Painless Tooth Extraction by Jalandhara Bandha Yoga

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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 unimaginable. 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 Laparotomy, 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.
Poorna 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), Durba (weak), Vriddha (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.\(^{[5]}\)
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 Susruta, 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, medicolegal 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 Vatadritaenasiruja, 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 Sushumna Jala, 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.
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