



# Oil Pulling for Oral Health: Oil Pulling - a wonder therapy

*Smitha Amith, Amith H. V.*

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## **Oil Pulling for Oral Health: Oil Pulling - a wonder therapy** Smitha Amith, Amith H. V.

Good oral health is an important component of overall health and well-being. The interrelationship between oral and general health is proven by evidence. Daily plaque removal with a toothbrush is an important component of most oral hygiene programs intended to prevent and treat periodontal diseases. Oil pulling is an age-old process mentioned in Charaka Samhita and Sushruta's Arthashastra. It's a widely recommended procedure in Ayurveda. The process is called Kavala Gandoosha/ kavala Graha in Ayurveda. In Ayurveda this process is said to cure 30 systemic diseases. It basically slows down the ageing process. A specific type of oil pulling called "Roopana Gandoosha" has been mentioned in Ashtanga Sangraha and is said to have dental benefits. Various oils like Refined Sunflower oil, Sesame oil, Olive oil etc can be used for Oil Pulling. Liquids from milk and water to extracts of Ghooseberries and mangoes have been used for oil pulling. In the present study the mean plaque and gingivitis scores showed a decline from baseline to 45 days. Within the limits of the present study, it can be concluded that Oil Pulling has the ability to reduce plaque and gingivitis.

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