

THE ROLE OF SPECIALIZED *YOGASANAAS* AND *SIDDHA* ASPECTS WITH REPSECT TO DENTAL CARE.

P. Mariappan¹, P.Robin Jude¹, D. L. Jebarani¹, Thomas M Walter²

¹ UG Students, Government Siddha Medical College, Palayamkottai,

marivijay1298@gmail.com

² Lecturer, Government Siddha Medical College, Palayamkottai.

ABSTRACT

In between the present modern world and the growing *Siddha* System of Medicine, there are many areas to be focused. One such area is “Dental care”. Today’s treatment for the Dental disease is one among the areas of high expenses. While coming across many literary collections, Yoga for Dental care gave the new area of interest. The *Siddha* System offers classification of dental diseases and wide treatment modalities. The tooth paste and mouth wash which replaced the usage of Neem sticks have majority of its ingredients from natural origin. The main concept assumed here is the “Combination of a medicine (internal / external/ preferably both) and the Yoga could really have positive effect in the prognosis of the disease”. This idea is much beneficial and cost effective. This paper highlights the aspects of Dental diseases in *Siddha* System, role of *Sarvangasanam*, *Abaana muththirai* and *Vaadha Nasaa Muththirai* for the dental care and the *Siddha* drugs that possess the ability to prevent and fight against the dental diseases.

KEY WORDS: Dental care, *Sarvangaasanam*, *Abaana muththirai*, *Vaadha Nasaa Muththirai*, Yoga, *Siddha* system.

INTROUCTION

The *Siddha* System offered by the *Siddhars*, enlists the 4448 diseases. Dental diseases take a place among it. A survey shows that 95% of the world population suffers from dental troubles. This is symptomatic of the general fall in health. The earlier generations had very good teeth even in their old age. The strength of the teeth is actually the barometer of the strength of the bones. Many plastic surgeries have been introduced in the treatment mode and

in department of cosmetology. From the view of general people and focussing the hygienic procedures, it's highly essential to maintain the cleanliness of the oral cavity, which contains teeth in it. Yoga doesn't consume money and it is one among the advantages it possesses. Among the known Yogas and *Muththirais* for the Dental care, this paper highlights the *SARVANGASANAM*, *ABAANA MUTHTHIRAI* and *VADHA NAASA MUTHTHIRAI*. *Siddha* System offers a wide variety of medicines for the Dental care, among which certain specific medicines are enlisted here. The integrative treatment will surely yield a better prognosis when it comes to the practise.

CLASSIFICATION OF DENTAL DISEASES IN *SIDDHA*

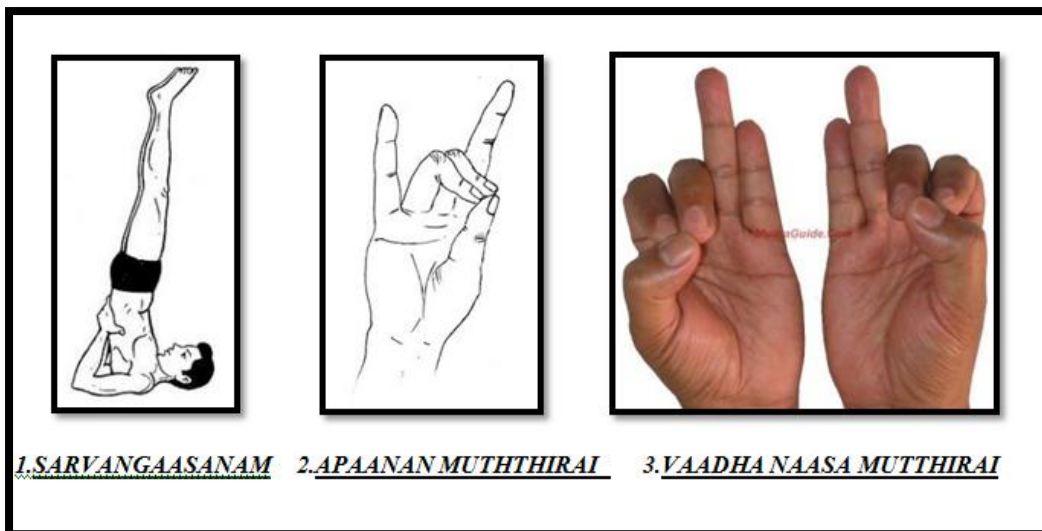
Age old Siddha texts enlists 23 types of Dental diseases (Pal noi-10 + Palladi noi 13), which are as follows

S.NO	PAL NOI – 10		S. N O	PALLADI NOI - 13	
1.	<i>Parkoocham</i>	Peculiar sensation in the tooth – to be set on the edge	1.	<i>Pal oon melivu</i>	Thinning of the gum
2.	<i>Parkuthal</i>	Boring pain in the tooth – Odontalgia; Odontodynia	2.	<i>Palladi karaivu</i>	Degeneration of the gum
3.	<i>Pallattam</i>	Shaking of tooth. Sometimes it is due to discharge of blood and pus as in pyorrhoea, the tooth becomes shaky	3.	<i>Palladi veekam</i>	Inflammation of the gum
4.	<i>Pallsaaithal</i>	Bending of teeth	4.	<i>Palladi kothippu</i>	Pain in gums
5.	<i>Kuttipal</i>	A short projecting tooth – Snag tooth; Small tooth projecting as an off-shoot between the two main teeth.	5.	<i>Palladi katti</i>	Tumours in the gum
6.	<i>Pal sirai</i>	A disease in which sores is formed in the teeth and hardened by Vaayu and	6.	<i>Palladithulai</i>	Pores in the gum

		lie in a crystallised form at the root of the teeth.			
7.	<i>Pal uthiral</i>	Falling of teeth	7.	<i>Palladi oon valarchi</i>	Increased growth of gum.
8.	<i>Pal karuththal</i>	Blackening of teeth	8.	<i>Palladi loon kuraithal</i>	Degeneration of gums
9.	<i>Pal pilaththal</i>	A crack or fissure on the tooth	9.	<i>Palladi karuthal</i>	Blackening of the gum
10.	<i>Parpuzhu</i>	Vermis or worm formed in the pus from the purulent inflammation of the teeth – Amoelea dentalis	10	<i>Palladi manjalaathal</i>	Yellow pigmentation of the gums
			11	<i>Palladi veluthal</i>	Whitening of the gums
			12	<i>Palladi palaniram adaithal</i>	General pigmentation of the teeth in multiple colours
			13	<i>Paladi kaayam</i>	Wound in gum

YOGA FOR THE DENTAL CARE :

Among many Yogas available for the healthy maintenance of the body and soul, following three are mostly preferred for the dental care.



1. Sarvangasanam

Parathyroid gland is the organ responsible for the proper growth of the bones. In the topsy – turvy poses of this asanam, this gland gets toned up. It is ideal to eat boiled vegetables and the water retained which are not cooked on the fire or fried. This is the most natural way of getting sufficient Calcium for the good health. A bad tooth leads to head ache, ear and eye troubles, indigestion, stomach ache, fever, etc., for it is the repository of harmful germs.

Procedure

- i. Lie down in the supine position (lying on your stomach).
- ii. Raise your legs slowly upward and make it to 90° angle.
- iii. Slowly bring the legs towards head by raising the buttocks up.
- iv. Raise the legs (let abdomen and chest try to form a straight line).
- v. Place the palms on your back for support.
- vi. Place the chin against your chest.
- vii. Maintain the position as long as one can feel comfortable.
- viii. Maintain this pose up to 30 seconds or more.
- ix. Slowly return back to the original or normal position.
- x. While doing this, first lower the buttocks with hands supporting the back and slowly come to the surface or in the original position. (Perform it twice or thrice.)

Benefits

- This pose has been thought to correct many complications that especially occur in the head region, including **pyorrhoea (gum disease), tooth decay**, and many other complications of the mouth, by pumping more blood to the region
- **The blood circulatory system**, respiratory system and digestive system will be vivified.
- In this yoga pose more blood flows into throat, thyroid gland will be invigorated.
- Sexual disorders are cured easily.
- **It rectifies ear, nose and throat disorders.**
- **Diseases at the bottom and around the heels are healed.**
- Hair loss and premature greying of hair are controlled.
- Diseases caused in and around the groin (including hernia) area will be cured.

- Practise Sarvangasanam regularly decrease or increase body weight and maintains the perfect body weight.
- Menstrual disorders, frequent abortions, leucorrhoea and barrenness in women are also healed.
- Chronic patients will recover their strength.
- Kidney disorders are cured and urinary bladder is made to perform its functions properly.
- Regular practice of this **yoga pose** brightens the eye vision, diminishes dimness in hearing and improves the power of smelling in nose.
- It purifies blood. Hence Leukemia and such other skin diseases are easily cured.
- Shrinking of the skin, wrinkles in face, aged look and stiffness are re-freshened and skin begins to bloom again.
- Asthma, liver disorders, intestinal disorders, constipation, diabetes, varicose veins and insomnia are healed.

2. Abaana muththirai

Muththirais are a kind of physical exercise which burns one's calories in similar ways one does in gym. They are needed to be done in a specific pattern, so that it would maximise one's benefits. *Muththirais* (Yoga of the hands) - These hand gestures help to channel the flow of energy through the body and also help in balancing the five elements (*Panchaboothas*) inside the body.

Procedure

- i. Either stand or sit up straight.
- ii. Bring your hands in front of you and bend the middle and the ring finger and the thumb so that their tips touch each other.
- iii. Let your index and little finger should be pointing straight.
- iv. The *Apaana Muththirai* is usually performed with both hands. The *Muththirai* should be held for at least 30 minutes (You can also divide it into three session of 10 to 15 minutes each).

Benefits

- With the long and regular practise of this *Muththirai*, one will get rid of **dental woes**.
- One of the most important merits of the *Apaana Muththirai* is its ability to purify the body.

- This *Muththirai* helps the body get rid of toxic substances and is also helpful in dealing with constipation, flatulence and absence of sweat.
- It is also said to be useful during the delivery in case there is a delay in child birth.

3. *Vaadha Nasaa Muththirai* :

Procedure :

1. Sit in a comfortable pose.
2. After that, place the tips of the middle finger and the index finger at the bottom of the thumb finger and apply a little pressure to form *Vaadha Nasaa Muththirai*.

Benefits

- *Vaadha Nasaa Muththirai* helps to overcome [headache](#), earache, [toothache](#), throat pain, etc.
- To overcome lack of stamina and endurance
- Overcomes chronic fatigue.
- Finds solution to poor memory, forgetfulness, impatience, timidity, inexplicable fear and indecisiveness.
- Helps in intolerance of cold weather or the wind.
- Can help in emaciation, underweight, unexplained weight loss and sleeplessness.
- Cures all numbness, headache, toothache, throat pain, earache, back pain, heel pain, joint pain and chest pain and all the painful conditions.
- Has solution for creaking joints, Osteo-Arthritis, Unsteady gait, Parkinsonism, giddiness and vertigo.
- Heals hoarseness of voice, stammering, irregular, scanty, painful menses.
- Helps in scanty urination, Constipation and flatulence.
- Scanty sweating and all the disorders caused due to an excess of Vatha humor.

DRUGS AND MEDICINES FOR THE DENTAL DISEASES

There are plenty of *Siddha* drugs and medicines available for the Dental care. Here the tabulation enlists a few of it. They have potent actions to prevent and fight against the Dental diseases as per the Literatures.

Drugs

S.NO	TAMIL NAME	BOTANICAL CHEMICAL NAME	METHODS OF USAGE
1.	<i>Sitrarathai</i>	<i>Alpinia galangal</i>	Used as dusting powder
2.	<i>Aal</i>	<i>Ficus benghalensis</i>	Plant stick is used as brush
3.	<i>Vaambu</i>	<i>Azadiracta indica</i>	Plant stick is used as brush
4.	<i>Lavangham</i>	<i>Syzygium aromaticum</i>	The extract is applied externally using cotton
5.	<i>Aelam</i>	<i>Elettaria cardamomum</i>	Decoction is used to gargle
6.	<i>Kandankathiri</i>	<i>Solanum surattense</i>	Seeds are used to fumigate
7.	<i>Kudiyottipoondu</i>	<i>Argemone Mexicana</i>	Seeds are used to fumigate
8.	<i>Koiyaa</i>	<i>Psidium guajava</i>	Leaves are used in chewing
9.	<i>Parappi</i> <i>kizhanghu</i>	<i>Calmus rotang</i>	Used as Decoction or Dusting powder
10.	<i>Perungaayam</i>	<i>Ferula asafoetida</i>	Applied externally in the gums
11.	<i>Magizh</i>	<i>Mimusops elengi</i>	Bark is used as decoction
12.	<i>Maasikkai</i>	<i>Quercus infectoria</i>	Decoction is used to gargle
13.	<i>Vael</i>	<i>Acacia nilotica</i>	Used as Toothpowder

Medicines

The following tabular column enlists the certain specific medicines that are mostly well sufficient for the treatment of dental diseases.

S. NO	NAME OF THE MEDICINE	TYPE OF MEDICINE	METHODS OF USAGE	MAJOR INGREDIENTS
1.	<i>Kirambu thaylam</i>	<i>Thaylam</i>	<i>Applied externally using cotton</i>	<i>Syzygium aromaticum</i>
2.	<i>Annabaedhi chendhooram</i>	<i>Chendhooram</i>	<i>Used to massage the gums</i>	Iron sulphate
3.	<i>Kandankathiri pugai</i>	<i>Pugai</i>	<i>Fumigation</i>	<i>Solanum surettense</i>
4.	<i>Thiripala chooranam</i>	<i>Chooranam</i>	<i>Used to Massage the Gums</i>	<i>Terminalia chebula</i> <i>Terminalia arjuna</i> <i>Phyllanthus emblica</i>

5.	<i>Kaavikkal chooranam</i>		<i>Used to Massage the Gums</i>	Red ochre
6.	<i>Chukku Thaylam</i>	<i>Thaylam</i>	<i>Used to gargle</i>	<i>Zingiber officinale</i>

DISCUSSION AND CONCLUSION

- Prevention of Dental diseases by maintaining a healthy state of body and especially the teeth by certain hygienic procedures such as, brushing the tooth properly (Usage of Neem, Banyan, Acacia stalks are better than the usage of toothpastes and tooth brush), rinsing the mouth properly before and after every time one have his /her food and avoiding tobacco, paan etc.,
- From the view and opinion of the general people, it is much profitable to practise the mentioned *Muththirais* and the *Yoga*, and also the medicines mentioned are cost – effective. Whereas the modern dental procedures costs high, so, the probability of an average human maintaining proper Dental health by these cost- effective procedures are too high.
- Majority of the medicines preferred for Dental care are non – invasive.
- The concept of “Combination of a medicine (internal / external/ preferably both) and the Yoga could really have positive effect in the prognosis of the disease”. This idea is much beneficial.
- The text from the age old siddha literatures is optimistic towards the Dental care. Our work here is a small contribution for the above mentioned integrative concept which is hoped to yield a much better results when it is taken into Clinical practise.

REFERENCES :

1. Vaithiya rathinam, Murugaesa mudhaliyar (1936) *Gunapadam (porut panbu nool) Paagam - 1, Mooligai vagupu*, 9th edn., The nadar press: Department of Indian Medicine and Homeopathy.
2. Thiyaagarajan (2016) *Gunapadam , Pagam -2&3 (Thaathu Jeeva vagupu)*, 9th edn., : Department of Indian medicine and Homeopathy..
3. Uthamaraayan (n.d.) , *Aruvai maruthuvam* edn., : Department of Indian medicine and Homeopathy.
4. K. P. Dave (1986) *Heal yourself with yoga*, Bombay: Dr. D. Taraporevala .
5. JEYAVENKATESH (n.d.) *AGHAM PURAM 64*, Department of Indian Medicine and Homeopathy, : CHENNAI 6001006.

6. Hayati *Apaan Muththirai - How to do and benefits*, Available at: <http://stylesatlife.com>(Accessed: 11th May 2018).
7. (2017) *15 Health Benefits of Sarvangasanam nam (Shoulder Stand yoga pose)*, Available at: arogyayogaschool.com (Accessed: 11th May 2018).