

Oil Pulling: An Ayurvedic Remedy**Priyanka Yadav**

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ABSTRACT:

Oil pulling is an Ayurvedic remedy for oral health. It involves the use of different oils as agents for pulling harmful micorganisms out of the oral cavity. Oil pulling also known as swishing is the ayurvedic method of maintaining oral health and improving overall immune system. It involves swishing a tablespoon of oil in your mouth on an empty stomach for around 20 minutes. This action supposedly draws out toxins in your body, primarily to improve oral health but also to improve your overall health.

Keywords: Ayurveda, Gingivitis, Oil Pulling.

INTRODUCTION

Ayurvedic medicine also known as Ayurveda. Ayurvedic medicine is one of the world's oldest holistic healing systems. It was developed thousands of years ago in India. A system of traditional medicine native to the Indian subcontinent now practiced in other parts of the world as a form of complementary and alternative medicine.¹ The earliest literature on Indian medicine evolved during the Vedic period in India. The Suśruta Samhitā and the Charaka Samhitā are part its earliest authoritative texts.²

Even though dentistry was not a specialized branch of Ayurveda, it is included in its Shalakya Tantra (system of surgery). In ancient India, many problems of the oral cavity, plaques and infections could be managed and even cured.³

Oil pulling Therapy or oil swishing, is an ancient ayurvedic simple cost effective natural remedy procedure that involves pulling or swishing oil in the mouth for oral and systemic health benefits. In ayuverda text 5 Charaka Samhita, it is mentioned as Kavala or Gandusha.

Oil pulling has been used as a traditional Indian remedy for many years, best methods to

remove bacteria and other microorganisms and promote good oral health and prevent decay, bleeding gums, oral malodor, dryness of throat, cracked lips and for strengthening teeth, gums, and jaws.⁴

The oil pulling concept is not new, but it is a modified version of oil gargling, which comes from ayurveda and dated thousands of year's ago.⁵

VARIOUS OILS USED FOR SWISHING^{6,7}

Coconut oil, Corn oil, Rice bran oil, Palm oil, Sesame oil, Sunflower oil, Soya bean oil.

Scientific evidence shows that the oil-pulling therapy could reduce the plaque index, modify gingival scores and the total oral bacteria count in gingivitis patients.⁷ Oil Pulling can reduce the dental caries susceptibility from high susceptibility to slight or moderate susceptibility.⁸

PROCEDURE

Oil-pulling or oil-swishing is a procedure in which the practitioners swish or rinse oil in their mouth for oral health.³ This procedure is useful to cure many diseases such as thrombosis, eczema, intestinal infection, and diabetes, to bronchitis and asthma.³ This procedure is performed daily by sipping or

sucking oil and pulling it between the teeth for 1-10 min before brushing. The oil will turn thin and milky white. This procedure should be followed by brushing the teeth. This procedure preferably done on an empty stomach in the morning. Many studies evidence shows that oil-pulling therapy is effective to reduce the plaque index score, modify gingival scores and the total oral bacteria count in gingivitis patients.⁴⁻⁵ Moreover, it can convert caries susceptibility from marked susceptibility to slight or moderate susceptibility.

DISCUSSION

Oil pulling in Complementary Alternative Medicine (CAM) is a procedure which involves swishing oil in the mouth for oral and systemic health benefits. Using this method, surgery or medication may be prevented for a number of illnesses. The oil therapy is preventative as well as curative. The exciting aspect of this healing method is its simplicity.⁸ There are few studies evaluating the effect of oil pulling therapy on oral health. Amithet al & Sharath A et al^{9,7} reported marked improvement in plaque scores, while concluded its effectiveness in prevention of microorganisms. There was a marked improvement in plaque, gingival scores. Khalessi AM et al¹⁰ conducted a study to assess the oral health efficacy of Persica mouthwash containing an extract of *S. persica*, and found that it resulted in a 20-26% reduction in plaque accumulation.

SUMMARY

Oil Pulling is very simple and very cost effective method. Oil swishing is the ayurvedic way of maintaining oral health and improving overall immune system. It is a good detoxifying agent in healing. Oral health is a determinant of general health and quality of life. Most of the chronic illness are directly-related to an unhealthy mouth like gum disease or tooth decay. Oil pulling is in effective in brightening teeth, healing gums, preventing

bad breath, quenching inflammation, and healing oral infections oil pulling is efficacious in treating not only oral disorders, but also other disorders such as asthma, diabetes and migraine headaches, or any chronic illness as well.

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