

**OIL PULLING: A SUSTAINABLE PROCEDURE FOR MAINTAINING ORAL HYGIENE****\*<sup>1</sup>Dr. Yashwant Singh, <sup>2</sup>Dr. Sunayana and <sup>3</sup>Dr. Ritu Kumari**<sup>1</sup>PG Scholar Department of Sawasthavrit and Yoga, Shriganganagar College of Ayurved and Science, Shriganganagar, Rajasthan.<sup>2</sup>Associate Prof, Department of Sawasthavrit and Yoga, Shriganganagar College of Ayurved and Science, Shriganganagar, Rajasthan.<sup>3</sup>PG Scholar Department of Shalya Tantra, University College of Ayurved, DSRRAU, Jodhpur (Raj).**\*Corresponding Author: Dr. Yashwant Singh**

PG Scholar Department of Sawasthavrit and Yoga, Shriganganagar College of Ayurved and Science, Shriganganagar, Rajasthan.

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**ABSTRACT**

Mouth is considered as the mirror of the general health of human body. Oral cavity harbours billions of microorganisms. Some of these contribute to the development or progression of systemic diseases such as cardiovascular disease, diabetes mellitus etc. oral health and general health is interrelated. So it is very important to maintain oral health. Oil pulling is claimed to improve oral health. It is mentioned in Ayurveda as 'Kavala' or 'Gandoosha'. The present article attempts to review and discuss this ancient practice.

**KEYWORDS:** Oil pulling, oral hygiene, Ayurveda, kavala, gandoosha.**INTRODUCTION**

The aim and objectives of Ayurveda is to preserve the health of a healthy and normal person and also to treat and cure the sick person in such a way that the disease is nipped in the bud and does not appear again.

Oil pulling procedure is used for achieving both the aims i.e. for the prevention and cure of the mouth disease including the diseases of the teeth and the gums, which is described in 'dina Charya' and 'Rutu Charya' i.e. the daily behaviour and the seasonal behaviour respectively.

And also maintain the mouth hygiene and the care of the teeth and the gums right from the intrauterine life of ripe old age.

**Oil Pulling in Ayurveda**

Oil pulling procedure is mentioned in ayurvedic texts Charak Samhita and Sushruta Samhita as Kavala and Gandoosha. In Gandoosha, mouth is completely filled with oil such that gargling is impossible whereas in kaval grah comfortable lesser quantities of oil is used such that gargling is possible.

**Gandoosha**

There are many definitions of Gandoosh available

1. A procedure which is useful for the treatment of mouth and teeth diseases is Gandoosh.
2. The full mouth with the medicine in it, so much that it cannot be turned or moved about around inside the mouth cavity is Gandoosh.

3. Gandoosh means holding a mouthful of medicated liquid for some time.

**Types of Gandoosha**

Gandoosh are of four types, such as

1. Snaihik Gandoosh - Oily / Fatty Gandoosh.
2. Shaman Gandoosh - Palliative Gandoosh.
3. Shodhan Gandoosh - Clearing / Cleaning Gandoosh.
4. Ropan Gandoosh - Wound healing Gandoosh.

**Preventive Gandoosh for Health Preservation**

**Oily gandoosh:** Til oil is the best. Either oil alone or medicated oil can be used. Alternatively ghee is used either alone or medicated.

**Khadira gandoosh:** This is basically an astringent gandoosh. This helps to reduce the stickyness of the mouth due to the liquefaction of mucus which accumulates even normally.

**Procedure of Oil Pulling**

In oil pulling, a tablespoon full of oil is swished around the mouth in the early morning before breakfast and in empty stomach for about 20 min. The oil is pulled and forced in between all the teeth by swishing it all around the mouth. At the end of this activity, the viscous oil will become milky white and thinner. Then it is spit out and mouth is thoroughly washed with clean warm saline water and teeth are cleaned with fingers. If the jaw aches, then the procedure can be done just for 5-10 min. It is best practiced in sitting position with chin up. It can be

practiced thrice daily in empty stomach before meals to fasten the healing effect.

It is contraindicated for children below 5 years due to risk of aspiration. In cases of oral ulcers, fever, vomiting tendency, asthma and in conditions where brushing is difficult and sometimes contraindicated, oil pulling can be advantageously used to maintain oral hygiene.

#### **Mechanism of Oil Pulling**

Oil pulling is believed to help in the excretion of toxic heavy metals by saliva. It activates salivary enzymes which absorb toxins such as chemical toxins, bacterial toxins and environmental toxins from the blood and removed from the body through the tongue. Thus oil pulling detoxifies and purifies the entire human body.

It generates antioxidants which damage the cell wall of microorganism and kill them.

During oil pulling, the oil gets emulsified and surface area of the oil gets increased. The process of emulsification of oil begins upon 5 min. of oil pulling. This oil will coat the teeth and gingiva and inhibits bacterial coaggregation and plaque formation. The plaque building bacteria responsible for dental caries, gingivitis, periodontitis and bad breath are removed from oral cavity.

#### **Advantage of Oil Pulling**

Gum become pink, healthier and problem of bleeding gums is solved. It also help to resolve symptoms of dry mouth/ throat and chapped lips. Breath become fresher, teeth become whiter, oral cavity muscles and jaws become stronger. It is also beneficial in sore throat, dry face, impaired vision, taste loss and anorexia. Thus oil pulling helps to improve the oral hygiene.

#### **CONCLUSION**

Oil pulling is observed to bring improvement in oral hygiene when practiced correctly and regularly as per mentioned in Ayurveda. It is a traditional, cheap, valuable remedy and can be safely used to maintain good oral hygiene and health along with the routine tooth brushing with promising positive results.

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