

## Useful medicinal plants



Miswāk (*Salvadora persica* Linn.)



Filfil Siyāh (*Piper nigrum* Linn.)



'Aqarqarhā (*Anacyclus pyrethrum* DC.)



Pudīna (*Mentha arvensis* Linn.)



Qaranful (clove)  
(*Syzygium aromaticum*  
(Linn.) Merr. & L.M.  
Perry)

# Oral Hygiene

...through Unani Medicine



For further Information, please contact

Director General

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## What is Oral Hygiene?

Oral hygiene is the practice of keeping the mouth, teeth and gums clean and healthy by brushing, flossing and cleaning the tongue.

## Effects of poor oral hygiene

- Toothache
- Bad breath
- Tooth cavities
- Discoloration of teeth

## Poor oral hygiene increases risk of –

- Heart problems
- Breathing problems
- Diabetes mellitus

## How to maintain oral hygiene?

- Brush twice a day, in the morning and at bed time
- Brush clockwise and anti-clockwise for two minutes
- Use medium-bristled toothbrush and herbal toothpaste
- Use chew stick/ *Dātūn* after every meal
- Use dental floss for proper inter-dental cleaning
- Massage gums with finger daily
- Clean the tongue thoroughly with a tongue cleaner
- Drink plenty of water

## Factors affecting oral hygiene

- Tobacco
- Alcohol
- Junk foods, especially soft drinks
- Too hot or too cold food items
- Confectionaries
- Indigestion



## Unani drugs for dental care

### • Single drugs

- ❖ 'Aqarqarhā (*Anacyclus pyrethrum* DC.)
- ❖ Miswāk (Peelu) (*Salvadora persica* Linn.)
- ❖ Qaranful (clove) (*Syzygium aromaticum* (Linn.) Merr. & L.M. Perry)
- ❖ Alum (Phitkiri)
- ❖ Aqaqia (babūl) (*Acacia nilotica* Willd.)
- ❖ Jawzbūwa (nutmeg) (*Myristica fragrans* Houtt.)
- ❖ Pudīna (mint) (*Mentha arvensis* Linn.)
- ❖ Filfil Siyāh (pepper) (*Piper nigrum* Linn.)

### • Compound drugs

- ❖ Sanūn-i Zard
- ❖ Sanūn-i Kathā
- ❖ Sanūn-i Mulūk
- ❖ Sanūn-i Mujallī
- ❖ Sanūn-i Khās
- ❖ Tiryāq-i Asnān



**Note:** Consult a registered Unani physician before using recommended drugs.