



Review Article

EXPLORING THE PHARMACOLOGICAL POTENTIAL OF *DANTHA DHAVANA* DRUGS MENTIONED IN BRIHAT THRAYI AND LAGHU THRAYI IN TERMS OF THEIR *RASAPANCHAKA*

Sethu R^{1*}, Krishna Priya A², Ankitha Sudheendran³

¹Associate Professor, ²Assistant Professor, Department of Dravyaguna vijnana, Ahalia Ayurveda Medical College, Palakkad.

³Assistant Professor, Department of Dravyaguna vijnana, Nangelil Ayurveda Medical College Hospital, Kothamangalam, Ernakulam, Kerala, India.

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ABSTRACT

Ayurveda have always approached health with prime focus on maintenance of health in a healthy individual prior to the concept of treatment of a diseased individual. This implies the necessity of various concepts of Ayurveda mentioned across various *Samhitas* like *Brihatrayi's* and *Laghutrayi's* namely *Dinacharya*, *Ritucharya*, *Swasthavritta*, *Janapadoshwamsa* etc. All these concepts mentioned helps an individual to maintain the healthy state and prevent any health deficit that could lead to the manifestation of a disease. Among the concept of *Dinacharya* or the regimens to be followed in daily life, *Acharya* mentions *Danta dhavana* mentioned to preserve and promote oral hygiene. Even though the concept is familiar, the drugs mentioned for its usage are specific according to each *Acharyas*. This article is aimed to provide an insight into the pharmacological potential of drugs that possesses *Danta dhavana* action mentioned in the *Brihatrayi* and *Laghutrayi*.

INTRODUCTION

Ayurveda is the science of life and is mainly focused on maintenance and promotion of positive health of healthy ones and curing the diseased ones. For the maintenance and promotion of positive health, several regimens are prescribed in Ayurveda which include, *Dinacharya* (daily routines), *Ritucharya* (seasonal regimen), *Sadvritta* (right conduct of life) etc. Various procedures for maintaining personal hygiene are well explained under the *Dinacharya* (daily routines) in all classical texts of Ayurveda. Hygiene in everyday life plays an important role in preventing the incidence and spread of the infectious diseases. Personal hygiene refers to those practices performed by an individual to take care for one's bodily health. Moreover, these habits will help us to protect our mental health and overall activity.

According to Ayurveda, there are nine openings in the human body and oral cavity is one of them.

Oral cavity is the chief entrance of human body and digestion process begins in the mouth itself. So that oral hygiene is more important. Oral cavity includes the *Oshtha* (lips), *Dantamoola* (gingiva and tooth supporting structures), *Danta* (teeth), *Jihva* (tongue), *Talu* (palate), *Kantha* (throat) and *Sarvasara* (oral mucosa). Under *Dinacharya*, there are procedures like *Dantadhavana* (brushing the tooth), *Pratisarana* (massaging the teeth and gums), *Jihva nirlekhana* (tongue scraping), *Gandoosha and Kavala* (gargling) etc. are describing in Ayurveda classics. Regular *Dantadhavana* is the first line of oral cleansing method which can prevent dental diseases like tooth decay, gum diseases etc.

Regarding *Dantadhavana*, Ayurveda recommends and insist use of chewing herbal sticks for daily use in the morning as well as after every meal to prevent disease. Regular *Dantadhavana* is the first line of oral cleansing method which can prevent dental diseases like tooth decay, gum diseases etc.

AIM OF THE STUDY

Aim of the study is mainly to assess, understand and compare the pharmacological potential of drugs mentioned in the context of *Dantha dhavana* in *Caraka Samhita*, *Susrutha Samhita*, *Ashtanga Hridaya* and *Bhava Prakasa*.

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MATERIALS AND METHODS

Relevant sections of Ayurvedic literature including the *Caraka Samhitha*, *Susrutha Samhitha*, *Ashtanga hridaya* and *Bhavaprakasa* were referred. Enlisted the drugs mentioned for the purpose of *Dantha dhavana* in all these literatures. All the information regarding the botanical name, family, taxonomical details, pharmacological actions, properties of both the drugs were collected from various *Nighantus*. Details regarding their pharmacological evaluation were also collected from research articles published.

Dantha Dhavana

Dantha dhavana means brushing the teeth is an unavoidable practice among our daily regimen, which was explained with great importance in almost every literature of Ayurveda. It is explained along with the list of plants to be used as tooth stick or as tooth powder. It is mentioned that brushing should be done with a *Danthapavana* (tooth stick) of 12 *Angula* in length which is predominantly of *Kashaya*, *Katu* and *Thiktha rasa*. Brushing should be done on morning and

after every meal.^[1] Many of the drugs are enlisted to use as for this purpose.

In *Caraka Samhitha*, *Acharya Caraka* describes *Dinacharya* in 5th chapter of *Suthra sthana*, '*Mathrasithiya adhyaya*'^[2]. *Susruthacharya* details the *Dinacharya* in *Chikitsa sthana* 24th chapter '*Anagathaabadha prathishedhaneeyam adhyayam*'^[3]. *Acharya Vagbhata* in *Ashtanga sangraha* explains *dinacharya* in the 3rd chapter of *Suthrasthana*^[4] while *Ashtanga hridayakara* includes *Dinacharya* in the second chapter of *Suthra sthana*^[5] Among *Laghuthrayi*, *Bhavaprakasa samhitha* includes *Dinacharya* in *Purva khanta* 5th chapter '*Dinacharyadi prakaranam*'^[6] In light of the above furnished references the drugs mentioned are enlisted in the below table. The drugs are categorized into 3 sections, drugs mentioned to be used as *Dantha pavana* or tooth stick, which is advised to be used as a stick and should be chewed. Another group of drugs mentioned to be used as tooth powder and *Kshoudra* and *Thaila* mentioned in this context as adjuncts for tooth powder.

Table 1: List of Plants Enlisted for *Danthadhavana* from Various Literature

S.No	Drugs	C.S (2)	S.S(3)	A.S(4)	A.H(5)	B.P(6)
Drugs Mentioned as <i>Dantha Pavana</i> (Tooth Stick)						
1.	<i>Madhuka</i>		+			+
2.	<i>Karanja</i>	+	+	+	+	+
3.	<i>Nimba</i>		+			+
4.	<i>Khadhira</i>		+	+	+	+
5.	<i>Arka</i>	+		+	+	+
6.	<i>Nyagrodha</i>			+	+	+
7.	<i>Arjuna</i>	+		+	+	+
8.	<i>Asana</i>	+		+		+
9.	<i>Karavira</i>	+		+		
10.	<i>Malathi</i>	+		+		+
11.	<i>Apamarga</i>			+		+
12.	<i>Sarja</i>			+		
13.	<i>Arimeda</i>			+		
14.	<i>Plaksha</i>					+
15.	<i>Vilwa</i>					+
16.	<i>Udumbara</i>					+
17.	<i>Amra</i>					+
18.	<i>Kadamba</i>					+
19.	<i>Champaka</i>					+
20.	<i>Sirisha</i>					+
21.	<i>Dadima</i>					+
22.	<i>Kutaja</i>					+
23.	<i>Thagara</i>					+
24.	<i>Mandara</i>					+
25.	<i>Gurvaka</i>					+
26.	<i>Thala</i>					+

27.	<i>Hindala</i>					+
28.	<i>Kethaka</i>					+
29.	<i>Bruhathruna,</i>					+
30.	<i>Narikela</i>					+
31.	<i>Kharjura</i>					+
Drugs Mentioned to be used as Tooth Powder						
32.	<i>Pippali</i>		+			+
33.	<i>Maricha</i>		+			+
34.	<i>Sunthi</i>		+			+
35.	<i>Twak</i>		+			
36.	<i>Pathra</i>		+			
37.	<i>Ela</i>		+			
38.	<i>Saindhava</i>		+			+
39.	<i>Thejovathi</i>					+
Drugs Mentioned as Adjuncts in Tooth Powder						
40.	<i>Kshoudra</i>		+			+
41.	<i>Thaila</i>		+			+

In Bhava Prakasa benefits of using certain plants are also explained^[7]

Table 2: Benefits of using certain plants for *Dantha dhavana*

S.No	Plants	Benefits
1.	<i>Arka</i>	<i>Virya</i>
2.	<i>Vata</i>	<i>Deepthi</i>
3.	<i>Karanja</i>	<i>Vijaya</i>
4.	<i>Plaksha</i>	<i>Artha sampathi, Vaidaryam Madhura Dhvani</i>
5.	<i>Khadira</i>	<i>Mukha sougandhyam</i>
6.	<i>Vilwa</i>	<i>Vipula dhana</i>
7.	<i>Udumbara</i>	<i>Vaksiddhi</i>
8.	<i>Amra</i>	<i>Arogya</i>
9.	<i>Kadamba</i>	<i>Dhrithi, Medha</i>
10.	<i>Champaka</i>	<i>Drida mathi</i>
11.	<i>Sirisha</i>	<i>Keerthi, Soubhagya, Ayu, Arogya</i>
12.	<i>Apamarga</i>	<i>Dhrithi medha</i>
13.	<i>Asana</i>	<i>Prajna Sakthi</i>
14.	<i>Dadima</i>	<i>Sundaraakara</i>
15.	<i>Kakuba</i>	<i>Sundaraakara</i>
16.	<i>Kutaja</i>	<i>Sundaraakara</i>
17.	<i>Jathi</i>	<i>Duswapnam vinyasyathi</i>
18.	<i>Thagara</i>	<i>Duswapnam vinyasyathi</i>
19.	<i>Mandara</i>	<i>Duswapnam vinyasyathi</i>
20.	<i>Thrina raja - Gurvaka, Thala, Hindala, Kethaka, Bruhathruna, Kharjura, Narikela</i>	

In *Ashtanga sangraha*, some plants which are contra indicated for the purpose of brushing are also included.^[8] They are *Sleshmathaka, Arishta, Vibheethaki, Dhanwa, Vilwa, Vanjula, Nirgundi, Sigru, Thilwaka, Tinduka, Kovidara, Sami, Pilu, Pippala, Inguda, Guggulu, Paribhadra, Amlika, Mochaka, Salmali* and *Sana*.

The drugs which are advised to be used for brushing in the literature are subjected to analyze in terms of their *Rasapanchaka* and therapeutic action, which are tabulated below.

Table 3: Botanical source of Plants mentioned for *Danthadhavana*⁽⁹⁾

S.No	Drugs	Botanical Name	Family
Drugs Mentioned as <i>Dantha Pavana</i> (tooth stick)			
1.	<i>Madhuka</i>	<i>Glycyrrhiza glabra</i> Linn.	Fabaceae
2.	<i>Karanja</i>	<i>Pongamia pinnata</i> (Linn.) merr	Fabaceae
3.	<i>Nimba</i>	<i>Azadirachta indica</i> A.Juss	Meliaceae
4.	<i>Khadhira</i>	<i>Acacia catechu</i> (Linn.f.) willd.	Fabaceae
5.	<i>Arka</i>	<i>Calotropis procera</i> (Ait.) R. Br.	Apocynaceae
6.	<i>Nyagrodha</i>	<i>Ficus bengalensis</i> Linn.	Moraceae
7.	<i>Arjuna</i>	<i>Terminalia arjuna</i> w & A.	Combretaceae
8.	<i>Asana</i>	<i>Pterocarpus marsupium</i> Roxb.	Fabaceae
9.	<i>Karavira</i>	<i>Nerium indicum</i> Mill.	Apocynaceae
10.	<i>Malathi</i>	<i>Jasminum officinale</i> Linn.	Oleaceae
11.	<i>Apamarga</i>	<i>Achyranthes aspera</i> Linn.	Amaranthaceae
12.	<i>Sarja</i>	<i>Vateria indica</i> Linn.	Dipterocarpaceae
13.	<i>Arimeda</i>	<i>Acacia leucophloea</i> Willd	Fabaceae
14.	<i>plaksha</i>	<i>Ficus lacor</i> Buch. – Ham	Moraceae
15.	<i>vilwa</i>	<i>Aegle marmelos</i> Carr.	Rutaceae
16.	<i>Udumbara</i>	<i>Ficus glomerata</i> Roxb.	Moraceae
17.	<i>Amra</i>	<i>Mangifera indica</i> Linn.	Anacardiaceae
18.	<i>Kadamba</i>	<i>Anthocephalus cadamba</i> Miq.	Rubiaceae
19.	<i>Champaka</i>	<i>Michelia chambaka</i> Linn.	Magnoliaceae
20.	<i>Sirisha</i>	<i>Albizia lebeck</i> Benth.	Fabaceae
21.	<i>Dadima</i>	<i>Punica granatum</i> Linn	Punicaceae
22.	<i>Kutaja</i>	<i>Holarrhena antidysenterica</i> (Roth) A.DC	Apocynaceae
23.	<i>Thagara</i>	<i>Valeriana wallichii</i> DC	Valerianaceae
24.	<i>Mandara</i>	<i>Erythrina variegata</i> Linn.	Fabaceae
25.	<i>Gurvaka</i>	<i>Areca catechu</i> Linn.	Palmae
26.	<i>Thala</i>	<i>Borassus flabellifer</i> Linn.	Palmeae
27.	<i>Hindala</i>	<i>Cycas circinalis</i> Linn.	Cycadaceae
28.	<i>Kethaka</i>	<i>Pandanus tectorius soland.ex</i> Parkinson	Pandanaceae
29.	<i>Bruhathruna,</i>	<i>Bambusa arundinaceae</i> (Retz.) Willd	Bambusaceae
30.	<i>Narikela</i>	<i>Cocos nucifera</i> Linn.	Arecaceae
31.	<i>Kharjura,</i>	<i>Phoenix dactylifera</i> Linn.	Araceae
Drugs Mentioned to be used as Tooth Powder			
32.	<i>Pippali</i>	<i>Piper longum</i> Linn.	Piperaceae
33.	<i>Maricha</i>	<i>Piper nigrum</i> Linn.	Piperaceae
34.	<i>Sunthi</i>	<i>Zingiber officinale</i> Roxb.	Scitaminaea
35.	<i>Twak</i>	<i>Cinnamomum zeylanicum</i> Blume	Lauraceae
36.	<i>Pathra</i>	<i>Cinnamomum tamala</i> (Buch. Ham.)	Lauraceae
37.	<i>Ela</i>	<i>Elettaria cardamomum</i> (Linn)Maton	Scitaminae
38.	<i>Thejovathi</i>	<i>Zanthoxylum armatum</i> DC.	Rutaceae

Pharmacological properties (*Rasa panchaka*)

Rasapanchaka is the primary way of analysing a plant. On analysis of the drugs enlisted in this context, mainly *Kashaya*, *Katu*, *Thiktha* rasas are utilized by majority of the *Acharyas*, whereas *Acharya Susrutha* adds *Madhura* rasa drugs also for the purpose of *Dantha dhavana*. *Rasapanchaka* of the drugs mentioned are enlisted below.

Table 5: Pharmacological properties (Rasa panchaka) of plants used for Danthadhavana

S.No	Drugs	Rasa	Guna	Virya	Vipaka
Drugs Mentioned as Dantha Pavana (tooth stick)					
1.	<i>Madhuka</i> ⁽¹⁰⁾	<i>Madhura</i>	<i>Guru, Snigdham</i>	<i>Sitha</i>	<i>Madhura</i>
2.	<i>Karanja</i> ⁽¹¹⁾	<i>Katu, Thiktha, Kashaya</i>	<i>Thikshna</i>	<i>Ushna</i>	<i>Katu</i>
3.	<i>Nimba</i> ⁽¹²⁾	<i>Thiktha</i>	<i>Laghu, Rooksha</i>	<i>Sitha</i>	<i>Katu</i>
4.	<i>Khadhira</i> ⁽¹³⁾	<i>Thiktha, Kashaya</i>	<i>Laghu, Rooksha</i>	<i>Sitha</i>	<i>Katu</i>
5.	<i>Arka</i> ⁽¹⁴⁾	<i>Katu, Thiktha</i>	<i>Laghu Rooksha Sara Thikshna</i>	<i>Ushna</i>	<i>Katu</i>
6.	<i>Nyagrodha</i> ⁽¹⁵⁾	<i>Kashaya</i>	<i>Guru, Rooksha</i>	<i>Sitha</i>	<i>Katu</i>
7.	<i>Arjuna</i> ⁽¹⁶⁾	<i>Kashaya</i>	<i>Rooksha</i>	<i>Sitha</i>	<i>Katu</i>
8.	<i>Asana</i> ⁽¹⁷⁾	<i>Katu, Thiktha, Kashaya</i>	<i>Laghu, Rooksha</i>	<i>Ushna</i>	<i>Katu</i>
9.	<i>Karavira</i> ⁽¹⁸⁾	<i>Katu, Thiktha, Kashaya</i>	<i>Laghu, Ruksha, Thikshna</i>	<i>Ushna</i>	<i>Katu</i>
10.	<i>Malathi</i> ⁽¹⁹⁾	<i>Thiktha, Kashaya</i>	<i>Laghu, Mridu, Snigdha</i>	<i>Ushna</i>	<i>Katu</i>
11.	<i>Apamarga</i> ⁽²⁰⁾	<i>Katu, Thiktham</i>	<i>Sara, Thikshna</i>	<i>ushna</i>	<i>Katu</i>
12.	<i>Sarja</i> ⁽²¹⁾	<i>Katu, Thiktha, Kashaya</i>	<i>Snigdha, Ushna</i>	<i>Ushna</i>	<i>Katu</i>
13.	<i>Arimeda</i> ⁽²²⁾	<i>Thiktha, kashaya</i>	<i>Ushna</i>	<i>Ushna</i>	<i>Katu</i>
14.	<i>Plaksha</i> ⁽²³⁾	<i>Kayu, kashaya</i>	<i>Ruksha</i>	<i>Sitha</i>	<i>Katu</i>
15.	<i>Vilwa</i> ⁽²⁴⁾	<i>Madhura</i>	<i>Laghu</i>	<i>Sita</i>	<i>Madhura</i>
16.	<i>Udumbara</i> ⁽²⁵⁾	<i>Kashaya</i>	<i>Guru, Ruksha</i>	<i>Sitha</i>	<i>Katu</i>
17.	<i>Amra</i> ⁽²⁶⁾	<i>Kashaya</i>	<i>Laghu, Ruksha</i>	<i>Sitha</i>	<i>Katu</i>
18.	<i>Kadamba</i> ⁽²⁷⁾	<i>Madhura, Lavana, Kashaya</i>	<i>Ruksha</i>	<i>Sitha</i>	<i>Katu</i>
19.	<i>Champaka</i> ⁽²⁸⁾	<i>Katu, Thiktha, Kashaya</i>	<i>Laghu, ruksha</i>	<i>Sitha</i>	<i>Katu</i>
20.	<i>Sirisha</i> ⁽²⁹⁾	<i>Madhura, Katu, Thiktha, Kashaya</i>	<i>Laghu</i>	<i>Anushna</i>	<i>Katu</i>
21.	<i>Dadima</i> ⁽³⁰⁾	<i>Amla, Kashaya</i>	<i>Laghu, snigdha</i>	<i>Anushna</i>	<i>katu</i>
22.	<i>Kutaja</i> ⁽³¹⁾	<i>Thiktha, Kashaya</i>	<i>Laghu, ruksha</i>	<i>Sitha</i>	<i>Katu</i>
23.	<i>Thagara</i> ⁽³²⁾	<i>Katu, Thiktha, Kashaya</i>	<i>Laghu, Snigdha</i>	<i>Ushna</i>	<i>Katu</i>
24.	<i>Mandara</i> ⁽³³⁾			<i>Ushna</i>	<i>Katu</i>
25.	<i>Gurvaka</i> ⁽³⁴⁾	<i>Kashaya</i>	<i>Guru, Ruksha</i>	<i>Sitha</i>	<i>Katu</i>
26.	<i>Thala</i> ⁽³⁵⁾	<i>Madhura</i>	<i>Sitha, Guru, snigdha</i>	<i>Sitha</i>	<i>Madhura</i>
27.	<i>Hindala</i> ⁽³⁶⁾	<i>Madhura, Amla</i>		<i>Sitha</i>	
28.	<i>Kethaka</i> ⁽³⁷⁾	<i>Madhura, Katu, Thiktha</i>	<i>Laghu</i>	<i>Ushna</i>	<i>Katu</i>
29.	<i>Bruhathruna</i> ⁽³⁸⁾	<i>Madhura, Kashaya</i>	<i>Sara</i>	<i>Sitha</i>	<i>Madhura</i>
30.	<i>Narikela</i> ⁽³⁹⁾	<i>Madhura</i>	<i>Guru, Snigdham</i>	<i>Sitha</i>	<i>Madhura</i>
31.	<i>Kharjura</i> ⁽⁴⁰⁾	<i>Madhura, Kashaya</i>	<i>Guru, Snigdha</i>	<i>Sitha</i>	<i>Madhura</i>
Drugs Mentioned to be used as Tooth Powder					
32.	<i>Pippali</i> ⁽⁴¹⁾	<i>Madhura, Katu, Thiktham</i>	<i>Laghu snigdham</i>	<i>Anushna</i>	<i>Madhura</i>
33.	<i>Maricha</i> ⁽⁴²⁾	<i>Katu, Thiktham</i>	<i>Laghu rooksha thikshna</i>	<i>Ushna</i>	<i>Katu</i>
34.	<i>Sunthi</i> ⁽⁴³⁾	<i>Katu</i>	<i>Laghu snigdha</i>	<i>Ushna</i>	<i>Madhura</i>
35.	<i>Twak</i> ⁽⁴⁴⁾	<i>Madhura, Katu Thiktham</i>	<i>Laghu ruksha thikshnam</i>	<i>Ushna</i>	<i>Katu</i>
36.	<i>Pathra</i> ⁽⁴⁵⁾	<i>Madhura, Katu</i>	<i>Lagu pichila thikshna</i>	<i>Ushna</i>	<i>Katu</i>
37.	<i>Ela</i> ⁽⁴⁶⁾	<i>Madhura, Katu</i>	<i>Laghu</i>	<i>Sitha</i>	<i>Madhura</i>
38.	<i>Saindhava</i> ⁽⁴⁷⁾	<i>Madhura, Thiktha Kashaya Anurasa</i>	<i>Snigdham, Guru, Sookshma, Vyavayi, Vikasi, Sara, Visada</i>	<i>Ushna</i>	<i>Madhura</i>
39.	<i>Thejovathi</i> ⁽⁴⁸⁾	<i>Katu thiktha</i>	<i>Ruksha</i>	<i>Ushna</i>	<i>Katu</i>
Drugs Mentioned as adjuents in Tooth Powder					
40.	<i>Kshoudra</i> ⁽⁴⁹⁾	<i>Madhura kashaya</i>	<i>Laghu – Su Guru – Cha</i>	<i>Sitha</i>	<i>katu</i>

			<i>Rooksham pichilam yogavahi</i>		
41.	<i>Thaila</i> ⁽⁵⁰⁾	<i>Madhura, Thiktha kashaya</i>	<i>Snigdha guru, Sukshma, Vyavayi, Visada, Sara, Vikasi</i>	<i>Ushna</i>	<i>Madhura</i>

Therapeutic Actions and Indications

Literary references of these drugs are analysed for understanding the *Doshagnatha*, therapeutic indications and actions. The relevant information regarding the *Karma* and Indication of each drug has been tabulated below.

Table 6: Synonyms, Action on Doshas, Karma and Indications of plants used for *Danthadhavana*

S.No	Drugs	Synonyms	<i>Doshagnatha</i>	<i>Karma</i>	Indications
Drugs Mentioned as <i>Dantha Pavana</i> (tooth stick)					
1.	<i>Madhuka</i> ⁽⁵¹⁾	-	<i>Pitha anila asrajith</i>	<i>Vrana sodhana ropanam, Swaryam, Ruchyam</i>	<i>Sophaharam, Kushtam</i>
2.	<i>Karanja</i> ⁽⁵²⁾	-	<i>Kapha vathagnam</i>	<i>Vrana krimi haram, Dantha dardya krit</i>	<i>Kushtam, Visham</i>
3.	<i>Nimba</i> ⁽⁵³⁾	-	<i>Pitha kaphaharam</i>	<i>Krimiharam, Vrana sodhana karakam, Sopa paka karam, Ruchyam</i>	<i>Aruchi, Vranam, Visham, Kushtam, Sopham</i>
4.	<i>Khadhira</i> ⁽⁵⁴⁾	<i>Dantha dhawana</i>	<i>Pitha asra kapha haram</i>	<i>Danthyam</i>	<i>Aruchi, Krimi, Vrana, Sopham, Kushtam</i>
5.	<i>Arka</i> ⁽⁵⁵⁾	-	<i>Kapha vatha</i>	<i>Mala sodhana karakam, Vrana dosha vinasanam, Arthi nasanam</i>	<i>Kushta visha, Arochaka, Prasekam, Visha, Dushta vrana, Krimi, Sopham</i>
6.	<i>Nyagrodha</i> ⁽⁵⁶⁾	<i>Danthyam</i>	<i>Kapha pitha haram</i>	<i>Varnyam</i>	<i>Vrana, Sopham</i>
7.	<i>Arjuna</i> ⁽⁵⁷⁾	-	<i>Kapha pitha</i>	<i>Vranyam, Raktha sthamba krith</i>	<i>Visham,</i>
8.	<i>Asana</i> ⁽⁵⁸⁾	-	<i>Sleshma asra pithaharam</i>	<i>Twachyam, Vatha arthi nasanam</i>	<i>Kushtam, Krimi</i>
9.	<i>Karavira</i> ⁽⁵⁹⁾	-	<i>Kapha pitha samaka</i>	<i>Arthi nasanam</i>	<i>Krimi, Kushta, Vrana, Visham</i>
10.	<i>Malathi</i> ⁽⁶⁰⁾	-	<i>Anila asrajith</i>		<i>Mukha Dantharthi, Kushtam, Mukhapakam, Visham, Vranam</i>
11.	<i>Apamarga</i> ⁽⁶¹⁾	-	<i>Kapha medo anilapaha</i>		
12.	<i>Sarja</i> ⁽⁶²⁾	-	<i>Kapha</i>		<i>Visham, Kushtam, Vranam, Krimi</i>
13.	<i>Arimeda</i> ⁽⁶³⁾	<i>Mukharoga ripu</i>	<i>Kapha vatha haram</i>		<i>Mukha dantha Roga, Krimi, Visham, Sopham</i>
14.	<i>Plaksha</i> ⁽⁶⁴⁾	-	<i>Pitha kapha asraghnam</i>	<i>Vrana sodhana ropanam</i>	<i>Sopham</i>
15.	<i>Vilwa</i> ⁽⁶⁵⁾	-	<i>Thridoshagnam</i>	<i>Ruchipradam</i>	
16.	<i>Udumbara</i> ⁽⁶⁶⁾	-	<i>Pitha kapha raktham</i>	<i>Vrana sodhana ropanam, Rochanam</i>	<i>Sopham</i>
17.	<i>Amra</i> ⁽⁶⁷⁾	-	<i>Kapha pitha samanam</i>	<i>Ruchyam</i>	<i>Vranam</i>
18.	<i>Kadamba</i> ⁽⁶⁸⁾	-	<i>Vatha pitha samaka</i>	<i>Vrana samrohanam, Kaphapitha arthi nasanam</i>	<i>Visham, Arochakam</i>
19.	<i>Champaka</i> ⁽⁶⁹⁾	-	<i>Kapha vatha asra pithanuth</i>		<i>Visham, Krimi, Kushtam, Vranam</i>

20.	<i>Sirisha</i> ⁽⁷⁰⁾	<i>Visha hantha</i>	<i>Kapha pitham</i>	<i>Visha vrana visodhana</i>	<i>Visham, Kushtam, Sopham</i>
21.	<i>Dadima</i> ⁽⁷¹⁾	-	<i>Thridoshaghnam</i>	<i>Ruchyam</i>	<i>Kanta Mukha roga</i>
22.	<i>Kutaja</i> ⁽⁷²⁾	-	<i>Raktha pitha kaphaghnam</i>		<i>Kushta, Krimi</i>
23.	<i>Thagara</i> ⁽⁷³⁾	-	<i>Kapha vatha</i>		<i>Visha, Soolam</i>
24.	<i>Mandara</i> ⁽⁷⁴⁾	-	<i>Vatha kapha</i>		<i>Aruchi, Krimi, sopham</i>
25.	<i>Guvaka</i> , ⁽⁷⁵⁾	-	<i>Kaphapitha</i>	<i>Rochanam, Vakthra kleda malapaham, Mukhadoshanuth, Mukha vairasya mala dourgandhya nasanam, Mukha dosha nuth, Kanda suddhi krith</i>	<i>Mukhamalam</i>
26.	<i>Thala</i> ⁽⁷⁶⁾	-	<i>Vathapithaghnam</i>		<i>Kushta krimi visham</i>
27.	<i>Hindala</i> ⁽⁷⁷⁾	-	<i>Kapha krith, Vatha pitha hara</i>		
28.	<i>Kethaka</i> ⁽⁷⁸⁾	-	<i>Pitha samaka</i>		
29.	<i>Bruhathruna</i> ⁽⁷⁹⁾	-	<i>Kapha pithaghnana</i>	<i>Ruchikrith</i>	<i>Sopha, Vrana</i>
30.	<i>Narikela</i> ⁽⁸⁰⁾	-	<i>Vatha pitha</i>	<i>Ruchipradam</i>	<i>Krimi</i>
31.	<i>Kharjura</i> ⁽⁸¹⁾	-	<i>Vatha sleshma</i>	<i>Ruchyam</i>	
Drugs Mentioned to be used as Tooth Powder					
32.	<i>Pippali</i> ⁽⁸³⁾	-	<i>Vatha kapha hara</i>	<i>Ruchyam</i>	<i>Krimi</i>
33.	<i>Maricha</i> ⁽⁸⁴⁾	-	<i>Kaphaghnam</i>		
34.	<i>Sunthi</i> ⁽⁸⁵⁾	-	<i>Kapha vatha hara</i>	<i>Ruchyam, Swaryam, Jihva katha visodhanam</i>	<i>Vrana, Sopha</i>
35.	<i>Twak</i> ⁽⁸⁶⁾	<i>Mukhasoucham, Mukha sodhanam, surasam</i>	<i>Kapha vatha haram</i>	<i>Mukha sosha haram, Kanta vakthra rujo hanthi, Kanta sudhikaram</i>	<i>Aruchi</i>
36.	<i>Pathra</i> ⁽⁸⁷⁾	<i>Sugandhi</i>	<i>Kapha vatha</i>	<i>Arochaka nasanam, Mukha sodhanam</i>	
37.	<i>Ela</i> ⁽⁸⁸⁾	-	<i>Vatha kapha hara</i>	<i>Rochana, Mukha sodhani</i>	<i>Vrana</i>
38.	<i>Saindhava</i> ⁽⁸⁹⁾	-	<i>Tridosahara</i>		
39.	<i>Thejovathi</i> ⁽⁹⁰⁾	<i>Sourabha</i>	<i>Vatha kapha hara</i>	<i>Ruchyam</i>	<i>Krimi</i>
Drugs Mentioned as Adjuncts in Tooth Powder					
40.	<i>Kshoudra</i> ⁽⁹¹⁾	-	<i>Tridosha samana</i>	<i>Ropana, Sandhana</i>	<i>Krimi, Kshata, Visha</i>
41.	<i>Thaila</i> ⁽⁹²⁾	-	<i>Vatha Kapha hara</i>	<i>Vrana ropana, Vrana sodhana</i>	<i>Vrana, Krimi, Dantasula</i>

DISCUSSION

Danta dhavana as we already discussed is mentioned in the context of *Dinacharya* with the sole intention of promoting oral hygiene. There are various symptoms that denote poor oral hygiene including *Mukha dourgandhya*, *Upadeha mukha vaishadya*, *Anannabhilasha*, *Soumanasya* etc. If we look at the dosha involvement, *Mukha* being the seat of *Bodhaka kapha*, *Kapha dosha* along with food debris mainly causes *Mukha roga*. *Kapha dosha* is responsible overall for reducing oral hygiene as it can promote *Kledatva*

and *Dourgandhya* due to its *Snigdha*, *Slakshna* and *Pichila guna*.

Drugs that possess pharmacological actions that can reduce *Kapha* could significantly help to overcome the above said symptoms of poor oral hygiene along with promoting the strength of buccal mucosa.

A detailed observation of the drugs mentioned and indicated for *Dantadhavana* reveals that the majority of drugs mentioned for the purpose of usage

as dental sticks, dental powder etc has *Katu, Tiktha, Kashaya Rasa, Laghu-ruksha-tikshna guna* and *Ushna virya* which helps to reduce the vitiated *Kapha* and cleanse the oral cavity, according to Acharya Vagbhata, *Tikta rasa* helps to reduce *Kledatva* which in turn reduces the *Kapha dosha* in the oral cavity and removed the coating of the tongue. *Katu rasa* itself is responsible for *Mukhasodhana/cleansing* of oral cavity.

Looking into the Pharmacological actions of various drugs many of the drugs possesses *Ruchya* and is indicated in conditions like *Aruchi, Anannabhilasha* in therapeutics.

CONCLUSION

Among the various body parts, Head and face always holds high regard and priority in Ayurvedic treatment. Oral hygiene is always important among the hygiene in general as it promotes the confidence and reflects the general condition of body health. *Mukha roga* in that aspect holds its special place amongst *Urdhwajatrugata vikaras*, *Mukha* being one among the 9 *Bahirmukha srotas*. Ayurveda has advocated various regimens, procedures and treatments to maintain, promote and overcome oral health and hygiene problems. *Danta dhavana* is one such regimen mentioned in *Dinacharya* to maintain the oral hygiene. Looking at various opinions regarding drugs put forward by various *Acharyas*, the pharmacological potential of these drugs in maintaining oral health and hygiene can best be explained and attributed to their *Rasa panchaka*.

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***Address for correspondence**

Dr. Sethu R

Associate Professor,
Department of Dravyaguna
vijana, Ahalia Ayurveda Medical
College, Palakkad.

Email: drsethu1989@gmail.com

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