



Ayurved apparition towards deterrence and management of nicotine addiction w.s.r to Oral health and hygiene

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Abstract:

Ayurved is the ancient Indian system of health-care and longevity. Oral hygiene is not described as a separate chapter in Ayurved but it comes under the different chapters of Ayurvedic literatures. Ayurved is known to be a complete medical system that comprises of physical, psychological, philosophical, moral and spiritual health. It is also called as a science of self-healing, an oldest healing system in the world because each individual and each cell is considered to be inherently an essential expression of pure intelligence.

Addiction is defined as the continuous obsessive use of drugs regardless of adverse health or social consequences and withdrawal is the physical and/or psychotic disorders developed by drug addicts after they stop taking drugs or reduce their dose. Drug addiction is very frequent in our society and it crosses all races, ethnic groups, and social modules. All the Ayurved treatises have given emphasis on personal hygiene which should be followed by each individual strictly. Dhanta dhavan (Ayurvedic herbal toothpowder), Jihwa nirlekhana (Tongue scrapping), Kavalā (Gargling) and Gandoosha (Holding fluid inside the mouth) are the procedures told by Ayurved for maintenance of oral hygiene. Ayurved is helpful in the reduction of side-effects of nicotine by various ways including the use of Rasayana (Rejuvenation) such as Ashwagandha (*Withania somnifera*), Shatavari *Asperagus racemosa*, Bala (*Sida cordifolia*) etc. Moreover, Yoga can help in releasing tension and stress and increase the strength and vitality without using any form of nicotine.

Biography:

Dr. Sushant Sud, graduate of Shri Gulabkunverba Ayurved Mahavidyalaya, Jamnagar is presently working as Asst Professor in the department of Agad Tantra Vyavahar Ayurved Evum Vidhivaideyak, Shri Gulabkunverba Ayurved Mahavidyalaya, Gujarat Ayurved University, Jamnagar, Gujarat, India. He has completed M.D in the



subject of Rasashastra from SDM College of Ayurved and Hospital Udupi, Karnataka. He is recipient of “Charaka Award”-2020 as an excellence in Ayurved teaching by the Association of Ayurvedic Profession of North America, INC (AAPNA), USA, September 2020. Also felicitated by Bharat Vikas Award by the Institute of Self Reliance Bhuvaneshwar, Odisha for the Loyalty, Diligence & Outstanding Performance in the field of Ayurveda Aushadha Nirmaan Shastra on the occasion of “Citizen’s Day 2017. After perusing is course from Indian Institute of Public Health (IIPH) Gandhinagar he is working as Health safety Consultant for many corporate companies and has delivered many guest lecturers and awareness camps on Role of Ayurved in chronic diseases and lifestyle related disorders, Ayurved at national as well as international platforms including corporate sectors too.

Publication of speakers:

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2. Vipul Tanaji Gurav, Varsharani Sanjay Patil (2019) Ayurved Aspect of Nicotine (Tobacco) w.s.r Agad Tantra & Vyavhar Ayurved. *PARIPEX - INDIAN JOURNAL OF RESEARCH* | Volume-8 | Issue-12 | DOI : 10.36106/paripex.
3. Markose A, Krishnan R, Ramesh M (2016) Management of Oral Health through Ayurvedic Methods. *J Dent App*; 3(2): 319-321.

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