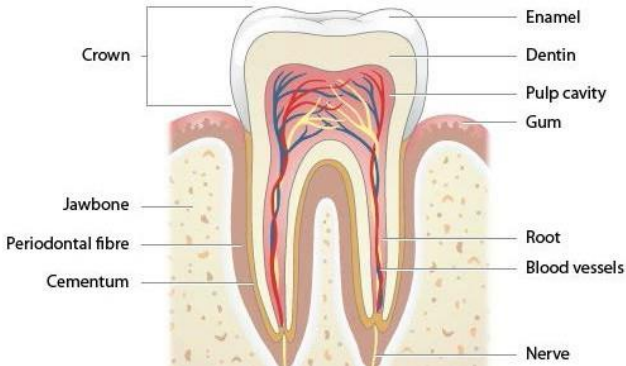


Tooth

A tooth consists of a crown and one or more roots. The crown is the functional part visible above the gum. The root is the unseen portion that supports and fastens the tooth in the jawbone. The root is attached to the tooth-bearing bone, the alveolar of the jaws by a fibrous ligament called the periodontal ligament or membrane.



All teeth have the same general structure and consist of three layers. In mammals, the outer layer, called enamel, is wholly inorganic and the hardest tissue in the body. It covers part or the entire crown of a tooth. The middle layer of the tooth is composed of dentine, which is less hard than enamel and similar in composition to bone.

Dentine is nourished by the pulp, the innermost portion of the tooth. The pulp consists of cells, tiny blood vessels, and a nerve. It occupies a cavity located in the centre of the tooth. The pulp canal is long and narrow with an enlargement, called the pulp chamber, in the coronal end. The pulp canal extends to nearly the entire length of the tooth. It communicates with the body's general nutritional and nervous systems through the apical foramina (holes) at the end of the roots. Below the gum line extends the root of the tooth, which is covered at least partially by cementum.

Function

s

The main functions of tooth include -Breaking down food through chewing before it reaches the digestive system, so that our body can easily absorb the nutrients Assisting in pronouncing words properly, giving us a great smile and appearance.

Problems

Some common tooth problems are

Abscessed tooth: An abscessed tooth is a painful infection at the root of a tooth or between the gum and tooth.

Sensitive teeth: Tooth sensitivity is discomfort in one or more teeth, triggered by hot, cold, sweet or sour food, drinks or cold air.

Plaque: Plaque is a thin, transparent film on the surface of the teeth, containing bacteria. If the plaque is not removed, it hardens into tartar.



Caries: Caries, or tooth decay, is the most common disease of the teeth among humans. Caries usually

commences on the surface enamel, especially in pits and fissures and between adjacent teeth. From the enamel, the process of decay spreads to the underlying dentine, and may finally involve the tooth pulp.

Gingivitis: Gingivitis is a mild form of gum disease that can usually be reversed with daily brushing, flossing and regular cleaning by a dentist or dental hygienist. In gingivitis, the gums become red, swollen and can bleed easily.

Periodontitis: When gingivitis is not treated, it



can advance to periodontitis, which means inflammation around the tooth. In periodontitis, gums pull away from the teeth and form spaces called pockets that become infected.

Bad breath: Medically called halitosis, bad breath can result from poor dental health habits and may be a sign of other health problems. It is often caused by a build-up of bacteria in the mouth that causes inflammation and gives off noxious odours or gases that smell like sulphur or worse.

Causes

Dental problems are caused mainly due to -

Poor oral hygiene

If teeth are not cleansed or brushed properly, bacteria may germinate causing plaque and other medical issues. This is the most common reason behind almost all tooth problems.

Smoking

Smoking is one of the most significant risk factors associated with gum disease. Additionally, smoking can lower the chances of successful treatment.

Hormonal changes in females

These changes can make gums more sensitive and make it easier for gingivitis to develop.

Diabetes

People with diabetes are at a higher risk of developing infections, including gum disease.

Medications

There are hundreds of prescriptions and over-the-counter medications that can reduce the flow of saliva, which has a protective effect on the mouth. Without enough saliva, the mouth is vulnerable to infections, such as gum disease.

Symptoms

- Persistent bad breath Red or swollen gums
- Tender or bleeding gums
- Painful chewing
- Loose teeth
- Sensitive teeth
- Receding gums or teeth that appear to be very long

Tooth Cleanse



For healthy teeth and gums, it is important to prevent the build-up of plaque. If the plaque is removed daily, there will be little tooth decay or gingivitis. I sometimes recommend getting plaque removed by a doctor once every couple of years.

Oil pulling is an excellent technique for oral care. It helps strengthen the teeth and gums, reduces plaque and relieves bad breath. It is also considered good for overall health as it removes toxins.

(For details, refer Mouth Cleanse in Cleansing Therapy - Cure Yourself Vol. 1)

A few other techniques -

1. Clove oil (□□□□ □□□)

Clove is one of the most important ingredients for treating any kind of dental issue, including cavities. Due to its anti-inflammatory, analgesic and antibacterial properties, clove can help alleviate pain and prevent infection from spreading.

Ingredients

Clove oil or

Sesame seed oil (□□□ □□ □□□)

Procedure

- Dilute two to three drops of clove oil with 1/4 teaspoon of sesame seed oil. Put a few drops of this solution on a cotton



ball and dab the solution on the affected tooth. Repeat every night before going to bed.

- Another option is to gently chew a whole clove to extract its oil. Then, keep the clove under your tongue for several minutes.

Note: Do not use clove oil in excess, or too frequently, as it is best for temporary relief.

2. Salt

Salt can be used to treat cavities due to its antiseptic and antibacterial properties. It can reduce inflammation, ease pain, draw out any infection and prevent growth of bacteria in the mouth.

Ingredients

- Salt (preferably sea-salt, or iodized salt)
- Warm water
- Mustard oil



Procedure

- Dissolve a teaspoon of salt in a glass of warm water. Swish a mouthful of this solution in your mouth for a minute, concentrating on the affected tooth. Follow this treatment thrice a day until your symptoms subside.
- Alternatively, mix 1/2 teaspoon of salt and a little mustard oil or lemon juice to make a paste. Massage the gums gently with this paste for a few minutes and gargle with warm water. Repeat twice daily for a few days to kill bacteria.

3. Garlic

Rich in antibacterial as well as antibiotic properties, garlic is often recommended to treat tooth decay and cavities. It can also provide respite from pain and promote healthier gums and teeth.

Ingredients (for one time use)

- Garlic – Three to four cloves
- Rock salt – ¼ teaspoon



Procedure

- Prepare a paste from three to four crushed garlic cloves and 1/4 teaspoon of rock salt. Apply it on the infected tooth. Leave it on for 10 minutes before rinsing with a mouthwash. Do this twice daily for a few weeks to reduce cavities.

- You can also rub garlic oil on the affected tooth to get quick relief from pain.
- Eating raw garlic regularly can also provide effective results.

4. Licorice

There are two effective antibacterial compounds in dried licorice root, licoricidin and licorisoflavan A, which can prevent growth of cavity-causing bacteria. Plus, this herb can also reduce plaque.

Ingredients

Licorice - 100gms for a month's use (in powder form)

Procedure

- Brush your teeth with dried licorice root powder regularly.
- You can also use a soft stick of licorice, like a toothbrush, to brush your teeth daily.

5. Neem leaves

Indian lilac, also known as neem, is another popular remedy for treating cavities. Its antibacterial properties can easily destroy cavity-causing bacteria. Plus, it helps maintain healthy and strong teeth, and gums.



Ingredients

Neem leaves - one handful

Procedure

- Rub the juice of neem leaves on the teeth and gums. Leave it on for a few minutes and rinse with warm water. Follow this treatment once or twice daily.
- Simultaneously, you can also use soft neem sticks to brush your teeth.
- You can even use toothpaste containing neem oil.

Benefits

- Prevents cavities and stops tooth loss
- Brightens smile
- Freshens breath
- Boosts overall health
- Saves money

A Liver Cleanse helps in tooth cleanse as well.