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RAVAN - A DENTIST

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ABSTRACT

Ravan was not only a powerful king but also a great author. He was a great Scholar in Ayurveda medicine. He was the one who wrote Arkaprakasha. Also he wrote Ravan Samhita which includes astrology, cosmetology, yantra, tantra, mantra vidya, kumartantra etc. (Names of Books written by Ravan)

The book Kumar Tantraya was written by him on the request of his pregnant wife Mandodari which contains treatment for infant diseases.

In Ravan Samhita he mentioned few dental treatments out of easily available medicinal plants. The beauty of his treatment is the simplest mode of administration.

To maintain oral hygiene in today's 21st century is a real challenge as people are tend to eat more sweets, chocolates, soft drinks, hot drinks like tea and coffee. All such food habits are the major factors for oral diseases.

Alternative prevention and treatment option are more safe, effective, economical and practicable as many pathogens have developed resistance to currently used allopathic medicines. Commercially available allopathic medicines in the market can alter oral microflora and have undesirable side effects. Thus highlighting the importance of alternative medicines to maintain disease free oral health.

Plant extracts and herbs used in Ayurveda are considered good alternatives to Modern medicine. A lot has been discussed about dentistry in Ayurveda by our Acharyas Charak and Sushruta. But very few of us are aware of the dental treatment told by Ravana. This text focuses on the use of easily available medicinal plants with simple mode of administration told by Ravan.

Keywords: Ravan Samhita, dentistry, Ayurveda, side effects, alternative medicine

INTRODUCTION-

Oral diseases are a major health issues worldwide in 21st century due to wrong food habits and unhealthy lifestyle.

Alternative prevention and treatment option are more safe, effective, economical and practicable as many pathogens have developed resistance to currently used allopathic medicines. Commercially available allopathic medicines in the market can alter oral microflora and have

undesirable side effects. Thus highlighting the importance of alternative medicines to maintain disease free oral health.

A lot has been discussed about dentistry in Ayurveda by our Acharyas Charak and Sushruta. But very few of us are aware of the dental treatment told by Ravana which is equally effective and economical due to easy availability and simple mode of administration.

Table 1: Uses of various herbs and their significant effect as told by Ravan in common dental diseases

S. No.	Name of the Drug	Latin Name	Mode of Administration	Disorder
1	Shigru gum	<i>Moringa oleifera Lam.</i>	kept in mouth	Dental decay
2	Ela and Lavanga Oil		rubbed over tooth	Toothache,decay
3	Shunthi powder-5gm	<i>Zinziber officinalis Roscoe</i>	taken with warm water	Toothache.
4	Tankan and wax	<i>Tankan</i>	To be filled in cavity	Cavity.
5	Musturd oil and salt	<i>Brassica nigra L</i>	rubbed over tooth	Toothache.
6	Turmeric rhizome	<i>Curcuma longa L</i>	Kept in between teeth and sucked	Toothache.
7	Lemon juice and honey each 1 part	<i>Citrus limon (L).Osbec</i>	Rubbed over gums	Bleeding gums, Pyorrhoea
8	Lemon juice	<i>Citrus limon (L).Osbec</i>	Massaged on gums	Pyorrhoea
9	Pooga phala,Khadir saar and leaves of Pippal-Burnt and the ash mixed with neela thotha	<i>Acacia arabica Acacia catechu</i>	Massaged over gums	Toothache.
10	Ela		Decoction gargaling	Toothache.
11	Lemon skin dried and finely powdered	<i>Citrus lemon (L).Osbec</i>	Brushed over teeth 3 to 4 times a day.	Clean,healthy teeth,bad smell
12	Marich-1 to 2 gm,3 to 4 leaves of Jambu or Guava	<i>Piper longum L</i>	Decoction for gargaling	Toothache.
13	20 drpos of Rasona and 1 tsp honey to be mixed	<i>Allium cepa L</i>	To be licked regularly	Pyorrhoea,swollen gums, toothache.bad smell
14	Hingu-5gm boiled in 1 glass of water	<i>Ferula foetida L</i>	Gargaling	Toothache.
15	25 gm Tila	<i>Sesamum indicumL</i>	Daily chew	Pyorrhoea ,Healthy teeth
16	Flowers of Dadima and Taruni-Dried and powdered	<i>Punica granatum L</i>	Used for brushing teeth	Bleeding gums
17	Sweet Dadima leaves	<i>Punica granatum L</i>	Powdre used as Manjan	Bleeding gums, Pyorrhoea, swollen gums
18	Guava leaves or Decoction mixed with Fitkari	<i>Psidium guajava L</i>	To be chewed Gargaling	toothache.
19	Amra leaves and bark taken in equal quantity for decoction.	<i>Mangifera indica L</i>	Gargaling	For healthy teeth and gums

DISCUSSION-

The effect of above mentioned drugs can be proved by doing clinical study.

Ela, Shunthi, Shigru, Mustard oil, Turmeric, Lemon, Marich, Rasona, Hingu, Tila being tikta, katu rasa and ushna virya removes kleda and pacifies vata and hence reduce Toothache and Toothdecay.

Pooga phala, Khadira, Amra, Guava, Dadima leaves being Kashaya rasa does Rakta shodhana, kleda shoshana and ropana so useful in Bleeding gums and Pyorrhoea.

CONCLUSION-

Oral health is the mirror of the whole body and to maintain its health has become a bit difficult in today's era due to our wrong food habits and lifestyle. Allopathic medicines can only cure the dental problems but no medicines work for the healthy maintenance of oral cavity. On the contrary traditional herbal medicines work better over allopathic medicines

Now is the high time we should integrate professional dental treatment modalities and complementary alternative medical system to serve the best from each system to patients.

Ravan Samhita has told many easy and simple drugs available around us which can be used in common dental problems. So why not make use of them in or routine and avoid undesirable side effects of Allopathic medicines.

Clinical study can be the further scope of this review.

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