

**COMPREHENSIVE DISCUSSION ON DENTAL HYGIENE AND IT'S SIGNIFICANCE****Tanuja B**

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Abstract

Oral hygiene refers to the act of maintaining cleanliness and preventing diseases and issues such as bad breath in the mouth through regular brushing and flossing. Regular oral hygiene practices are necessary to prevent dental disease and foul breath. The prevalent forms of dental ailments encompass tooth decay (cavities, dental caries) and gum disorders, such as gingivitis and periodontitis. Standard recommendations advise brushing teeth twice day, although it is optimal to clean the mouth after each meal. Interdental cleaning, which refers to the process of cleaning between the teeth, is just as crucial as tooth brushing. The reason for this is that a toothbrush is unable to access the spaces between the teeth, resulting in the removal of only around 50% of plaque from the tooth surface. Various instruments, such as floss, flossettes, and interdental brushes, can be utilized for interdental cleaning. The choice of tool is a personal preference for each individual. While white or straight teeth are often linked to good oral hygiene, it is important to note that a hygienic mouth might nonetheless contain discolored or crooked teeth. Individuals may pursue tooth whitening and orthodontic treatments for aesthetic

purposes. In Ayurveda, Dantadhavan Vidhi refers to the daily practice of maintaining oral hygiene as part of one's routine (Dincharya). It involves utilizing several procedures such as Dantadhavan (brushing), gandusha (gargling), and kawal (mouth rinsing).

Keywords: oral hygiene, tooth brushing, tooth decay, dantdhawan.

Introduction

The World Health Organization (WHO) defines oral health as the absence of chronic pain in the mouth and face, as well as the absence of oral and throat cancer, oral infections and sores, gum disease, tooth decay, tooth loss, and other conditions that impair an individual's ability to bite, chew, smile, speak, and maintain psychosocial well-being.

- Oral hygiene is initiated by maintaining clean teeth. Maintaining oral hygiene by cleaning the area where your teeth and gums touch can prevent gum disease, while ensuring cleanliness of your tooth surfaces can help avoid both cavities and gum disease.
- Oral illnesses are prevalent non-communicable diseases (NCDs) that impact individuals over their lifespan, resulting in pain, discomfort, deformity, and potentially mortality.
- According to the Global Burden of Disease Study 2016, dental caries (tooth decay) in permanent teeth was found to be the most common oral disease, affecting around 3.58 billion people, which is about half of the world's population.
- On a global scale, around 2.4 billion individuals experience dental caries in their permanent teeth, while 486 million children suffer from dental caries in their primary teeth.
- Globally, severe periodontal disease, which can lead to tooth loss, was projected to be the 11th most widespread disease.
- Approximately 60 to 90 percent of school students experience the presence of at least one dental cavity.
- Almost all adults have at least one dental cavity.
- Approximately 15 to 20 percent of individuals between the ages of 35 and 44 suffer from a severe form of gum disease.
- Approximately 30 percent of individuals worldwide, aged 65 to 74, are completely edentulous.
- The prevalence of oral cancer in most countries is typically between 1 and 10 occurrences per 100,000 individuals.
- Poor or disadvantaged population groups bear a significantly greater burden of oral disease.
- Dantadhavan is a component of Dincharya.
- In Charak Samhita and Ash.Hridaya, dantadhavan is mostly emphasized as a preventive measure, but Sushruta mentions it in chikista sthana, focusing on its healing properties.
- The association between dental cleanliness and general health is significant, as the mouth serves as the initial component of the digestive system. To maintain regular dental hygiene, we can utilize many beneficial herbal remedies for tooth cleansing, known as Dantadhavan.
- Dantadhavan is primarily accompanied by Jivhanirlekhan.
- Another technique, such as Kawal-Gandusha, can also be used [1-12].

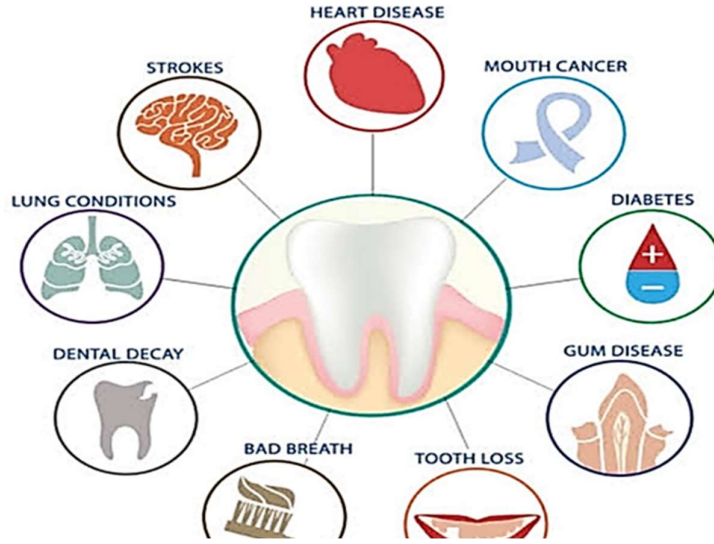


Figure.1 Dental problems

Objectives

- To evaluate the significance of oral hygiene in oro-dental conditions.
- To ascertain the significance of the dantdhavan vidhi in upholding oral cleanliness.

Goals:

- To compare the techniques of dental hygiene according to Ayurveda and current perspectives.
- In order to raise awareness in society on the need of maintaining oral hygiene and to prevent both oral and systemic disorders.

REVIEW OF LITERATURE:

Causes of dental and oral diseases

Several factors contribute to the development of gingivitis and periodontitis, such as:

- Tobacco consumption and inadequate oral hygiene practices
- Regular consumption of high-sugar meals and beverages
- Diabetes, medication-induced reduction of saliva production, family history or genetics, specific illnesses like HIV or AIDS, hormonal changes in women, acid reflux or heartburn, and frequent vomiting caused by acid are all factors that might contribute to dry mouth [13-20].

Oral Hygeine Can Cause

<p><u>Dhantpavan</u>- Dhantpavan means Dhattuna or Chewing sticks.</p>	<p>Tooth brushing Interdental brushing Tongue scrapers Oral irrigation</p>
<p><u>Jivhanirlekhana</u>- It is used for cleaning tongue with the help of</p>	

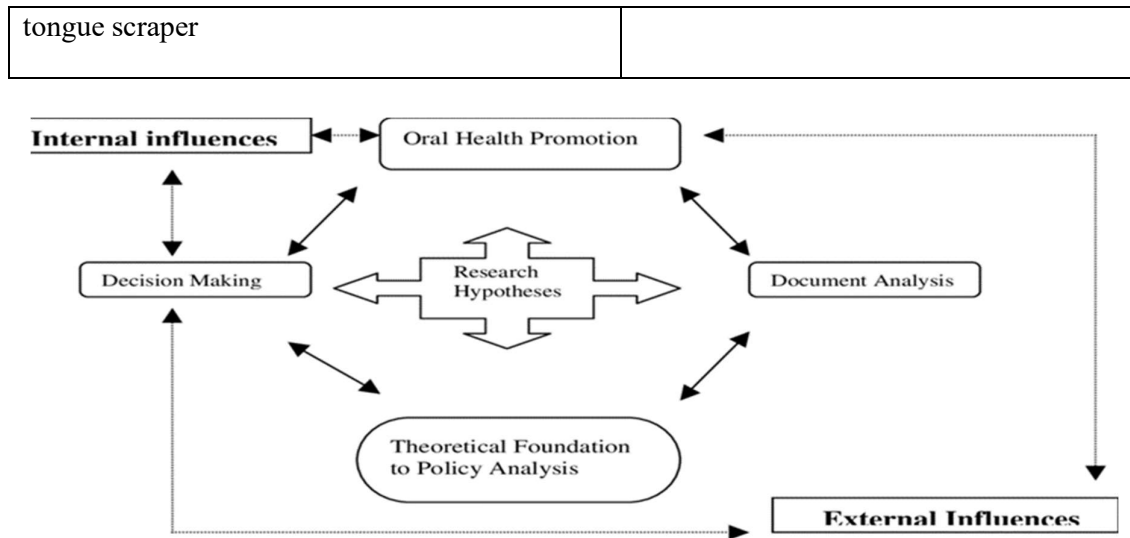


Figure.2 Integrated Conceptual Approach Towards Maintaining Good Oral Hygiene

- Dantadhāvana is a term that directly translates to 'washing the teeth'. It is among the first actions in a person's daily regimen. Typically, this process involves using a small section of a twig from specific plants or trees known for their medicinal characteristics. The twig is shaped into a toothbrush-like tool by crushing one end.
- Gandusha, also known as gaegling, is an ancient Ayurvedic practice called oil pulling. This method entails swishing oil in the mouth to obtain oral and systemic health advantages. The ayurvedic classic Charaka Samhita refers to it as kavala or gandusha. Oil pulling has long been employed as a traditional Indian folk medicine to prevent tooth decay, bad breath, gum bleeding, throat dryness, chapped lips, and to fortify teeth, gums, and the jaw.
- To achieve optimal oral hygiene benefits from toothbrushing, it is recommended to utilize an electric toothbrush.
- Flossing is a technique that aids in preserving dental health by eliminating microorganisms from the difficult-to-reach spaces between teeth that cannot be effectively cleaned by brushing alone.
- Mouthwash can reach areas that are inaccessible to both toothbrushes and floss, providing a thorough and deep clean. Search for a mouthwash that includes fluoride, as fluoride has been scientifically demonstrated to enhance tooth enamel and combat tooth decay. Furthermore, a mouthwash like Crest Pro-Health Advanced fortifies tooth enamel, guards against tooth decay, and eradicates microorganisms that cause unpleasant breath.
- Jivha nirkhan, or tongue scraping, is best done using materials such as gold, silver, copper, or stainless steel. Tongue scraping activates the reflex points on the tongue and eliminates unpleasant odor (halitosis). Enhances gustatory perception and promotes the release of digesting enzymes [21-32].
- Standard recommendations advise brushing teeth twice a day, although it is optimal to clean the mouth after each meal. Interdental cleaning, which refers to the act of cleaning between the teeth, is equally crucial as tooth brushing. The reason for this is that a toothbrush is unable to access the spaces between the teeth, resulting in the removal of only around 50% of plaque from the tooth's surface. Various instruments, such as floss, flossettes, and interdental brushes, can be used to effectively remove debris from the spaces between teeth.

- Nutrition: An adequately nourishing and well-balanced diet is crucial for maintaining optimal physical well-being, and it also plays a significant role in promoting good oral hygiene. Ensure that your diet incorporates an ample amount of dairy products, fruits, vegetables, and entire grains. Certain foods that are particularly beneficial for maintaining good oral hygiene include cheese, yogurt, milk, and peanuts. These foods has the ability to eliminate sugars from the tooth surface and safeguard the teeth from plaque [33-40].

Conclusion

Oral hygiene is the practice of keeping one's mouth clean and free of disease and other problems (e.g. bad breath) by regular brushing (dental hygiene) and cleaning between the teeth. Oral hygiene to be carried out on a regular basis to enable prevention of dental disease and bad breath. The most common types of dental disease are tooth decay (cavities, dental caries) and gum diseases, including gingivitis, and periodontitis. Ayurveda recommends some daily use therapeutic procedures for the prevention of and maintenance of oral health. These include: Dantadhavan (Brushing), Jivhanilekhana (Tongue scrapping) and Gandoosha (gargling) or oil pulling. The cost of Ayurveda is much lower, it is closer to the community, and patients get personal attention or the healing touch of the practitioner who speaks the same language.

According to World health Organization (WHO) 75% of the world's population uses herbs for basic health care needs. WHO has recommended for the incorporation of the traditional systems of medicine like Ayurveda into the primary health care system, for those communities where it is accepted. All the Ayurvedic medicines and local remedies discussed above (oil pulling, herbal chewing sticks, ayurvedic herbs etc.) are easily available in the rural areas where socioeconomic condition of the people is not good enough to buy costly toothpaste or curative medicines. The literature showed that there are numerous Ayurvedic drugs, which can be used in prevention as well as management of oral diseases. Many Ayurvedic herbal plants, which are reviewed, possess antimicrobial, anti-inflammatory, analgesic, antiulcer genic activities when screened according to the modern parameters.

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