

ARIMEDAS OIL FOR OIL PULLING**Dr. Bindu Ahlawat*¹ and Dr. Omprakash Sarswat²**

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ABSTRACT

Now a days, oil pulling is getting popular. It has been described in AYURVEDA, thousand years back with the name of "GANDUSHA" (to fill the mouth with oil and hold it for a while) and "KAVALGRAH" (to swish the oil between teeth). One can compare KAVALGRAH to OIL PULLING. People use sesame oil or coconut oil for oil pulling. Though sesame oil is not so good for high PITTA, so as coconut oil may not good for high VATA You will be surprised to know that ayurveda have better oil for oil pulling "ARIMEDAS THAILAM".

KEYWORDS: Gandusha, Kavalgrah, Pitta, Arimedas Thailam.

INTRODUCTION

Arimedasa thailam contains *arimeda* or *irimeda* (*acacia farnesiae*). Arimeda is used to relieve pain and inflammation. It is also used to control bleeding from wounds. Other ingredients are Ela (twak and patra), Ksheeri twak, Ysthimadhu and Mnjishtha. Properties of Arimedasa are -

- Rasa - kashaya (Astringent), Tikta (Bitter).
- Guna- Laghu, Ruksha.
- Viipaka - Katu.
- Veerya - Sheeta.

Mechanism of Action

- Helps to relieve tooth caries.
- Take care of gums, avoids abscess.
- Helps to treat Burning Mouth Syndrome.
- Cures Gingivitis.

How to Use Arimedasa Thailam for Oil Pulling -

- Take 5-10 ml of Arimedasa oil, gargle for 5-10 mins, then spit out the oil.
- After that do warm water oil pulling and spit out.
- One can brush as well after oil pulling.

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