

OIL PULLING AND ITS ORAL BENEFITS-A REVIEW

1. R.Hariharan

*Post Graduate, Department of Oral and Maxillofacial pathology
Sree Balaji Dental College and Hospital and Research
Bharath institute of Higher Education*

2. Dr. N.Aravindha Babu

*Professor, Department of Oral and Maxillofacial pathology
Sree Balaji Dental College and Hospital and Research
Bharath institute of Higher Education*

3. Dr. K.M.K.Masthan

*Professor and Head, Department of Oral and Maxillofacial pathology
Sree Balaji Dental College and Hospital and Research
Bharath institute of Higher Education*

4. Dr. E.Rajesh

*Reader, Department of Oral and Maxillofacial pathology
Sree Balaji Dental College and Hospital and Research
Bharath institute of Higher Education*

Corresponding Author:

R.Hariharan

*Post Graduate, Department of Oral and Maxillofacial pathology
Sree Balaji Dental College and Hospital and Research
Bharath institute of Higher Education*

Abstract: Oil pulling is a traditional therapy rehearsed in old India. It is accepted to treat more than thirty systemic diseases when rehearsed routinely and as coordinated. Because of event of results to present day medications and oral hygiene products, individuals are progressively pulled in towards reciprocal and conventional practices. Oil pulling notwithstanding offering a few oral and medical advantages has likewise gainful consequences for by and large wellbeing. The current article endeavors to review and describe this antiquated practice.

Keywords:oil pulling, oral hygiene, gum diseases, dental caries, systemic effects.

1. INTRODUCTION:

It is a typical conviction that oral health fills in as a passage to general wellbeing. This infers that oral health altogether impacts the overall wellbeing and prosperity of an individual.^[1] As of late, numerous investigations have given unequivocal proof on the solid connection among systemic and oral disorders. It is accepted that this relationship is because of normal hazard factors shared between different diseases.^[2] Periodontal diseases, (for example, gingivitis and periodontitis), and dental caries are the most widely recognized types of oral diseases.^[3] The occurrence of periodontal disease is discovered to be most prominent in diabetic patients and those with heart diseases, when contrasted with the solid population.^[4] In fact, numerous studies have recognized periodontal disease as a danger factor for the etiology of coronary heart disease. Likewise, a careful assessment of the gingival tissue can highlight a huge lack of vitamin C and other dietary deficiencies.^[5] Dental caries, which is additionally one of the most well-known types of infectious diseases all around the world, has been found to fundamentally influence the systemic health, and personal satisfaction of individuals.^[6]

The oral cavity fills in as a point of convergence of passage for microorganisms into the systemic circulation.^[7] While the host immune system of a healthy individual keeps the body from harmful microorganisms, a penetrate in the actual boundaries in the oral cavity may give admittance to into the systemic circulation.^[3] Likewise, an absence of oral cleanliness permits an expansion in destructive microbial colonization of the oral biofilm.^[8] In this manner, mechanical and chemical methods for controlling the quantity and quality (destructiveness) of the oral biofilm is significant in preventing systemic infections and especially periodontal diseases, for example, gingivitis and periodontitis. An accentuation on preventing oral infections can prompt a decrease in the frequency of different systemic diseases also. Additionally, routine screening and oral assessments may help in recognizing early indications of systemic diseases in the oral cavity and help in preventing sickness development. The point of this article is to distinguish the beneficial effects of oil pulling treatment in the prevention of different oral infections and to pinpoint its utilization as a subordinate to conventional oral hygiene aids.

Oil pulling or oil washing, as the name proposes includes actively washing of oil in the oral cavity to accomplish nearby furthermore, systemic benefits, like the recent utilization of mouthwashes and oral washes. It has been utilized for quite a long time for the treatment and prevention of different oral and systemic infections, utilizing edible oils got from either sunflower, sesame, and coconut.^[9] The cycle of oil pulling is accepted to cure or control 30 distinct kinds of systemic diseases including migraine, headache, and constant illnesses, for example, asthma and diabetes mellitus.^[10] The impacts of oil pulling on oral health, as a subordinate to regular oral hygiene measures have been commendable. Various research studies proposes that oil pulling treatment may decrease the overall oral bacterial check and diminish plaque and gingival scores. Moreover, it has additionally appeared to decrease the occurrence to dental caries from mild or moderate level.

2. PROCEDURE OF OIL PULLING:

Oil pulling is performed ideally in the morning on an empty stomach. One tablespoon (around 10 ml), of sesame oil, being the recommended dosage for adults is tasted, and washed between the teeth for a term of roughly 15-20 min furthermore, spat out. Swishing the oil for the suggested duration in the oral cavity changes the consistency of the oil, which turns milk white with a slight consistency.^[11] Swallowing the oil ought to be avoided as it might have toxins and microorganisms, which are unsafe to general health. This ought to be trailed by flushing, traditional tooth brushing and flossing.^[12] The training ought to ideally be performed three times every day for intense sicknesses. While there are no recommended

contraindications, it isn't advisable for kids underneath the age of 5 years to perform oil pulling.^[11,12]

MECHANISM OF ACTION:

While there are numerous theories, the specific component of action is hazy. One hypothesis theorizes an mechanism including alkali hydrolysis of fat, bringing about saponification or on the other hand "soap making" process. Since the oils utilized for oil pulling contain fat, the alkali hydrolysis process emulsifies the fat into bicarbonate ions, typically found in the saliva. Soaps which are viable cleaning agents mix in the oil, subsequently expanding the surface region of the oil, and thus expanding the cleansing action.^[9] Another hypothesis recommends that the viscous nature of the oil inhibits plaque collection and adhesion of bacteria.^[9] Furthermore, the third hypothesis theorizes that the antioxidants agents present in the oil cause detoxification by preventing lipid peroxidation, bringing about an antibiotic like impact. Accordingly helping in the devastation of microorganisms and potentiating the activity of Vitamin E in the oral cavity.^[11]

SESAME OIL IN OIL PULLING:

Sesame oil contains three lignans (sesamin, sesamol, also, sesaminol). These lignans contain Vitamin E and polyunsaturated fatty acids. Also, linoleic acid and oleic acids are additionally significant parts of sesame oil.^[13,14] The parts of sesame oil have antioxidative properties that decrease lipid peroxidation by lessening the free radical injury to oral tissues.^[14]

COCONUT OIL IN OIL PULLING:

Coconut oil is made out of 92% saturated acids, with lauric acid making up for half of these saturated acids. Monolaurin and monoglycerides of lauric acid have been distinguished to have antimicrobial activity against a scope of microorganisms.^[15] These incorporate *Helicobacter pylori*, *Staphylococcus aureus*, *Escherichia vulneris*, *Enterobacter*, and *Candida* species, counting *Candida glabrata*, *Candida albicans*, *Candida stellatoidea*, *Candida parapsilosis*, *Candida tropicalis*, and *Candida krusei* and different viruses.^[15,16]

EFFECTS OF OIL PULLING ON ORAL HEALTH:

Dental caries:

The oral cavity is constantly covered with a biofilm. The chemical and mechanical evacuation of the oral biofilm is significant in keeping up the environmental equilibrium of the oral cavity and preventing the commencement of the carious cycle. An expected 700 various types of microscopic organisms are found in the oral microbiome, occupying the oral biofilm.^[16] Of these, bacitracin creating *Streptococcus mutans* and lactic acid creating *Lactobacilli* are the most well-known microbes that cause dental caries.^[17] The demineralization process begins after the pH of plaque drops beneath the "critical value" (5.5 for hydroxyapatite, 4.5 for fluorapatite, and 6.7 for cementum), causing crumbling of the calcium phosphate particles in the hydroxyapatite crystals. The demineralized form of enamel is known as dental caries.^[16,17]

Oil pulling is appeared to have antibacterial action against *C. albicans* and *S. mutans* utilizing coconut oil, while sesame oil additionally has comparable activity against *S. mutans* and *Lactobacilli*.^[17] Following a 40-day regimen of oil pulling, a normal decrease of 20% was seen in the complete microbial count in the oral cavity.^[18] Similarly, another investigation testing the susceptibility to dental caries before and after oil pulling, in half of the subjects the

susceptibility was decreased from "marked" to "slight." Whereas, in the other half of the subjects the susceptibility diminished from "marked" to "moderate."^[18]

Plaque-induced gingivitis:

Plaque-induced gingivitis is one of the most common forms of gingival disease caused because of the connection of microorganisms in the plaque biofilm with the inflammatory cells of the host.^[19] A recent randomized controlled trial appeared a significant decrease in modified gingival index scores and plaque scores following oil pulling treatment when contrasted with chlorhexidine group.^[20] Another investigation additionally demonstrated a decrease in plaque scores following 45 days of oil pulling treatment with sunflower oil.^[21] The plaque scores diminished by 18-30%, though gingivitis diminished by 52-60%.^[20] Furthermore, proof from both clinical and biological assessments demonstrated that oil pulling was powerful against plaque-induced gingivitis.^[22]

Halitosis:

Halitosis or bad breath is a typical issue that can frequently cause social problem. The malodor is delivered from volatile sulfide mixes particularly dimethyl sulfide, hydrogen sulfide, and methyl mercaptan, beginning from the proteolytic destruction of the peptides present in food garbage, saliva, plaque, and desquamated epithelial cells. Gram-negative proteolytic bacteria answerable for periodontitis and gingivitis are additionally known to deliver sulfide compounds.^[23] Oil pulling treatment utilizing sesame oil was discovered to be as compelling against halitosis and related microorganisms, as chlorhexidine rinses which are viewed as a gold standard.^[24] Moreover, oil pulling is additionally more practical than chlorhexidine, with no adverse effects like hypersensitive responses, and mucosal staining following long term use.^[22,23]

Oral thrush:

Oral thrush or oral candidiasis is a non-infectious fungal infection brought about by *Candida* species. It is ordinarily found in people taking drugs that may modify the oral microflora over expanded periods. Denture wearers, patients, going through prolonged antibiotic treatment or utilizing inhalers of corticosteroid for asthma, and patients going through chemotherapy or radiotherapy allegedly have a higher rate of oral candidiasis.^[24] Evidence recommends that oil pulling treatment improves indications of oral thrush in two different ways. To begin with, it traps or pulls the toxins and different microbes during oil pulling and consequently helps in the mechanical expulsion of the microbes from the oral cavity. Second, the antifungal properties of the oils utilized, especially coconut oil, kills the yeast in the oral cavity and in this way assumes a function in disposing of the candida pathogens.^[25,26]

Systemic Effects:

The advantages of oil pulling are not restricted to the oral cavity. Indeed, as per ancient Indian Ayurveda text, oil pulling can be utilized for the prevention and treatment of more than 30 various diseases, which shift from migraines, headaches, thrombosis, and skin inflammation such as eczema; to lethal diseases, for example, diabetes and asthma.^[11,21]

3. CONCLUSION:

Oil pulling is seen to acquire improvement in oral hygiene at the point when practiced effectively and routinely. Limited accessible research on impact of oil pulling on oral hygiene shows promising advantages of oil pulling procedure on oral cavity. However, oil pulling doesn't supplant dental treatment and is at present not suggested by American dental

association. Extensive research on the part of this traditional, cheap and important cure ought to be empowered without predisposition. Based on presently accessible research, it is clear that oil pulling when proceeded as suggested, can be securely utilized as an adjuvant to keep up good oral hygiene and health alongside the standard tooth brushing and flossing with promising positive outcomes.

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