



REVIEW ARTICLE

TAMBULASEVANA AS A DINACHARYA – A SCIENTIFIC REVIEW

MANOJ GURUNATHRAO PANDE

Abstract

Abstract – *Tambulasevana* is one amongst the *Dinacharya*, explained by our ancient Acharya's. *Dinacharya* is nothing but daily regimen that one should follow to keep ourselves free from diseases. *Dinacharya* is useful to avoid lifestyle disorders. Due to workload and increased mental pressure, day by day lots of new diseases are emerging. Health is neglected in pursuit of wealth. As per Ayurveda Soul, Mind and Body these three are the main pillars^[1]. If these three are in normal state, our health is maintained. *Charaka* has mentioned two types of treatment i.e. diseases which are formed its treatment by drugs and diseases which are not yet formed, its prevention by avoiding the causative factors of the disease^[2]. *Dinacharya* is advised to be followed by healthy person, as for unhealthy person pattern may change as per his health condition^[3]. In *Dinacharya* things are described to avoid future probable diseases which may occur due to routine work and activity. Along with prevention it is way to strengthen our body and to improve immunity. If we follow *Tambulasevana* as explained in our ancient text, it will help us to increase our digestion, to maintain hygiene of our mouth, avoids tooth caries. It removes stickiness of mouth by alleviating vitiated *kapha dosha*. An effort is made to explore the *Tambulasevana* as per our literature.

Key Words - *Tambulasevana*, *Dinacharya*, Oral health.

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INTRODUCTION: Acharya has described *Dinacharya* to keep ourselves free from diseases which occurs due to incorrect lifestyle. In Ayurveda mere absence of physical abnormalities is not considered as health but sound mind is having an equal importance in deciding health status of an individual. When there is *Sama* (In equilibrium state) *Dosha-Dhatu* and *Mala* along with pure soul, sense organs, mind then only it is considered as a healthy individual^[4].

Sushruta has mentioned that the *Tambulasevana* comes under the activities which should be done constantly, day after day by the healthy, intelligent persons desirous of health. Due to daily activity and food consumptions, there is accumulation of *dosha* in our body and for their removal, ideal way is excretory system. So that Vagbhata and other Acharya's has given prime importance to *mala-mootra visarjana* that is to *Shauchavidhi* (defecation). Vagbhata has mentioned that the person who is always aware of his routine day-night activities never become Sad, means he will not be ill^[5]. A person who follows the lifestyle and conducts described in *Dinacharya* chapter gains *Ayu* (life), *Arogya* (health) *Aishwarya* (wealth) and *Saswata loka* (heaven) means ultimately it is useful to achieve the *Dharma, Artha* and *Moksha*^[6]. It is useful not only to achieve long life but healthy life also.

Dina means day and *Charya* means regimen^[7]. *Ahara* and *Vihara* has major impact on *doshas*. *Vihara* is of two kinds –

Niyata Kala (on time) and *Aniyata kala* (untimely). On time activities are of two types *Dainandina* (daily) and *Artava* (seasonal regimen)^[8]. *Tambulasevana* is described under daily activities. Daily routine should be followed to maintain our health. *Tambulasevana* is nothing but chewing the betel leaves, in which some medicinal drugs are added. It is beneficial to increase our digestion and keep hygiene of our mouth.

MATERIALS AND METHODS: Different Ayurvedic classical texts, manuscripts, journals and Wikipedia have been used to explore the role of *Tambulasevana* in maintaining our health.

Importance of Tambulasevana – Acharya *Vagbhata* has mentioned that the person, who wants healthy life should follow the regimen described in *Dinacharya* chapter. *Tambulasevana* is nothing but chewing Betel leaves with Camphor, nutmeg, musk mallow, cloves, cardamom. It is auspicious and beneficial. This bestows cleanliness and good smell to the mouth, brilliant complexion and beautiful appearance to the face, removes dirt from the jaws, mouth, teeth, voice, throat and tongue; mitigates excess salivation, is good for the heart (or mind) It decreases sticky *kapha*, produces cleanliness, removes coating over tongue, removes dirt from teeth, tongue, throat and strengthens oral cavity. Chewing betel leaves alleviates *kapha*, nausea and its good for heart^[9].

It is clear from above that *Tambulasevana* is having major role in oral health. It removes dirt from oral region and gives strength.

Time – When it should be consumed: It should be consumed daily, after waking up from sleep, after lunch and dinner, after bathing and vomiting ^[10]. As it is explained under daily activity, it's clear that it should be consumed daily.

Contra-indications – It is not suitable for persons suffering from bleeding diseases, severe thirst, fainting, dry and debilitated persons and those having dryness of mouth. ^[11].

Procedure – How Tambula should be prepared - Take two betel leaves, add betel nut, powder of black catechu, nutmeg, cloves, camphor, tailed pepper and ambrette. *Tambula* prepared in such a way – having above mentioned ingredients is only capable of giving desired results ^[12]. All ingredients are useful to enhance oral health.

DISCUSSION: Charaka has specified that Ayurveda gives equal importance to healthy and unhealthy person ^[13]. Means it is a science, which has preventive majors to avoid disease formation process. Once disease is formed its treatment is must and results depends on multiple factors like severity of symptoms, how chronic disease is, age of person etc. So, Ayurveda has emphasized on preventing the disease formation process, which can be achieved by increasing our immunity and secondly by avoiding causative factors.

Dinacharaya (daily regimen) is described keeping same purpose in mind. Though the sequence and ingredients of *Tambula* mentioned in some *Samhitas* may differ little bit but original theme is same i.e. all the ingredients are having some basic qualities like – they decrease *kapha*, removes coating of tongue, add fragrance, cleans the mouth and brings lightness.

Vagbhata has mentioned that vitiated *kapha dosha* is main factor in oral diseases. Eating plenty of fish, meat, food prepared from black gram, curd, milk, sugarcane juice etc. are the main causative factors of oral diseases ^[14]. All these substance causes stickiness in mouth and most of them vitiates *kapha dosha*. As mentioned below, all drugs selected in *Tambula* preparations are *kaphaghna* (decreases *kapha*), they produce cleanliness in mouth. Most of them are having following properties –

Laghutwa (lightness) – Laghu guna is the cause of *Apatarpana* in body. It is opposite quality to *guru* guna. It produces lightness in body, increases *Vata*, reduces *Kapha* and *Mala*, digests very quickly and it promotes healing of ulcers. It gives inspiration and interest in work and formed with the predominance of *Teja*, *Vayu* and *Akasha mahabhutas* ^[15].

Vishadatwa (Clearness) –

It is clearness, having capacity to clear the stickiness or sliminess. It is capable to absorb or eliminate impurities hence it is said as

Vranaropak (Promotes healing). It is formed of Vayu, Tejas mahabhuta predominance ^[16].

Table no.1- Effect of Various ingredients of *Tambula*.

Drugs	Rasa-Veerya-Vipaka	Action	Alleviates
1. <i>Karpoor</i> (Cinnmomum camphora)	Sweet, Bitter-pungent-Cold	- Produces lightness, increases fragrance, stimulates taste of tongue ^[17] .	Kapha Pitta
2. <i>Jaati</i> (Myristica fragrans)	Sweet, Pungent-Pungent-Hot	- Enhances tastes, produces lightness, useful in cough, Asthma, Thirst ^[18] .	Kapha
3. <i>Kankol</i> (Cubeba officinalis)	Bitter-Pungent-Hot	- Enhances taste, cures Oral diseases, removes bad smell of mouth, causes cleanliness in mouth ^[19] .	Kapha Vata
4. <i>Lavanga</i> (Caryophyllu aromatlcus)	Pungent, Bitter-sweet-Hot	- Enhances tastes, increases digestion, carminative, useful in Cough, Asthma, Thirst ^[20] .	Kapha Pitta Rakta
5. <i>Latakasturi</i> (Hibiscus abelmoschus)	Bitter, Sweet-Pungent-Hot	- Produces lightness, cures oral diseases, removes stickiness from mouth ^[21] .	Kapha
6. <i>Puga</i> (Araca catechu)	Astringent-Pungent-Hot	- Increases digestion, increases tastes of tongue ^[22] .	Kapha Pitta
7. <i>Tambula</i> (Piper betel)	Bitter, Pungent, Astringent-Pungent-Hot	- Removes bad odor from mouth, produces cleanliness in mouth, enhances taste of tongue ^[23] .	Kapha Rakta
8. <i>Khadir</i> (Acacia catechu)	Bitter, Astringent-Pungent- Cold	- Good for teeth, produces lightness, improves tastes, useful in itching, Cough ^[24] .	Kapha Pitta
9. <i>Ela</i> (Elattaria)	Pungent-	- Produces lightness, useful	Kapha

cardamom)	Pungent-Cold	in oral diseases, useful in Nausea, Cough, Asthma ^[25] .	Vata
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As per research, sweet and sour substances cause excess of salivation. Excess or too low salivation hinders oral hygiene. Saliva plays a significant role in maintaining oral health, helping to build and maintain the health of soft and hard tissues. When saliva flow is reduced, oral health problems such as dental caries and oral infections can develop^[26]. Saliva is watery liquid in our mouths. It has important functions, including destroying bacteria, helping to prevent tooth decay, beginning the digestion of food, helping us to speak and enabling us to swallow food. Problems with saliva production can interfere with our lives. One of these problems is Sjogren's syndrome, a condition in which the salivary glands make an insufficient amount of saliva. Saliva contains many chemicals in addition to water, including mucus, salt, antibacterial substances, enzymes and chemicals that control the pH in the mouth. It also contains bacterial cells, since bacteria lives in our mouths, as well as human cells shed by the lining of the mouth, the tongue and the gums. The salivary glands continuously release their secretion into the mouth, although the amount varies during the day. The quantity of saliva increases when we taste, smell or even think of food. It increases when we go to sleep. Saliva is a thick

colorless and glistening liquid consisting of about 98 to 99 percent. Mucus produces the glistening appearance and causes the liquid to have a thicker texture than pure water. Saliva keeps the mouth moist and comfortable and lubricates food so that it's easy to swallow. Saliva reduces tooth decay and infection in the mouth by washing away food particles, bacteria and dead cells. Salivary glands and ducts may contain 'stones'. These are small, solid lumps made from crystallized chemicals in the saliva. Most stones contain calcium and form in the submandibular glands or ducts. Stones in a duct can block the duct and cause saliva to build up behind the blockage. This can result in swelling and pain, especially when a person is trying to open their mouth or swallow. The cause of salivary gland stones isn't known for certain, but thickened saliva is believed to increase the risk. It's important to stay well hydrated, which may reduce the chance of stone formation. Drinking a lot of water may help to remove a stone. A warm compress or a gentle massage may also help. However, increased saliva flow in a blocked salivary duct that stays blocked may worsen the pain^[27]. In research also, main cause of stone formation is described as thickened saliva. So, in treatment part it is must to avoid thickening of saliva and which is possible by

decreasing stickiness of *kapha dosha*. In addition, chewing betel leaves can act as a gentle massage. To maintain hygiene of mouth, there should be appropriate quantity of saliva. When stickiness of *kapha* gets increased it causes hinderance in oral hygiene. Stickiness is due to *kapha dosha*. *Vagbhata* has mentioned that main *dosha* in oral and throat diseases is *kapha dosha* [28]. In treatment part he has mentioned that drugs having pungent and bitter tastes are beneficial to cure oral and throat diseases [29]. Again, he has mentioned that, treatment modalities which alleviates *kapha* and *rakta* should be adopted [30]. When we use *Tambula*, prepared, as described by our ancient Acharya's, it alleviates *kapha dosha*. Coating of tongue gets decreased by light and cleanliness property of *Tambula*, then it's going to increase digestive fire of that individual. Amongst them most of the drugs are having bitter taste. Drugs having bitter tastes are by themselves are not delicious but they promote the taste of food. Bitter taste is good for throat. It causes depletion in moisture, fat, sweats, urine, stool, pitta and *kapha*. It is having antitoxic, germicidal property [31].

As per Ayurveda sweet and sour substances are *Jala mahabhuta pradhana*, it can cause different oral diseases, can decrease digestion as it alleviates *kapha dosha*. Sweet and sour substances vitiate *Kapha dosha*. *Kapha dosha* is dominant in initial stages of age, day, night and after meal. So, Acharya has suggested to use *Tambula* in *kaphakala*, when

there are chances of *kapha* dominance, *Tambula* should be consumed. For example, after meal, after bath, after vomiting etc. One should use *Tambula* to decrease *kapha dosha* in mouth and body.

As per research of Nair and Chanda (2008), Aqueous extract of the leaves of *Terminalia catappa* L., *Manilkara zapota* L. and *Piper betel* L., for antibacterial activity against 10 Gram positive, 12 Gram negative bacteria and one fungal strain, *Candia tropicalis*. The three plants showed different degree of activity against the microorganisms investigated. The methanolic extracts was considerably more effective than aqueous extract in inhibiting the investigated microbial strains. The most active antimicrobial plant was piper betel [32]. Hajare et al., (2011), were evaluated *Piper betel* Linn. Leaves for its antihistaminic activity [33]. Ali et al., (2010) have shown that the Hydroxychavicol, isolated from the chloroform extraction of the aqueous leaf extract of piper betel L., (piperaceae) was investigated for its antifungal activity against 124 strains of selected fungi. Their conclusion was that antifungal activity exhibited by this compound can be used as an antifungal agent particularly for treating topical infections, as well as gargle mouthwash against oral *Candida* infections [34]. *Tambulasevana* is useful in various mouth diseases. Traditionally it is used to improve digestion and taste. Dohi et al., (1989), has shown that the ethanolic extract of betel leaf has been reported to possess anti-inflammatory

activities at non-toxic concentrations in the complete Freund's adjuvant-induced model of arthritis in rats. Eugenol, one of the principal constituent of betel leaf has also been shown to possess anti-inflammatory effects in various animal models of studies with various inflamogens^[35]. This property of betel leaves is useful in inflammation of gums, tonsils and other structures of oral cavity.

CONCLUSION: Though *Dinacharya* is having major role in maintaining our health, it gets neglected in earning bread and butter. Most of peoples are unaware from benefits of *Dinacharya* and those who are aware, fails to adopt it due to workload and other reasons. Everyday medical science is crossing vital

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milestones, but at the same time number of new diseases are making their appearance. If we want to deal this, we should focus on prevention of such diseases, for this awareness about *Dinacharya* in society is must. Prevention is better than cure. For this best method is adoption of *Dinacharya* in our day to day life. If we use *Tambula* as described in our texts, certainly it's going to enhance our oral health by removing dirt from oral cavity. It is certainly having role over saliva formation. It is beneficial to both i.e. to healthy person to maintain his health and to unhealthy person to regain his health.

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