



ISSN 2456-3110

Vol 1 · Issue 3

Sep-Oct 2016

Journal of
**Ayurveda and Integrated
Medical Sciences**

www.jaims.in

JAIMS



Charaka
Publications

Indexed

Painless Tooth Extraction by *Jalandhara Bandha Yoga*

Vivek J, B A Venkatesh¹

Danta Vaidya Visharada & Ayurvedic Surgeon, Assitant Professor, Department of Shalya Tantra, ¹Professor & Principal, Sri Sri College of Ayurvedic Science & Research Hospital, Bangalore, Karnataka, India.

ABSTRACT

Tooth extraction is the removal of a tooth from its socket in the bone. It is a Minor surgical procedure. It comes under *Aharana Karma* among *Astavidha Shastra Karma*, as mentioned by *Acharya Sushruta*, the pioneer of Indian surgery. Tooth extraction is performed for various reasons. However for tooth extraction local anaesthesia is mandatory. Extraction of tooth without anaesthesia is un imaginable. But this is possible by a Yoga and Ayurvedic technique. i.e. Painless Tooth Extraction by *Jalandhara Bandha Yoga*. Tooth Extraction by *Jalandhara Bandha Yoga* requires No Anesthesia! No Injection! No Spray! No Antibiotics! and No Analgesics! It's purely a combination of *Yoga* and Ayurvedic Technique.

Key words: Tooth extraction, *Jalandhara Bandha Yoga*, Anesthesia.

INTRODUCTION

Yoga and Ayurveda are the ancient science of Indian Wisdom. As a remedy now a day's people are looking towards it for many of their ailments. Ayurveda not only deals with medical line of treatment but it also deals with surgical treatment. We get many references in Ayurveda regarding surgeries being carried out by Sushruta.^[1] Hence Sushruta is rightly called as "The Father of Surgery". He has done many surgeries like Laporotomy, Craniotomy, Cataract Operation, Plastic surgery, Haemorrhoidectomy; Painless Tooth Extraction etc. Though there was no Anesthesia in those days he used to carry out surgeries by using some yogic procedure and by manipulating some *Marma Sthanas* (vital points) in

the body. One such example for this kind of surgery by yoga technique is "Painless Tooth Extraction by *Jalandhara Bandha Yoga*".

Tooth Extraction by *Jalandhara Bandha Yoga* requires No Anesthesia! No Injection! No Spray! No Antibiotics! and No Analgesics! It is purely a combination of *Yoga* and Ayurvedic Technique.

So what is this *Jalandhara Bandha Yoga*? How to extract tooth without anesthesia? What are the benefits of this procedure?

In Yoga mainly there are three types of *Bandha*^[2] i.e. *Moola*, *Uddiyana* and *Jalandhara Bandha*. *Moola Bandha* is the one which is performed for the lower part of the body. *Uddiyana* for the middle part of the body and *Jalandhara Bandha* is the one performed for the upper part of the body.

Jalandhara Bandha Yoga

Jala means network. It is a network of arteries, veins and nerves. *Bandha* means to Lock. So *Jalandhara Bandha* means locking or blocking of the nerve plexus, arteries and veins around the neck. This technique of blocking the nerve plexus is made use for the extraction of the tooth without anesthesia. This Yogic Tooth Extraction can be explained in three stages.

Address for correspondence:

Dr. Vivek J.

Danta Vaidya Visharada & Ayurvedic Surgeon, Assitant Professor, Dept. of Shalya Tantra, Sri Sri College of Ayurvedic Science & Research Hospital, Bangalore, Karnataka, India.

E-mail: ayurvedabhishak@gmail.com

Submission Date : 09/10/2016 Accepted Date: 29/10/2016

Access this article online

Quick Response Code



Website: www.jaims.in

DOI: 10.21760/jaims.v1i3.4426

Poorva Karma (Pre-Operative Procedure)

In this stage first the patient is examined thoroughly, and the decision is taken whether the teeth should be treated conservatively or it needs extraction. If it needs extraction then the patient is educated priorly about the procedure of the yogic teeth extraction and he is prepared both mentally and physically. While extraction special care is taken, if the patient is *Krishna* (lean), *Durbala* (weak), *Vridhdha* (aged) or suffering from any neurological problems.^[3]

Pradhana Karma (Operative Procedure)

Patient is made to sit in *Sukhasana* or *Padmasana* on wooden plank of 2-3" height. He should be calm, relaxed and should concentrate on *Vishuddha Chakra*.

Then he is asked to hold both the knees firmly with his palm and fingers. After that the Ayurvedic Dental Surgeon stands behind the patient and puts cloth over his head and bends his head towards chest, so that the chin gets locked to the supra sternal notch or Jugular notch. *Danta Vaidya* (Dental Surgeon) then puts pressure over the *Sushumna Nadi* (Spinal Cord) with his left knee and puts pressure over trigeminal nerve with his left hand.

Then the Patients head is slightly moved up and down for 2-3 times, then the head is lifted and tooth is extracted by using *Simha Mukha Yantra* (Lion Forceps) (who's description is mentioned in our classical text Sushruta Samhita which is four thousand years old) or with any other suitable *Sandhamsha Yantra's*.

It is said that *Vatadritaenastiruja*, i.e. there is no pain without vitiation of *Vata Dosha*. Here *Vata* is controlled by doing *Jalandharabandha* which in turn blocks the pain path and thus helps in painless tooth extraction.^[4]

Paschath Karma (Post-Operative Procedure)

In this step utmost care of the patient is taken to reduce the chances of infection and to promote wound healing. Hence patient is given with *Vranaropana* and *Raktastambhaka Gandoosha* and dressing is done with suitable Ayurvedic Antiseptic Drugs.

Then *Nasya* (nasal medication) is given with medicated oil prepared out of *Vidari*, *Yasti*, *Ksheera* etc. Patient is advised to take *Snigdha* (unctuous), *Swadu* (sweet), *Sheetha* (cold) and *Mrudu* (soft) foods. And also he is advised not to spit forcibly, not to use hot and spicy foods for 24 hours.^[5]



Fig. 1: Painless tooth extraction by Jalandhara Bandha Yoga



Fig. 2: Dantodharana by Jalandhara Bandha



Fig. 3: Dantotpatana by Jalandhara Bandha

Benefits of Tooth Extraction by Jalandhara Bandha Yoga

- It is good for patients who are allergic to local anesthesia, antibiotics and analgesics and other modern drugs.
- Hypertensive and patients with high blood sugar level can undergo extraction without any complications. (Author has extracted tooth even with patients having blood sugar level up to 350 to 400mg/dl)
- Very Minimal Bleeding, Less injury to the healthy tissues and hence fast healing of the Gums.
- Procedure will be very brisk and effective.
- Post extraction complication like severe swelling, delayed wound healing and secondary hemorrhage is not found.
- Even the stumps, molar tooth and milk tooth can be extracted successfully by this method.

Analysis and Synthesis

Tooth extraction is a Minor surgical procedure. It comes under *Aharana Karma* among *Astavidha Shastra Karma*, as mentioned by Acharya Sushruta, the pioneer of Indian Surgery.

For modern medical science for the purpose of tooth extraction, Anesthesia is a must, mostly the local anesthesia. Increase in the number of patients with cardiac diseases, complications of anesthesia, medico legal issues, etc. have made tooth extraction a very complicated issue.

Under such circumstances a traditional method of tooth extraction without anesthesia by *Jalandhara Bandha Yoga* which has been successfully practiced in our country by an Ayurvedic Surgeons and traditional *Vaidyas* for centuries place an important role.

It is said that *Vatadritaenastiruja*, i.e. there is no pain without vitiation of *Vata Dosha*. Here *Vata* is controlled by doing *Jalandhara Bandha* which in turn blocks the pain path and thus helps in painless tooth extraction. While doing *Jalandhara Bandha* Ayurvedic Surgeons exert pressure on Trigeminal Nerve and blocks pain impulse being passed to brain during extraction and thus successfully extracts tooth without pain.

The flow of *Sushumnajala*, which support the group of *Nadis*, is stopped for a while along with the *Ida-Pingala Nadis*, thereby achieving analgesia and anesthesia, tooth is extracted quickly then.

By *Jalandhara Bandha* posture a transient anesthetic effect will be induced for a while and this transient period is sufficient for painless tooth extraction.

While doing *Jalandhara Bandha* since patient is sitting in erect posture the circulation into the oral cavity will be very less and hence the post extraction bleeding will be very less and even post extraction complication will also be very minimum.

CONCLUSION

Tooth extraction by *Jalandhara Bandha Yoga* is a unique, wonderful, magical and cost effective treatment of Ayurveda and Yoga. It doesn't require any prick (local anesthesia) or antibiotic or any other modern medication. Hypertensive and Patients with High Blood Sugar Level can undergo extraction without any complications by this technique. This technique will be in the major stream line in the coming years in the field of modern dentistry.

REFERENCES

1. Sushruta, Sushruta Samhita with the Nibandha Sangraha Commentary of Sri Dalhanacharya and Nyayacandrika Panjika of Sri Gayadasacharya on Nidanasthana. Edited from the beginning of 9th Chapter of Chikitsasthana by Vaidya Jadavji Trikamji Acharya & the rest by Narayana Ram Acharya "Kavyatirta", 7 the Edition. Varanasi; Chaukambha Orientalia Publishers: 2002.
2. Hatha Yoga Pradipika written by Svatmarama, translated by PanchamSinh, edited with a Foreword & Notes by J.L.Gupta, published by Chaukhamba Sankrit Pratishtan, Delhi, I Edition-2003,
3. VagbhataAcharya. Ashtanga Hridaya- Sarvangasundara of Arunadatta, Ayurveda Rasayana of Hemadri, collated by Dr. Anna Moreswar Kunte and Krishna Ramachandra Shastri Navre, edited by Pt.

Bhishagacharya Harishastri Paradkar Vaidya. Varanasi: Krishnadas Academy; 2001.

4. Dr. V. B. Athavale, Danta-Shastra Dentistry in Ayurveda, Pub for Paediatric Clinics of India, 1980.
5. Vagbhata, Astanga Hridayam, Translated by Prof. K.R. Srikanta Murthy, Pub. Krishnananda Academy, Varanasi, 3rd Ed., 1998, Vol.II.

How to cite this article: Vivek J, B A Venkatesh. Painless Tooth Extraction by *Jalandhara Bandha Yoga*. J Ayurveda Integr Med Sci 2016;3:113-116. <http://dx.doi.org/10.21760/jaims.v1i3.4426>

Source of Support: Nil, **Conflict of Interest:** None declared.
