



A COMPREHENSIVE REVIEW OF *VAGHBHATOKT TAMBUL SEVAN* FOR THE MAINTENANCE OF *MUKHASWASTHYA* (ORAL HEALTH)

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Abstract

Oral health is a vital component of overall well-being, influencing nutrition, communication, and quality of life. In Ayurveda, *Mukhaswasthya* (oral health) is considered essential as the oral cavity serves as the gateway to the body and reflects systemic health. *Tambul Sevan*, described by *Acharya Vaghbhata*, is a traditional practice recommended for maintaining oral hygiene and supporting digestion. It involves chewing betel leaves along with selected herbal ingredients that possess cleansing, refreshing, and

stimulatory properties. This review explores classical Ayurvedic descriptions and relates them to contemporary scientific understanding of oral health. The analysis suggests that properly practiced *Tambul Sevan* may help maintain oral hygiene and prevent disorders, while inappropriate use can lead to adverse effects.

Keywords: Ayurveda; *Tambul Sevan*; *Mukhaswasthya*; Oral Hygiene

INTRODUCTION

Oral diseases such as dental caries, gingivitis, and halitosis are common public health concerns worldwide.¹ Ayurveda emphasizes preventive healthcare through daily regimens (*Dinacharya*) designed to preserve health and prevent disease.² Among these practices, *Tambul Sevan* occupies an important place.

Acharya Vagbhata describes *Tambul Sevan* as a beneficial habit that enhances taste perception, removes unpleasant odor, strengthens teeth and gums, and improves clarity of voice.³ The oral cavity (*Mukha*) is regarded as an indicator of digestive and systemic health; therefore, maintaining *Mukhaswasthya* is essential.⁴

MATERIAL AND METHOD

A narrative review was carried out using classical Ayurvedic texts and modern scientific literature. Classical references were taken from *Ashtanga Hridaya*, *Charaka Samhita*, and *Sushruta Samhita*.^{3,4,5}

Modern literature was searched using PubMed, Google Scholar, and ScienceDirect using terms such as “betel leaf” and “oral hygiene.”^{9,10}

Ayurvedic Perspective

Concept of *Mukhaswasthya*

Maintenance of oral hygiene is essential for preventing diseases of teeth, gums, and tongue.^{4,5}

जिह्वा दन्तोष्ठतालनां शूद्धिः स्वास्थ्यस्य कारणम् ॥⁴

This emphasizes that cleanliness of oral structures is fundamental for maintaining health. मखां हि सवरवु
ोगाणा ांदवारममत्यमिधीयत ॥⁵

This indicates that the oral cavity acts as a gateway for disease, highlighting the importance of oral care.

Description of *Tambul Sevan*

ताम्बल ांू कफवातघ्न ांमखदु गन्वु
धनाशनम।् रुच्यां वणकवरां चवै वर्ष्यां कण्ठ्यां च
दीपकम् ॥³

This śloka explains that *Tambul*:

- Reduces *Kapha* and *Vata*
- Eliminates bad breath
- Enhances taste
- Improves voice
- Stimulates digestion

Properties of *Tambul Dravya*

- *Tambul Patra* (betel leaf): antimicrobial^{9,10}
- *Puga* (areca nut): astringent, strengthens gums¹³
- *Karpura* (camphor): deodorizing
- *Chuna* (lime): enhances absorption

Modern Perspective

Antimicrobial Activity

Betel leaf exhibits antimicrobial properties against oral pathogens.^{9,10,11}

Salivary Stimulation

Chewing *Tambul* enhances salivary flow and helps maintain oral pH.¹²

Health Risks

Excessive use, especially with tobacco or areca nut, is associated with oral diseases and cancer.^{13,14,15}

DISCUSSION

The concept of *Vagbhatokt Tambul Sevan* reflects a preventive approach to oral healthcare deeply rooted in Ayurvedic principles. Ayurveda emphasizes maintenance of *Mukhaswasthya* as an essential component of overall health, considering the oral cavity as an indicator of systemic balance and digestive status.^{2,4} The classical description of *Tambul* highlights its role in reducing *Kapha* and *Vata*, eliminating bad breath, enhancing taste, and stimulating digestion.³ These attributes indicate that *Tambul Sevan* is not merely a traditional habit but a structured practice designed for maintaining oral hygiene and supporting physiological functions.

From a modern perspective, the pharmacological actions of *Tambul Dravya*, particularly betel leaf (*Piper betle*), support many of these classical claims. Scientific studies have demonstrated its antimicrobial and anti-inflammatory properties against oral pathogens responsible for dental caries and periodontal diseases.^{9,11} Additionally, the act of chewing stimulates salivary secretion, which plays a crucial role in maintaining oral pH, buffering acids, and promoting mechanical cleansing of the oral cavity.¹² This establishes a strong correlation between Ayurvedic principles and modern oral health science.

However, the benefits of *Tambul Sevan* are highly dependent on its proper usage as described in classical texts. Ayurveda advocates moderate consumption and appropriate combinations of ingredients.³ In

contrast, contemporary practices often involve excessive intake and the addition of harmful substances such as tobacco and processed areca nut. These are strongly associated with pathological conditions including oral submucous fibrosis and oral cancer.^{13,14,15} This divergence highlights the importance of adhering to classical guidelines rather than modern modified habits.

In conclusion, *Tambul Sevan* represents a holistic and preventive approach to maintaining oral health. Its therapeutic value lies in its antimicrobial action, stimulation of salivation, and support of digestion. When practiced according to Ayurvedic principles, it can serve as an effective measure for preserving *Mukhaswasthya*. However, awareness regarding its proper use and potential risks is essential for its safe integration into modern healthcare practices.¹⁵

CONCLUSION

Tambul Sevan, as described in Ayurveda, is beneficial for maintaining oral health when practiced correctly. It promotes hygiene, digestion, and disease prevention.³

However, improper use should be avoided. Integration of classical Ayurvedic knowledge with modern science offers a holistic approach to oral healthcare.¹⁵

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