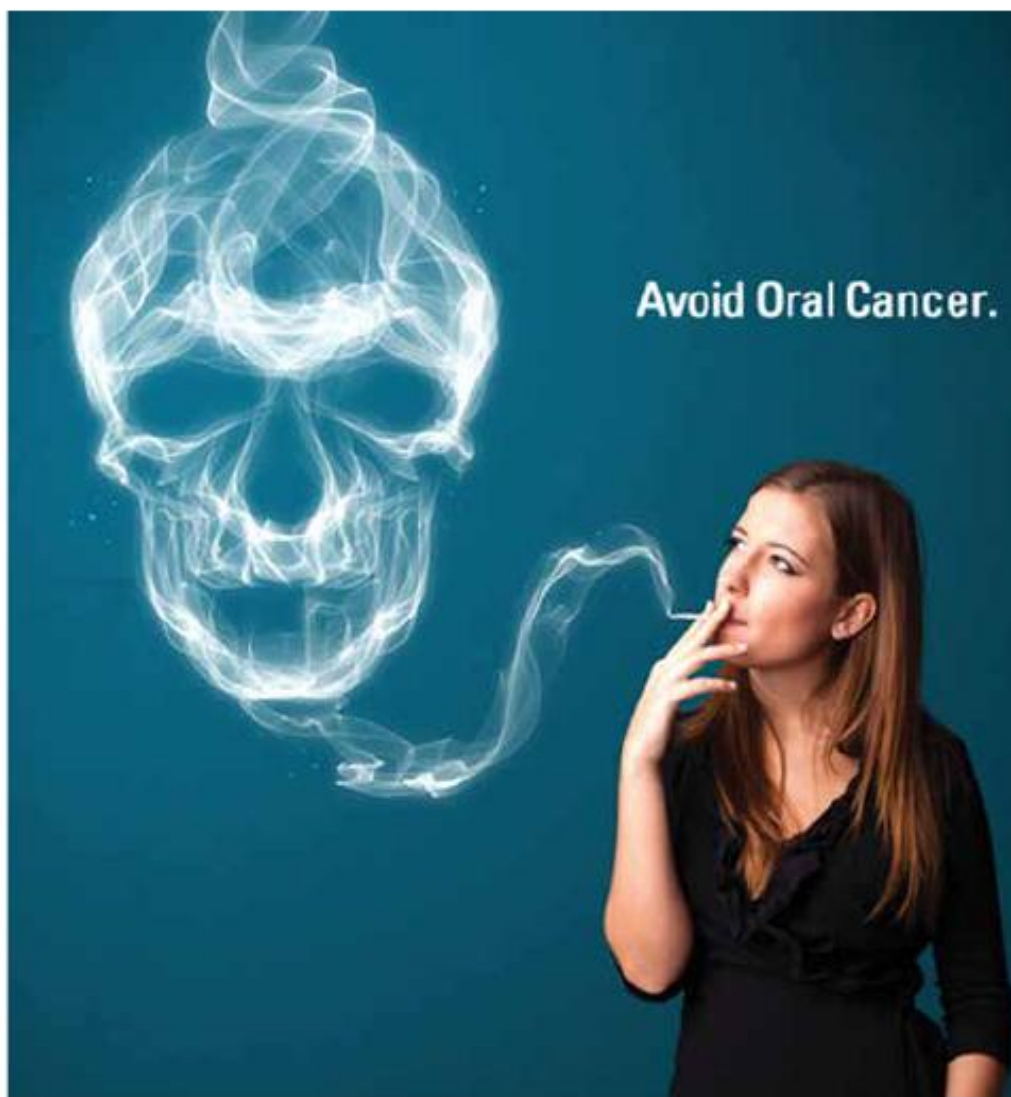
However, the silver lining in this dark cloud is that it is one of the most important preventable causes of addiction, sickness and mortality in the world.

Ayurveda emphasised the practice of dhoomapana (medicated smoking) & Tamboola sevana (betel leaf chewing along with camphor, nutmeg, clove, lime and Arecanut) to alleviate and prevent the diseases of the mouth. Gradually tobacco took over and this habit has become a problem of human health and behaviour. Tobacco is being used in different forms like cigarettes, gutkas, chewing pans, inhalers etc.

## ORAL AND DENTAL PROBLEMS DUE TO TOBACCO USE

A wide variety of oral mucosal and dental changes have been noticed in habitual users of smoked and smokeless tobacco. These changes most likely result from the many irritants, toxins, and carcinogens found naturally in tobacco leaves.

**Abrasion:** It is generalized wear of tooth surfaces produced by



**Avoid Oral Cancer.**

sand and other gritty materials in tobacco.

**Erosion:** It is the chemical dissolution of enamel.

**Gingival recession and periodontitis:** Constant use of tobacco weakens the gums causing gum recession. Periodontal tissue is the one which sockets the tooth. Tobacco addiction destroys this periodontal tissue, leading to loss of teeth.

**Caries (Tooth decay):** Carious destruction is seen more frequently in smokeless tobacco users than in

smokers.

**Tooth stains:** Yellowish-brown to black deposits occur in the tooth as a result of the collection of tobacco and and resins.

**Hyper-sensitivity:** It is the discomfort in tooth after eating cold or hot foods or liquids or even breathing cold air. This problem often happens when gums recede and/or cementum is not present or when there is erosion of enamel.



The gum tissue acts like a protective blanket to cover the roots of the teeth. As the gums recede the underlying tooth roots are exposed. They are not covered by hard enamel. Thousands of tiny dentinal tubules (channels) leading to the tooth's center (pulp) are exposed. These tubules allow more stimuli like heat, cold or pressure to reach the nerve in the tooth and you feel the pain or hyper-sensitivity.

**Halitosis (bad breath):** Both smoked and smokeless tobacco usage produce unpleasant breath odors or "bad breath"

**Oral sub-mucous fibrosis:** A condition in which the person is unable to open the mouth completely due to the fibrous bands in the oral cavity.

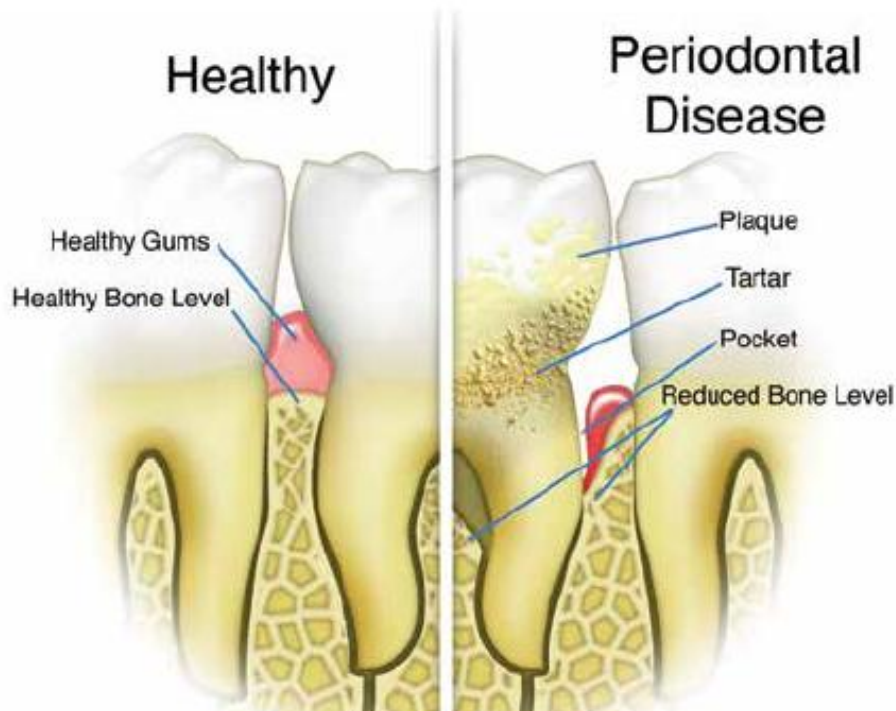
**Leukoplakia and Oral cancers:** Prolonged use of tobacco leads to the formation of whitish ore, cancerous lesions in the oral cavity known as leukoplakia which further leads to the causation of oral cancer.

#### Treatment plan in Ayurveda

**Nidana parivarjana :** Avoidance of the cause is given the foremost importance in the management of any of the disease in Ayurveda.

As the oral and dental diseases caused due to Tobacco addiction is dealt with here, prime importance should be given for its withdrawal. Withdrawal should be gradual as there will be craving for nicotine in blood.

**Satvavajaya chikitsa (counselling):** Counselling is given to the patients by educating the



patients regarding the ill effects of tobacco usage and the successful methods to be adopted for its gradual withdrawal.

**Mocha Dhahran vatic:** Medicated lozenges are given to the patient who not only helps to reduce the disease conditions in the oral cavity but also addresses the behavioral aspect of tobacco chewing like keeping the quid in the oral cavity. Most commonly used lozenges are Khadiradi vati, Bhadra mustadi vati, Eladi vati, Lavangadi vati etc.

**Pratisarana :** It is the application or rubbing the medicines into the

dental and the oral cavity.

Triphala choorna, Yashtimadhu choorna, Kalaka choorna, Peetaka choorna or Simple honey and ghee can be used.

**Kavala and Gandusha:** (Kavala means gargling and Gandusha is holding mouthful of medicine or oil in the mouth for a specific time). Some of the commonly used medicines are Triphala kashaya, Dashamoola kashaya and taila, Panchavalka kashaya, Ksheerivriksha twak kashaya, Yashtimadhu kashaya, Til oil, Arimedadi taila, Nimba taila, Jatyadi taila.



# YOGIC SCIENCE FOR ORAL HEALTH



**Dr. Jose K C MD PhD MSc (Y&N)**

Consultant – Integrated Medicine,  
i-Chrysalis Integrated & Holistic Therapy Centre,  
R T Nagar, Bangalore. Cell: 098451 64750.  
E mail: drjosekc@ichrysalishealthcare.com

***Today dental health is a major problem especially for children in the age group of 7-10 years. Why? We have the best tooth pastes to protect our teeth, the best tooth brushes to reach all corners of the teeth & mouth and the best dental care facilities. Irrespective of all these, the range of our oral health issues have only increased and their onset is much earlier than in olden times. Probably it is difficult to understand these phenomena, unless we think differently. Let us look at the science of Oral Health, considering the body as a whole.***





### The Truth:

**F**irst, we should understand the constitution of our body. The human body has been created only to eat and process foods like fruits and vegetables, imagine, not even grains. It is important for us to know that our Alimentary canal (digestive system) is designed to digest vegetarian food. That means the human digestive system is not designed for consumption of non-vegetarian foods. The moment we consume non-vegetarian foods, oily foods, fried items etc., our digestive system finds it difficult to process it adequately and the system is forced to produce more digestive enzymes to digest these foods. Over a period of time, due to indigestion, the body becomes more acidic in nature.

Normally, our blood is more alkaline in nature (pH 7.4). So ideally our body and therefore our saliva should also always be alkaline in nature which will keep unwanted bacteria away, resulting in fresh breath and healthy teeth and gums.

### The Science:

If we check with our forefathers about when they first encountered any kind of dental issues, most of them will say only after the age of 50/60 years.

Our first reaction will be 'impossible'. Actually their answer is very true. This is because of their general food habits and working patterns. Unconsciously, they were physically more active than we now are and ate foods which were more vegetarian. Non-vegetarian foods, if prepared, were always for an occasion, so comparatively very less.

In comparison, today, lifestyles and work environments are very different. Life is fast, competitive and stressed. We consume 'convenience' foods like veg/non-veg fast foods, readymade



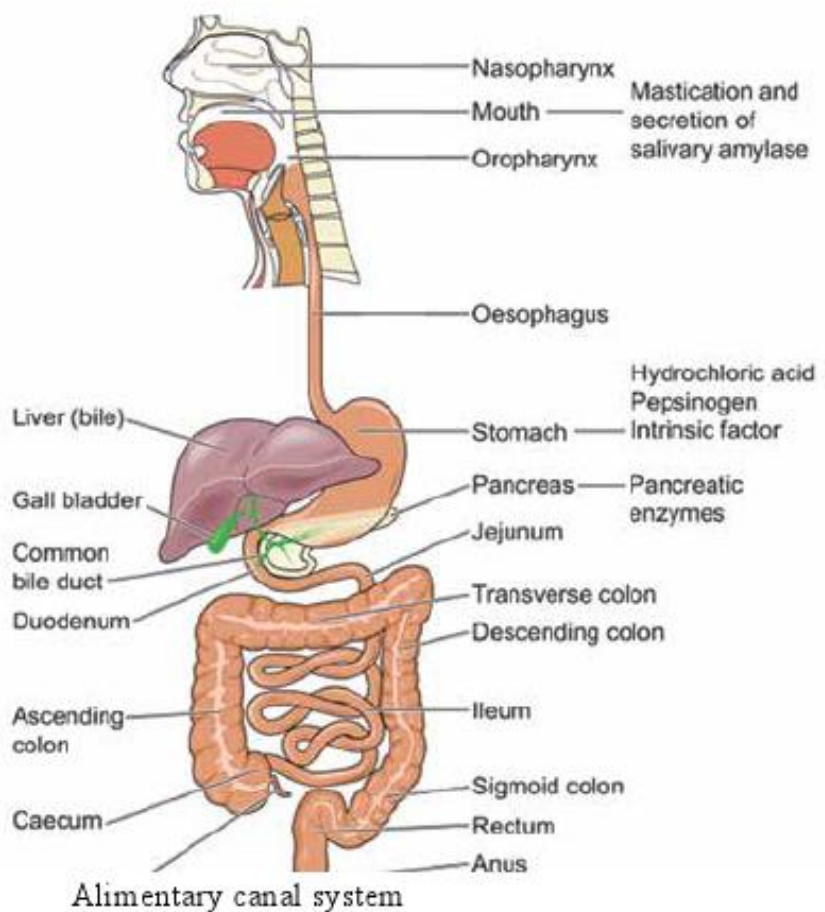
foods, colas, bakery items, fried foods, cold foods and spicy foods. These foods that are attractively packaged and marketed are actually harmful since they contain more acid forming foods, such as dairy products, grains, meats, and sugar.

Acidic bodies are unhealthy bodies. When the body is overly acidic, it creates an unwanted environment where illness, bacteria, and fungus thrive. When the body become acidic, its first reaction/correction is to offset the acidic nature of the blood. So the kidney produces Sodium-bicarbonate ( $\text{NaHCO}_3$ ). Next, Calcium will be absorbed from the bones to bring the acidity down, thereby bringing the blood pH level to 7.4. The body also takes minerals from vital organs and bones to neutralize the acid and remove it from the body. Because of this, the body's mineral reserves such as calcium, sodium, potassium, and magnesium can run dangerously low, causing damage that can go undetected for years. So while the body can adjust pH on its own, it does so at a price to other systems in the body, which can lead to additional health problems.

The entire nervous system functions with the presence of calcium in the blood. Calcium is very essential for the function of the Liver and Urinary bladder. Kidney controls the mineral content of the body. The liver needs high level of Calcium for contraction and expansion of muscles/tendons.

As Ann Wigmore, said, "The food you eat can be either be the safest and most powerful form of medicine or the slowest form of poison."

### The real chemical action:



The body has limits for how much it can compensate for acid imbalance. Therefore food intake plays a critical role in maintaining the acid-alkaline balance. We can improve alkalinity by

1. Drinking plenty of water
2. Consuming more alkaline foods
3. Trying not to consume processed foods
4. Eliminating soda, sugars and coffee
5. Adding green juices or smoothies to your diet

Calcium from the food will be processed and absorbed with the help

of Vitamin D. This Vitamin comes from two sources. It is made in the skin through direct exposure to sunlight, and it comes from the diet. Vitamin D is absorbed into the body with the help of Iron content in the body. And the Iron is pro-

### Dental row- upper & lower





cessed with the help of Vitamin C.

1-Milk, dairy products, fish, green leafy vegetables, fortified cereals.

2-Vitamin D rich foods



Animal fat, butter, eggs, fish, full fat dairy products, Milk, mushroom etc

3-Iron rich foods Meat, liver, peas, pulses egg, whole grains, green leafy Vegetables, nuts, apricot, pomegranate, figs, sesame seeds, fenugreek etc

4-All berries especially goose berry, citrus fruit, tomatoes

fresh green vegetables, potatoes, pepper, broccoli, cauliflower and chilli.

Apart from this we need potassium, magnesium, phosphorous and other trace elements for the health of bones & teeth.

**This is the secret of maintaining good teeth.**

**The starting symptoms:**

From our clinical experience, we have noticed a pattern of symptoms connecting the nature of job/lifestyle and dental damages. In our observation dental problems are directly connected to junk food habits, sedentary lifestyle, sleeping habits, stress, working atmosphere, alcohol intake, tobacco use,

by burning more Calcium, which is taken from the store houses (Bone/teeth etc). This function is controlled by the Thyroxin hormone which is produced by the Thyroid glands. This is one of the reasons that people working in AC environments notice dental problem, hair fall and Thyroid problem and a range of body aches.

Over a period of time load bearing capacity of joints is reduced which leads to back pain, neck pain, hip/knee joint problem, frozen shoulder, Carpel tunnel syndrome, arthritis etc. If these are not addressed



drugs etc.

Let me elaborate a little. By age 16 most people have got cavities in their teeth. By the time they enter college they are going through a rough time (fun time!). Now they will notice 2 problems i.e. tooth problem and hair-fall problem. When they enter professional life these problems reach their zenith. Usually most folk work in an air conditioned environment where the temperatures are below 20 0 C. Our body temperature is 37 0 C (98.6 0 F). When the peripheral body temperature drops due to the AC setting, internal temperature has to be compensated to maintain 37 0 C both inside and outside the body. Heat is produced in the body

in time they lead to obesity, cholesterol issues, diabetes, BP problems, infertility, sexual problem, skin disease etc. If you have a doubt, just look around your relatives/friends circle.

**The balancing act:**

**" Think Chemistry through Physics for better Biology."**

This should be remembered as a Mantra. This is applicable to the body at all time. Our body is basically made out of Hydrogen, Carbon, Oxygen, Nitrogen and minerals in unique combinations. Actually our body is a chemical factory. Any food we eat is made up of above chemicals in different



## The Remedy:

- 1-Choose the right food as per your constitution.
- 2-Right amount of rest/ sleep (10-30 pm to 6 am).
- 3-Maintain Brahmacharya (Celibacy).
- 4-Right type of exercises (Yoga or any resistance exercises)

combination. If we match these chemicals (micronutrients/ vitamins) with our biological combinations, there will not be any disturbances in the organs of our body. This means there will not be any malfunctions in our biological organs. Take more alkaline food (80 %) than acidic food (20%). If this proportion changes the body warns you by creating a thirsty feeling. We then drink more water (pH 7) to bring back the alkaline nature. Just remember one can of Cola has a pH below 4. That means it is very acidic in nature which can damage the enamel of the tooth.

Another method to detoxify our body is by doing exercise. Any exercise or hard labour is energy burning. This physical activity will make the chemical reaction in the body perfect. We will inhale more oxygen and exhale more carbon dioxide. Our body become cool, energetic and alkaline in nature. All 4 types of detoxification, perspiration/ respiration/ defecation/ urination, takes place perfectly when we do exercise. In case of ladies the menstruation also is a part of detoxification process. So our system is perfect physically, mentally, emotionally and constitutionally. In this condition our biological organ functioning also will be perfect. Labour class people are a perfect example of the truth of our Mantra.

## The constitutional secret:

Our dental arrangements are

At this juncture, some Kriyas and asanas that will specifically help in oral health are given below. Yogasanas should be done with the supervision of a yoga expert only.

<b>Suryanamaskara</b>	The organ responsible for the growth of bones is the pituitary gland. Suryanamaskara stimulates more blood to flow to the pituitary gland, which in turn maintains the strength of our teeth and bones.
<b>Proper chewing of food</b>	The teeth should be used to bite, chew and masticate food. Reduces indigestion/ maintains alkaline nature of body. Dental pulp consists of Stem Cells. Maintenance of the alkaline nature in the body helps Stem Cells to maintain dental pulp. This prevents any dental damages like enamel damage, cavities, root problem etc.
<b>Wash the mouth immediately after eating/drinking any food.</b>	Reduces risk of tooth decay
<b>Brush teeth two times a day</b>	Reduces survival of germs and prevents dental disorders
<b>Massage gums</b>	Strengthens the roots of the teeth. Ensures even growth of teeth in children.
<b>Shitali and sheetkari pranayama</b>	Corrects alignment of teeth in children
<b>Sarvangasana</b>	Stimulates the thyroid gland which causes an increased circulation of blood in the oral cavity, and this fights germs in the mouth.
<b>General practice of Yoga</b>	Rejuvenates and revitalises all the organs of the body

Once cavities are formed or roots are damaged we have to depend upon modern science to repair these damages.



formed based on our food eating habit. God meant us to be herbivorous and our teeth are for chewing and grinding. Animals are herbivorous or carnivorous. So they have teeth for tearing, grinding and chewing. Another interesting fact is that each tooth is connected to an organ in the body. Ex: 4 incisors in the lower jaw are connected to the Heart meridian; 4 incisors in the upper jaw are connected to the Lung meridian. Any problems in these 8 teeth indicate problems in the lungs or heart. The 4 canine teeth are connected to Stomach meridian. The 8 premolar teeth are connected to the Spleen meridian and the 8 molars are connected the Liver/ Gall Bladder meridian. Finally, the 4 wisdom teeth are connected to the Kidney/UB meridian. Usually the premolar and molar teeth get cavities first. Why? If we take sweets, salty foods, colas, fried items, spicy and cold foods increase the acidic nature of the body. Damage is created in the corresponding organs like Spleen (Pancreas), Liver/ GB. Over a period of time these will manifest as Diabetes, Obesity, BP, Cholesterol, heart problem, infertility problem, arthritis and all types of aches.

Being specialist in the field of Integrated Medicine, we know how to correct the constitution in the acute/chronic stages of diseases. In the case of dental/oral health we need to do physical activities especially of the leg muscles. Our legs are connected with 6 organs. I.e. Stomach, Spleen, Liver, GB, UB and kidney. The health of these organs are directly connected to the health of the corresponding teeth in the dental arrangement.

We have to do the resistance exercises to increase the Bone Mineral Density (BMD) to keep our dental health. Resistance exercise is the only method to stimulate 'Marma points' continuously. So our digestion and absorption of micronutrients, vitamins and minerals will be optimal. We recommend various types of exercises like yoga, walking, jogging, swimming, gymming etc to maintain the alkaline status of the body.

### **The final word:**

The basis of maintaining Oral Health is nothing but keeping our bodies in an alkaline condition by eating right food, getting enough sleep, maintain celibacy and getting enough exercises. If saliva is in acidic condition all kind of bacteria will grow in the mouth and attack the tooth enamel. Over a period of time tooth damage will take place in multiple levels.

Ever wondered why none of the wild animals have dental problems although they do not brush their teeth? They only get to eat what they were meant to eat, as per their body constitution and their dental arrangement. But look at our pet animals. They have all the same problems that we humans have, obesity, diabetes, arthritis, heart problem, cataract, skin diseases, prostate issues, dental problems. Why? Because, they are forced to eat what we give them to eat, left-overs of our own food, or processed pet food.

***"Prevention is better than cure". Maintaining the alkaline nature of the body is a sure preventive of any dental problems."***





# DANTA SWASTHA (DENTAL HEALTH) ACCORDING TO each one's PRAKRITI (NATURE)

**Dr. Lakshmi Anoop**

Consultant Physician & Head of Panchakarma Department,  
Chakrapani Ayurveda Clinic & Research Center,  
Shanti Path, 8, Diamond Hill, Tulsi Circle,  
Behind Birla Temple, Jaipur, Rajasthan.



***Dental health is vital for leading a normal life and when you seek Ayurvedic support for it, you can regain this health fully without any kind of side effects. Also, Ayurveda gives solutions for dental health considering the nature of each one's body. This article will take you through a journey on how to regain dental health through Ayurveda with the help of prescribed diets and lifestyles.***







**I**t is a known fact that there is no single universal treatment to any disease as everything is individualized. Unlike the general treatment approach of modern medicine, dental health (called Danta Swasthya in Sanskrit) in Ayurveda is personalized based on one's Prakriti (Phenotype / Body constitution). Prakriti has a significant role in preventive medicine and it determines the predispositions and may predict individual's drug sensitivity and responses. Swasthavrittha (Preventive health measures) explained in Ayurveda helps us adopt healthy lifestyle, make wise eating choices and inculcate suitable oral health and hygiene procedures in harmony with one's Prakriti to have optimum oral health.



## Why to start our day with chemical toothpaste when we have natural remedies with us?

### Ayurvedic Oral Hygiene Procedures and their Benefits

The primary aim of oral hygiene measures in Ayurveda is to remove the adherent doshas, mainly Kapha from the mouth and balance the doshas. The following are the oral hygiene procedures explained in Dinacharya (Daily regimen) which help to improve oral hygiene, enhance its functioning and prevent various diseases of the oral cavity.

☉ Danta dhawana (Brushing / Chewing twigs) - In olden days one used to brush the teeth using twigs of trees specific to one's Prakriti. Some twigs were seen have anti bacterial action and help in plaque control, also chewing on twigs helps to cause attrition and levelling of biting surfaces and facilitate salivary secretion.

☉ Pratisarana (Massaging the gums and teeth) - Fine powders of herbs mixed with honey or lukewarm water are gently massaged on the gums and teeth with finger tips or toothbrush. It has cleansing and healing effect on the oral cavity. It removes the food debris and plaque which are the main cause of oral health problems. It helps to increase blood circulation and enhances gingival defence mechanism, giving strength to the gingival fibres to maintain the gingival and dental health.

☉ Jihwa Nirlekhana (Tongue scraping) removes accumulated dirt (Ama) and halitosis. It helps to appreciate the taste of food and



helps maintain oral health.

☉ Gandusha (Gargle) / Kavala (Oil pulling) - In gargling, the mouth is filled to its full capacity and in oil pulling the mouth is filled to 3/4th to its capacity with herbal liquids or oils and spit out. Plaque and bacteria are fat soluble, hence binds with oil and is then disposed when we spit it out. The active ingredients present in the liquid is absorbed in the oral mucosa which in turn brings out the toxins and debris from inter-dental, gingival and gingival margins thereby helping in better taste perception and building resistance against oral health problems caused due to violation of doshas or improper diet. It is a very simple procedure which has both preventive and curative benefits and helps strengthen the teeth, gums and oral cavity.

☉ Pratimarsha Nasya (Nasal drops) - Instilling one drop of recommended fat in each nostril after brushing the teeth will strengthen the teeth, help in good breath and prevent halitosis. It has immune promotive property and helps to strengthen the sense organs and



the parts above the neck including the oral cavity.

☉ Hita Ahara and Vihara (Wholesome diet and lifestyle) - Teeth are affected by the quality of our nutrition, stress levels and overall health. Hence following diet and lifestyle suitable to one's Prakriti is also important to maintain good oral health.





### Oral health practices for Vata Prakriti

**P**eople with predominance of Vata are seen to experience more space between teeth, irregular placement of teeth and teeth that are unhealthy. Because of the involvement of bone tissue, Vata tooth are more prone to dental carries, tooth sensitivity problems and tooth decay. Vata Prakriti people are also prone to dry and cracked lips, dryness of the mouth, looseness of teeth, atrophic and receding gums. The following procedures are the simplest way to maintain oral health and hygiene in Vata dominant people and help to prevent oral health problems.

- Chewing twigs of bitter-sweet or astringent taste. Eg. liquorice (*Glycyrrhiza glabra*) or Khadira (*Acacia catechu*)
- Gentle rubbing of the teeth and gums with a mixture of Triphala, dry ginger, pomegranate rind, rock salt, asafoetida mixed with warm water or honey
- Tongue scraping with tongue scraper made of gold.
- Gargle with warm oils or unctuous liquids prepared from herbs of sweet, sour or salty taste and hot potency herbs. Eg. Sesame oil or Sesame paste with warm water or hot infusion of Ashwagandha (*Withania somnifera*) or ginger or caraway seeds.
- Apply one drop of sesame oil in each nostril daily.
- Vata dominant people should avoid excess flossing. Aggressive oral health care and hygiene practices are bound to be Vata aggravating and over time will surely negatively impact the teeth and

gums. As dryness and roughness are inherent characteristics of Vata dosha, Vata dominant people should include sufficient ghee or oil in diet. Obey regularity in eating time and eat varieties of nutritious and healthy food. Eat slowly and mindfully. Eat sitting on a place. Never skip meals and never eat before previous meal has been digested. Prefer sweet, sour and salty taste in daily eating. Prefer to eat more cooked food than raw ones.

### Oral health practices for Pitta Prakriti

Pitta predominant people are commonly seen to have yellow coloured teeth with some tartar. These people are also seen to have sharp teeth and soft gums. Because of the dominance of Pitta, Kapha is on the lower side by default. These people experience erosion of the tissues including teeth. Pitta Prakriti





people generally have sensitive teeth and are prone to bleeding gums, mouth sores and halitosis. They can maintain better oral health and hygiene by the below advises. Also these have a soothing effect in the buccal cavity and helps reduce irritation in the mouth.

- Chewing twigs of bitter taste like Neem (*Azadirachta indica*) or Arjuna (*Terminalia arjuna*)

- A mixture of liquorice, neem, cardamom, cinnamon, bay leaf is used for massaging the teeth and gums

- Tongue scraping with tongue scraper made of silver.

- Liquids prepared with bitter, astringent, sweet and coolant herbs for mouth gargle. Eg. Milk, ghee, Cold infusion of asparagus or liquorice or fennel.

- Apply one drop of ghee in each nostril daily.

- Pitta dominant people have high basal metabolic rate. Pitta dominant people should avoid spicy and acidic food in excess and prefer to include more of natural sweet, bitter and astringent tastes in their diet to pacify the sharpness associated with fire component of Pitta dosha. They should avoid staying hungry or long gap between meals. Lukewarm water or water at normal temperature

should be sipped throughout the day, especially during meals. Pitta people can chew fennel seeds mixed with cane sugar after every meal. Lukewarm fennel or rose tea is good for them.

### Oral health practices for Kapha Prakriti

Kapha people have strong, well formed, large white teeth with beautiful teeth line and well formed fleshy gums. However they generally tend to have whitish coat in tongue, pale and hypertrophic gums. They are prone to excess salivation and anorexia. The following procedures help to purify the oral cavity by eliminating excess Kapha dosha.

- Chewing twigs of pungent taste like Arka (*Calotropis gigantea*) or Putikaranja (*Caesalpinia bonduca*).

- Rubbing the gums and teeth gently with a mixture of Triphala, Trikatu and honey.

- Use of tongue scraper made from copper.

- Warm liquids prepared with herbs which are sharp, hot, dry, bitter, sour, pungent taste mixed with honey for mouth gargle. Eg. Triphala decoction mixed with honey or mustard oil or hot infusion of basil or neem.

- Apply one drop of mustard or

sesame oil in each nostril daily.

- Cold nature of Kapha is against hot nature of metabolism, so Kapha people have slow metabolic rate. Kapha people should reduce high caffeine products, carbonated drinks, chilled drinks, iced tea, refined sugar, fast food, oily, fried or processed food, excess carbohydrates, yeasted bread, red meat, butter, cheese, yoghurt and confectionaries. Spiced buttermilk, hot and lukewarm water are good. Lesser quantity of alcoholic beverages, wines, goat milk, diluted yoghurt, sea food and white meat is okay. Having a glass of buttermilk spiced with ginger, black pepper and rock salt after lunch is good. Ginger tea or basil tea is good. Regular exercise is a must.

Ayurvedic oral cleansing techniques can benefit bad breath, dull senses, loss of taste and such other conditions. As digestion begins in the mouth, dental problems can compromise our ability to chew properly and create oral imbalance that is crucial to the first stage of digestion. Hence healthy teeth help maintain healthy digestion as well. Apart from avoidance of smoking, alcohol and tobacco, Ayurvedic oral hygiene practices according to one's Prakriti support our oral health by nourishing, detoxifying and rejuvenating the oral tissues and thereby enriching oral, digestive and overall healthy by decreasing susceptibility to infection.





# **SIMPLE STEPS FOR KIDS' SMILES**

1. Start cleaning teeth early. As soon as the first tooth appears, begin cleaning by wiping with a clean, damp cloth every day. When more teeth come in, switch to a small, soft toothbrush. Begin using toothpaste with fluoride when the child is 2 years old. Use toothpaste with fluoride earlier if your child's doctor or dentist recommends it.
2. Use the right amount of fluoride toothpaste. Fluoride is important for fighting cavities. But if children younger than 6 years old swallow too much fluoride, their permanent teeth may have white spots. To keep this from happening, use only a small amount of toothpaste (about the size of a pea). Teach your child to spit out the toothpaste and to rinse well after brushing.
3. Supervise brushing. Brush your child's teeth twice a day until your child has the skill to handle the toothbrush alone. Then continue to closely watch brushing to make sure the child is doing a thorough job and using only a small amount of toothpaste.



# Ayurveda

& Health Tourism



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F M Media Technologies Pvt Ltd, Penta Square, Opp.Kavitha, MG Road, Cochin -682016, Kerala, India.  
Tel : +91 484 4034055  
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## DHRUVA GRASS GREAT SOLUTION TO GUM PROBLEMS

**D**hruva grass is used in the worship of Lord Ganesha and is said to have great medicinal value. Devotees use 21 blades of this grass to please Lord Ganesha. Legend says that the juice of this grass is great for indigestion as well as curing all kinds of gum problems. Dhruva grass is basically the blades of grass that has three branches and grows wild in the fields. There is an interesting story that explains why Ganesha loves Dhruva grass. Ganesha once swallowed an evil demon named Anasura who was tormenting Gods. But after swallowing the demon, Lord Ganesha was in immense pain as the evil demon refused to get digested. Some ancient wise sages rained Dhruva grass on him and his stomach cooled. From then on, this grass is a favourite of Ganesha.



## WATCH OUT THESE SYMPTOMS FOR ORAL CANCER

- It goes unnoticed in the early stages
- Usually painless with little obvious physical changes
- Appears as white or red patch of tissue in the mouth
- Appears as a sore or discoloured area of your mouth which does not heal within 14 days
- A lump or mass felt inside the mouth or neck
- Pain or difficulty in swallowing, speaking or chewing
- Any wart like masses
- Any numbness in the oral/facial regions
- Unilateral persistent ear ache
- It results from changes in genes which control cell behaviours.

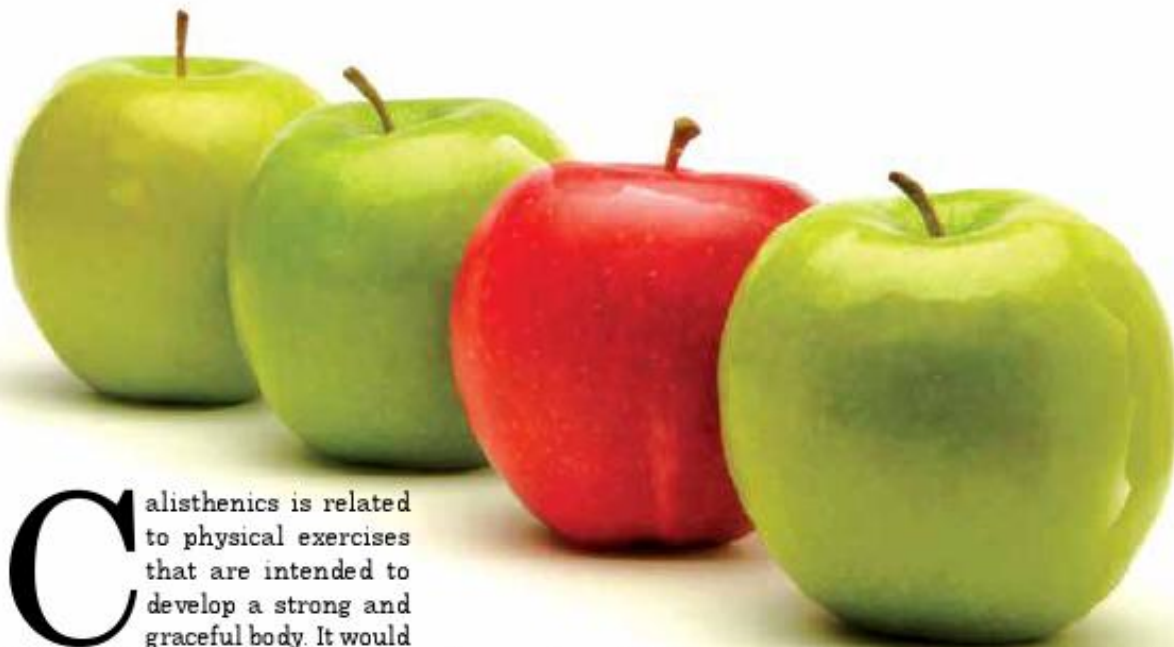






**O.J. George**  
(ojgeorge@gmail.com)

### CALISTHENICS, PROPER ABLUTIONS AND PRACTICES USING NATURAL REMEDIES WOULD CHIP IN TO MAINTAIN FACIAL ASSETS AND BEAUTY



**C**alistenics is related to physical exercises that are intended to develop a strong and graceful body. It would be a moot-question as to who all are not interested in having a vivacious personality, body, soul and spirit put together.

Face which is the repository of essential organs adds to the imminent appeal of a person. Complexion, which is only skin-deep, no doubt corners one with the first

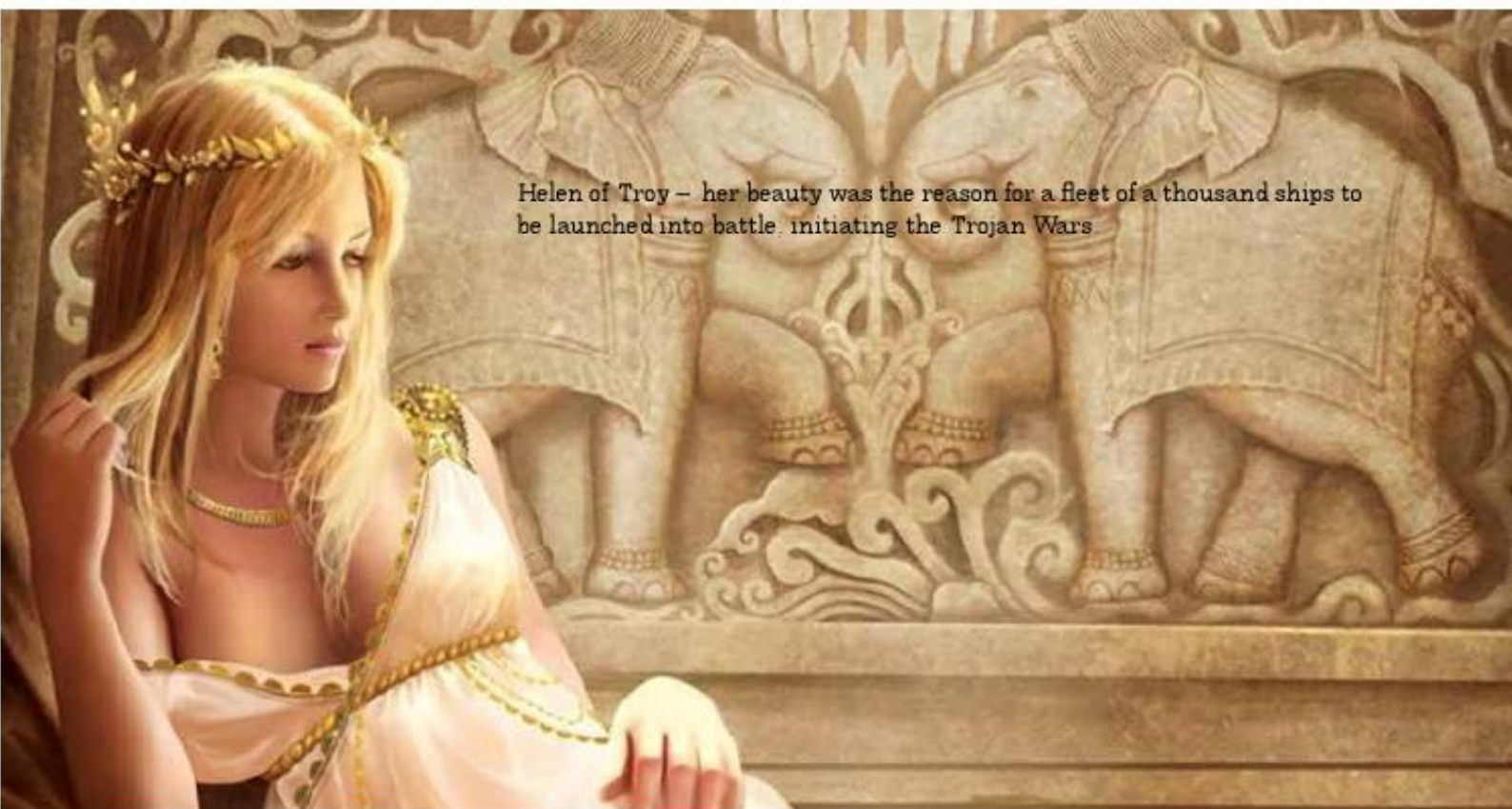
impression, which people consider as the best impression.

Complexion alone was not the USP (Unique Selling Proposition) of world beauties. They had obviously prominent features, sturdy facial bones and proportionate assets and profiles. Ratio and proportion of various organs and systems go

a long way to providing a perfect deportment.

Beauty lies in the eye of the beholder, but everyone appreciates beauty flowing from Helen of Troy, Cleopatra and Madonna and others of their ilk. Beauty may be ephemeral, but all concentrate their glances on the object of beauty.





Helen of Troy – her beauty was the reason for a fleet of a thousand ships to be launched into battle, initiating the Trojan Wars.

However, with available resources and physical features one can present oneself as physically and mentally fit, curvaceous and proportionately adorned.

Face and concomitant organs and structures play a great role in developing proper deportment. A mean mien or appearance distances the beholder from the individual, but otherwise proper maintenance would have made him or her the subject of envy.

Who is not a little bit Narcissus-like, gazing at one's own reflection? We all must appreciate our beauty, confidence and demeanor. Sophia Loren had said *sex appeal is fifty per cent what you've got and fifty per cent what people think you've got.*

*Therefore, one must maintain our bodily wealth and attempt to make others feel about our accomplishments. Dale Carnegie had asked who would part with an organ for even a*

*million dollars, for each individual is richly possessed with treasures.*

*Our subject is oral hygiene and dental care relating to which all these observations have been made.*

*We must put reliance on the look, shape, texture and proportion of the bodily riches stored up in the vicinity of the face, which if properly conjured up, would brighten any morose Homo sapien, that is the human being, ending up in good chatting, at least.*

*Was this the face that launch'd a thousand ships*

*And burnt the topless towers of Ilium?*

*Sweet Helen, make me immortal with a kiss.*

Christopher Marlowe, in Doctor Faustus, was referring to Helen of

Troy, the mythological figure. Her abduction by Paris was the reason for a fleet of a thousand ships to be launched into battle, initiating the Trojan Wars. Earlier, Menelaus, the Prince, was headed to behead Helen, but once he saw her alluring beauty, he threw away the sword and later married her. Paris, another Prince, had abducted her, to retrieve whom a thousand of ships were launched by various princes. What a beauty could Helen have been !!!







split mid-ribs of coconut leaves used for tongue scraping



**BEFORE**



**AFTER**

Let alone Helen and Cleopatra, and come down to earthy matters. Facial exercises and facial toning could considerably step up manifestation of oneself to the utmost possibility.

A beautiful smile enlightens the day, it is said, and it defines the importance of having beautiful teeth. No doubt, most people wish for a beautiful smile on a face whose mouth has gum that ensheaths an array of white teeth. Teeth should be cute like jasmine flowers, people say. Even if these do not smell sweetly like the jasmine flowers, definitely the masticating tools should not be foul smelling.

Proper maintenance of teeth, gums, tongue, palates, throat etc is essential for ensuring good health and projection of an attractive

countenance. Image is what matters most in an ephemeral world and one must not fail a wee bit in putting up the best presentation possible.

Also, physical appearances, mainly of the face, play a key role in human communication. The mouth is a critical inter-related cross-roads, both physically and socially, they say. Teeth that are visible when smiling have an impact.

You know, people reckoned as beautiful are supposed to be extroverted, amiable and popular and therefore they are attractive and happier.

But then, one must put in some efforts to look cosy and comfortable, taking care of the facial, oral, dental and connected features.

As described elsewhere by experts, there are efficacious ways by which Ayurveda takes care of the facial, oral and dental problems.

The system lays importance to relying on natural remedies for all teething troubles and related complications, if any. There were no orthodontists, periodontists and the like in those days when Ayurveda started to be practiced by sages of yore, dating back to at least five thousand years. But they were able to take care of the oral and dental problems. Emphatically, they put stress on keeping the problems at bay by best practices, the natural way, in a preventive manner.

In Chinese medicine and treatment practices, every body part, organs, tissues, glands, etc. lie on a specific acupuncture meridian





or energy channels or pathways. Each tooth is related to body parts by way of these meridians. In this way, our teeth are inter-connected with the rest of the body. There is, in fact, a tooth meridian chart which is designed to help one discover which teeth lie on the same meridian with specific body parts and are, therefore, most directly connected.

According to the Chinese system, the mouth and body are inter-connected. Problems in the teeth can have a direct influence on one organ or a cluster of organs in the body.

The system with acupuncture, meridians and chi energy, has been used for thousands of years and is still used and taught to students all over the world, according to those practicing Chinese medicine.

Mouth is the entry point of mucous membrane, traversing down to the full alimentary system, ending up

with the rectum. Mastication by teeth and treatment of the chewed food with salivary gland secretions form the initial and basic aspect of digestion of food stuff. No need to say that the remnants of the food stuff sticking on to the teeth and gums should be removed properly, as otherwise germs have a field day on the putrefying remnants or food particles.

Brushing the teeth properly, massaging the gums, flossing for removing remnants of food stuff are all extremely important. Experts say brushing should be done immediately after taking food. But there should be regularity for brushing at least during morning and evening.

There are natural ways by which teeth can be brushed using sticks of neem branches or other such natural objects. A mixture of burnt rice bran and pepper powder can be used for brushing. There are people using thriphala powder as

well. Scraping the mouth without damaging the tongue tissues is also important to remove filth and germs. Split mid-ribs of coconut leaves are carefully used to do tongue scraping.

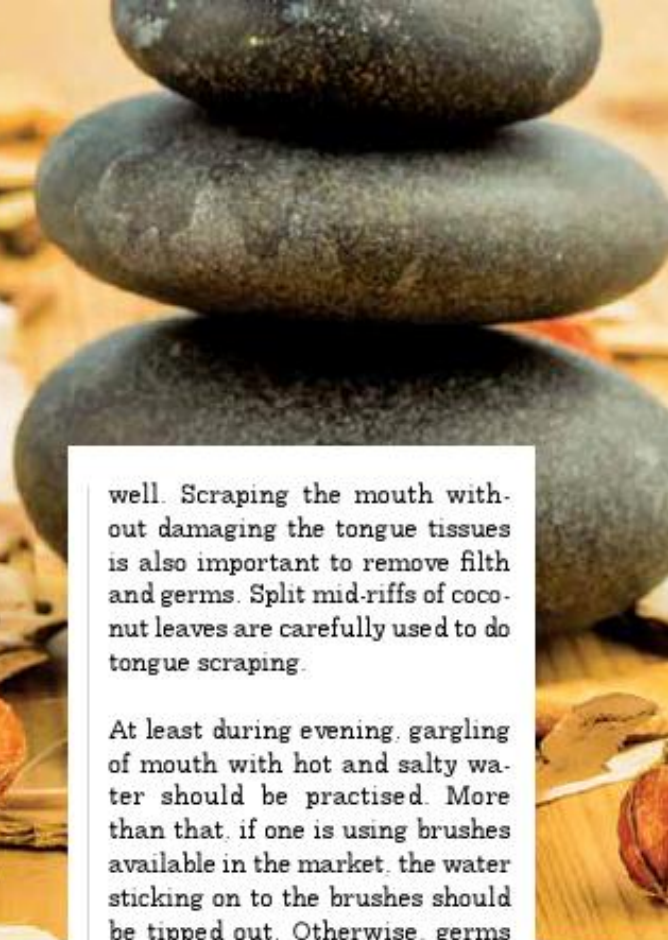
At least during evening, gargling of mouth with hot and salty water should be practised. More than that, if one is using brushes available in the market, the water sticking on to the brushes should be tipped out. Otherwise, germs would accumulate on the brushes which remain wet throughout the day and wreak havoc on our health.

Some people use coconut oil, olive oil, salt water etc for gargling. All the same the gargled water containing the remnants of food stuff and other rudiments should not be gulped down.

There are others who use powder of cloves for brushing and sesame oil for gargling.

Facial exercises and ablution of the mouth using hot water or proper oil would tone up the relevant muscles and add to good shape and texture.

A person not enjoying enervating beauty can also make oneself presentable and appealing if one takes care of facial organs and other resources. Be of good cheer, with the beauty that we have, by properly treating the face, mouth and teeth and appearing as sparkling as possible.





## AN UNPRECEDENTED AND MUCH WELCOME INCREASE IN AYURVEDA AND YOGA EVENTS IN EUROPE!



deaths in Europe (of 4 million per year) are related to chronic diseases. Seventy to 80% of all health care costs in the EU (an estimated 700 billion Euros) are spent on chronic diseases, most time long lasting and presumed to be incurable. ([http://ec.europa.eu/health/newsletter/169/focus\\_newsletter\\_en.htm](http://ec.europa.eu/health/newsletter/169/focus_newsletter_en.htm)) but most times preventable.

With such statistics as the backdrop it is worthwhile to review reasons for the unprecedented increase in the popularity of AYUSH systems across Europe and explore and review all areas where AYUSH systems in general and Ayurveda in particular can offer sustainable and significant solutions to current problems.

Oral health, or more appropriately oral ill-health, is one such condition that can benefit from Ayurveda. The seriousness of this epidemic is described well by Dr Regina M. Benjamin, the 18th Surgeon General of the United States presents in her 2010 report "Oral Health: The Silent Epidemic" (<http://www.ncbi.nlm.nih.gov/pmc/articles/>

PMC2821841).

"... oral health is much more than clean teeth. It involves the gums and their supporting tissues, the palate, the lining of the mouth and throat, the tongue, the lips, the salivary glands, the chewing muscles, the nerves, and the bones of the upper and lower jaws. Recent research has indicated possible associations between chronic oral infections and diabetes, heart and lung disease, stroke, and low birth weight or premature births. In other words, oral health refers to the health of our mouth and, ultimately, supports and reflects the health of the entire body. Although largely preventable, dental caries and periodontal disease are the two biggest threats to oral health, and are among the most common chronic diseases in the United States. Dental caries is the most common chronic disease in children: it is about five times as common as asthma and seven times as common as hay fever. The most common cause of tooth loss among adults is untreated periodontal disease. Fifty-three million people

Over the coming 12 months Europe will be hosting several Ayurveda Congresses, two in Germany, one in Italy and one in London (listed below). This wonderful expression for the growing demand for AYUSH Systems in Europe has to be welcomed – at a time when soaring health costs with Nations looking for better approaches for prevention and management of chronic and complex diseases.

The observations of Martin Seychell, Deputy Director of the Directorate of Health and Food Safety of the European Commission, offer an important backdrop: 86% of all

live with untreated tooth decay in their permanent teeth. Strikingly, one-quarter of adults aged 65 years and older have lost all of their teeth due to untreated oral disease.

Ayurveda has offered innumerable simple solutions to promote oral health which resonate with views by Dr Benjamin. When viewed through the eyes of contemporary biology and modern advance in molecular biology an even better appreciation of the values and basis of these ancient health recommendations is recognized.

Gandusha (equivalent of gargling) and kavala (wash for cleansing the mouth) are described at length in Sushrut Samhita and in Vagbhatta's Ashtangahridayasamhita & Ashtangasangraha. Gandusha and kavala involve using different medicated liquids (water-based and oils) for rinsing / repeated swishing of the mouth or gargling. Oil pulling is one term prevalent in contemporary literature that matches these ancient systems. Oil pulling in particular has a huge following. In brief, a table spoon of oil is taken



in the mouth and swished around for about 20 minutes. Practitioners observe an amazing feeling of 'cleanness and freshness' inside the mouth after this procedure. If done over a period of a few weeks then this is said to offer relief from a range of conditions. The ancient texts describe Kavala as offering relief from headache, diseases of the eyes and ear and throat, chronic sinusitis, thirst, anorexia, fatigue & drowsiness (tandra, ), while gandsa is said to improve strength of the lower jaw and chin, quality of voice / speech, facial strength, improved sense of taste and appreciation of foods, strength of gums and teeth and dry lips. One initially wonders, "Is all of this possible?" I elaborate on one possible actor – the oral microbiota. The oral microbiota is a possible trigger for ill health. Contemporary biology now offers innumerable reasons why all that is described in the ancient texts might be true.

The human oral cavity is a vast storehouse of microbes, both bacteria and bacterial viruses bacteriophages. Researchers from a network of institutions in California estimate the oral cavity at any one time to have in excess of 6 billion bacteria and potentially 35 times that many viruses (<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC4393417/>). By examining viruses in saliva and oral biofilm and comparison of viruses in orally healthy persons with those in persons with periodontal disease they have also revealed a strong link between oral viruses and periodontal health (<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC4030452/>). Some of these early details are being catalogued comprehensively at the Human Oral Microbiome Database (HOMD, <http://www.homd.org/>) to include the 700 or more prokaryote species that are



present in the human oral cavity. Approximately 54% are officially named, 14% unnamed (but cultivated) and 32% are known only as uncultivated phylotypes. Genomes for 400 oral taxa (58% of taxa on HOMD) are currently available on HOMD. A list of the phyla characterized include Actinobacteria, Bacteroidetes, Chlamydiae, Chlorobi, Chloroflexi, Euryarchaeota, Firmicutes, Fusobacteria, Gracilibacteria, Proteobacteria, Saccharibacteria, Spirochaetes, Synergistetes, Tenericutes, and several more unknown taxa. The HOMD site offers easy to use tools for viewing all publically available oral bacterial genomes – please do visit to view and learn more. ["A Foundation for the Oral Microbiome and Metagenome" from NIH-The National Institute of Dental and Craniofacial Research - <http://www.nidcr.nih.gov/>] In this zoo of microbes is also an odd entity - a representative of Archaea, the third domain of cellular life besides Bacteria and Eukarya (including plants and animals). First recognized as extremophiles, Archaea are normally found living in extreme conditions unsuitable

for other life (<https://en.wikipedia.org/wiki/Archaea>). The one identified in the Oral Microbiome is the non-motile, Gram-positive, methane-producing archaeon *Methanobrevibacter oralis*. The geographic/ethnic distribution and the clinical relevance of this species as cited by researchers Hans Peter Horz and Georg Conrads from the Division of Oral Microbiology and Immunology, RWTH Aachen University Hospital, Aachen, Germany: "... (occurrence of) *M. oralis* is found to vary - 22% for Japanese patients, 36% for US patients, 43% for German patients, and even up to 73% in Chinese patients". And about the links between this methanogenic bacteria and oral health "... Notably, *M. oralis* was never detected at healthy sites; hence, this organism exhibits a positive predictive value for periodontitis of almost 100%, which is to our knowledge not reached by any bacterial species involved in this disease. (<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3086593/>). The authors conclude with a question "Does *M. oralis* serve as a keystone species in H<sub>2</sub>-consumption of oral exosystems? And some



remarks about using plant-derived secondary metabolites as a way to control methanogenic bacteria. Keystone species are central in large microbial ecosystems and if dislocated can offer great benefits for stabilizing or destabilizing bacterial communities. If the 'keystones', like *M. oralis* enable the proliferation of harmful consortia then it is easy to see how simple and time tested interventions targeted to the keystones form the basis of such effectiveness described in ancient texts and why such simple interventions are valuable even today. The exact mechanism of action can be much more readily understood today using the power of contemporary biological tools and technologies. Additionally, there are also deep connections between oral bacteria and gut microflora and bacteria in other parts of the human body – a catalogue of which is being curated by the National Institutes of Health's Human Microbiome Project (HMP; <http://hmpdacc.org/>). Such previously unanticipated interactions and connections are already questioning many of the foundations of contemporary biology developed over the last six to seven decades. Linking human physiological disorders to bacterial strains is a daunting task, but maybe the recommendations offered in Ayurvedic texts based on experiential knowledge and their safe usage over the millennia can be used as interventions / treatments in research studies today to monitor changes in oral microflora and in turn other associated changes in the human physiology and across the human body. In this way ancient knowledge along with contemporary sciences and technology might offer not just new insights but also new and important health solutions for the future. Some such time-tested procedures might even

offer the principles for "The Keystone Health Solutions" to many of today's difficult to understand and complex health issues. One is reminded again of more such simple interventions described in Ayurveda (e.g. nasya) and Yoga (e.g. neti) which can have dramatic effects on microbial communities in the nasopharyngeal cavities!

In this way, and based on new and growing evidence, one can see how the concluding lines of Dr Benjamin's 2010 report on "Oral Health: The Silent Epidemic" resonates with the aspirations for AYUSH systems for the future. I quote "... raising the country's understanding of the linkage between good oral health and good overall health will help to reduce the disparities associated with oral health and will lead to a healthier nation "

Ayurveda, Yoga and AYUSH awareness and literacy in Europe, its recognition, public perception, acceptance and demand has grown and has changed much over the last decade. And with increasing examples of the links between previously unknown or underappreciated aspects of oral microflora, the possibility of modulating those using simple interventions described in great detail in ancient Ayurvedic texts it might seem that Ayurvedic and ancient wisdom is set to have an even more dramatic impact in the decades ahead, the world over. More about all this and more in letters to follow. Ayurveda events over the next 12 months up to April 2017:

18th International Ayurveda Symposium, 9 to 11 September 2016 in Birstein, Germany

<http://www.ayurveda-akademie.org/en/symposia-and-events/ayurveda-symposium-2016/>

3rd International Congress on Ayurveda, 16 to 19 September 2016, Milan, Italy

<http://www.ayurvedicpointcongress.com/index.php/en/>

EWAC: 2nd European World Ayurveda Congress, Friday 14 to Monday 17 October, 2016 <http://www.ayurvedacongress.eu/>

WAC7: 7th World Ayurveda Congress, 01 to 04 December 2016, Kolkata, India

(<http://www.ayurworld.org/wp-content/uploads/2016/01/7th-wac-1st-announcement.pdf> | awaiting a WAC7 web site)

Second International Ayurveda Congress "Ayurveda – The Pursuit of Health, Happiness and Long Life"

**Madan Thangavelu Ph.D.**



Madan is a genome biologist with an unusually diverse academic background and range of research interests. He is an Inlaks Foundation Scholar (1982 Trinity Hall) and has a Ph.D. in Molecular Genetics. His current primary research interest is the development of single DNA molecule and single cell techniques for genome analysis. He is the inventor of the Molecular Copy Counting technique - very high resolution and high sensitive technique for describing genomic variation at the level of single cells and single DNA molecules.





## 2nd EWAC at a glance

On 15 & 16 October 2016 Koblenz, Germany will be home to probably the largest Ayurvedic event held outside India. For the second time the EUAA in cooperation with partners from Indian will be hosts of the European World Ayurveda Congress (EWAC # 2). At this Health Fair one can learn about the experiences of the Five Senses – Sight, Smell, Hearing, Taste and Touch – in health and the healing powers of Ayurveda, Yoga and healthy eating through the five senses. The event is sure to inspire you through its several Ayurvedic cooking shows, yogas, aromatherapy and color therapy or experience massages. Lectures, workshops and roundtable discussions will provide insights into healthy nutrition, meditation and movement for health. Visitors can also enjoy and learn about Ayurvedic institutions and meet manufacturers and distributors of a wide range of ayurvedic and naturopathic products.

At the Scientific Congress meet leading Ayurvedic physicians and researchers from around the world will discuss new research findings from this long-standing traditions and discuss the latest developments and opportunities of integration of Ayurveda in Western health systems. It is also understood that the planning for the EWAC#2 in October 2016 is progressing at full speed.

Among the eminent speakers for the congress are Dr. Harsha Gramminger, Dr. Christian Kessler, Dr. Vasant Lad, Dr. BM Hedge, Dr. Vinod Verma, Dr. Jeevan and many others. The speakers will enlighten the audience on how to integrate Ayurvedic lifestyle in our daily life. They will help you to select diet plans that match each body type. The attendees are encouraged to meet, interact and ask questions and learn about Ayurveda from speakers from around the world. You are still not too late and hence buck up and book your seats to enrich yourself from this event.



**T**he third international congress on Ayurveda is proposed to take place in Milan, Italy from September 16th to 19th, 2016. The theme for this conference will be Ayurveda, the meaning of life: the future in the tradition. This event is devoted to analyze the relationships between tradition and future, between linear and circular time. Its aim is to interface Ayurvedic and Vedic System of Knowledge with the Modern Science and Biomedicine with full respect of the Tradition. The former editions were a great success, especially the first Edition of 2009 in Milan. It was a milestone for the diffusion of Āyurveda worldwide and its proceedings, published on the highly influential scientific journal eCAM. The event will take place at the Grand Hotel Villa Torretta in Milan. This hotel is surrounded by one of Milan's largest green parks the "Parco Nord". It is also a place of charm, unique in the whole area of Milan. Some of the speakers of the event include, Padmashree Dr. PR Krishna Kumar, Padmashree Prof. Ram H Singh, Padmashree Dr. Rajesh Kotecha, Prof. AN Narayan Nambi and many others. The congress will also address the crucial gap between the two knowledge systems which is that of Ayurvedic and Vedic System of Knowledge with the Modern Science and Biomedicine.

In this Congress each of the participants can bring their own experience

and ideas on how to resolve the gap between knowledge systems. Hopefully, the Coherence emerging from the ensemble of these conceptual contributions will help us to identify new perspectives, patterns and paradigms. Three aspects will be taken into consideration, each of them representing the core theme of one of the conference sessions: Coherence in Concepts and Vision, Coherence in Basic Research and Coherence in Clinical Studies. Thus, this congress will encourage all contributors to provide empirical findings, insights and suggestions concerning the trans-epistemological value in this congress.



## PEEK THROUGH THE 7TH WORLD AYURVEDA CONGRESS & AROGYA EXPO



The 7th edition of the "World Ayurveda Congress" which will be the largest gathering of this kind is scheduled to be held at the Science city, Kolkata, West Bengal between 1 & 4th December, 2016. This edition of the WAC will be led by two eminent personalities none other than Secretary, Ministry of AYUSH and Director General of Indian Council of Medical research. This congress plans to float a large platform of all ethnical health care systems including folk medicines of all the major countries in the 7th WAC. The Chief Patrons of the event include; Shri J P Nadda, Hon'ble Minister for Health & Family Welfare, Shri Sripad Yesso Naik, Hon'ble Minister for AYUSH, Shri Ajit M Sharan, IAS, Secretary, Ministry of AYUSH and Dr. Sowmya Swaminathan, Secretary, DHR & Director general, ICMR.

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Shri Vinod Zutshi (IAS) Secretary Department of Tourism, Government of India releases English and German special issues of Ayurveda on 9th March at ITB Berlin.



KTM MEMBERS AT ITB WITH THE  
TOURISM SECRETARY





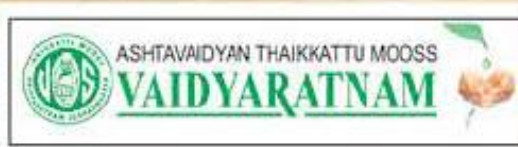
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