

Efficacy of *Kashaya Rasa* and *Tikta Rasa* in *Danta Dhavana*

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Abstract

Ayurveda science emphasizes equally on preventive and curative aspects of health. Teeth are most important organs of mechanical digestion in body. Unless the teeth pulverize the food, enzymes cannot chemically digest it. Ayurveda recommends chewing sticks in the morning to prevent from the oral diseases. Ayurveda insists on herbal brushes. These herbal sticks should either be “*Kashaya*” (Astringent), *Katu* (acid), or *Tikta* (bitter) in taste. These herbal sticks facilitate salivary secretion and possibly help in plaque control while some stems have an antibacterial action. Pathology commonly seen in teeth is *Dantamalinta* (dentalplaque), *Dantamala* (debris), *Mukhdaurgandhya*, *Dantasharkara* (dental calculi). These all are due to *Kapha* and *Pitta Doshavidhi* in mouth. *Khadira* is the best in *Kashaya Rasa* while *Nimba* is the best in *Tikta Rasa*. Rubbing of *Khadira* and *Nimba Churna* helps in removing food debris stuck in the teeth. *Khadira* has *Katu Vipaka*, *Laghu*, *Ruksha*, *Pittaghna* and *Kaphaghna* properties. *Nimba* has *Katu Vipaka*, *Laghu* and *Kaph Pitta Shamaka* properties. The trials were conducted on two groups of people for 30 days. The active extract of *Khadira* having astringent property and *Kusthghna Prabhava* helps in freshening up of the breath and protects teeth from other infections. Statistical analysis of *Khadira Churna* shows approximately 70% satisfactory results in *Dantamala* and *Dantamalinta* whereas extract of *Nimba* has antibacterial, antimicrobial and vermifugal action which leads to *Doshbalakshaya* and *Vyadhibalkshaya*. Statistical analysis of *Nimba Churna* shows approximately 72% results in *Asyavairasya*, *Mukhdaurgandha*. Hence *Khadira* and *Nimba* having *Kashaya* and *Tikta Rasa* are optimum in *Danta Dhavana* to have healthy teeth and protect the oral cavity from diseases.

Keywords: *Danta Dhavana*, *Kashaya Rasa*, *Tikta Rasa*

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