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## Research Article

### COMPARATIVE STUDY OF OIL PULLING AND THE MODERN MOUTHWASH

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Coconut oil, hexidine mouth wash.

#### ABSTRACT

By taking the salivary samples of group A before and after oil pulling, and comparing them with the salivary samples of group B before and after mouth wash. The salivary samples are collected and stained for the amount of bacteria present for both the methods. The result of the study showed that though there is not a significant decrease in the bacterial count of the mouth but a regular use of oil pulling process can help restoring the pH of the mouth

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#### INTRODUCTION

The phrase "OIL PULLING" is the process where oil is being gargled in the mouth similar to that of the mouth wash. This type of oral therapy isn't new; it had its origin in the Ayurvedic medicine dating 3000 years ago. MOUTH WASH is the antiseptic solution intended to reduce the microbial load in the oral cavity. It's a liquid usually held in your mouth passively or swilled around the mouth by contraction of the perioral muscles and by the movement of the head, may be gargled. MOUTH WASH has properties like ant-fungal, anti-inflammatory, and anti-bacterial. The antiseptic properties of mouth wash are used to maintain oral hygiene. Some of the mouth wash are proved to kill bacteria causing cavities, gingivitis, and bad breath. Those of the properties of OIL PULLING is not known, but it is still said to be antagonistic to the modern mouthwash thus it was necessary to compare the MOUTH WASH with that of OIL PULLING.

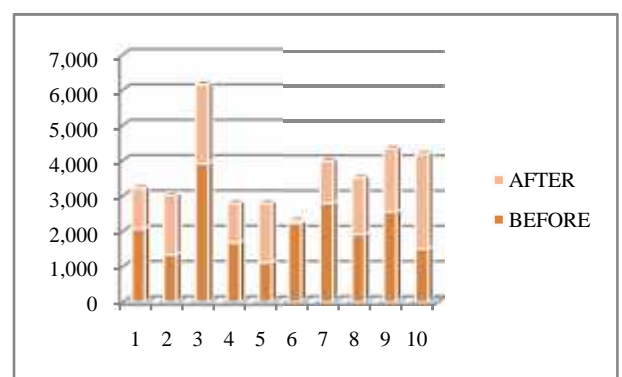
#### METHOD

The method follows the collection of the saliva sample before and after both the procedure from the subjects and testing them for the amount of bacterial growth. The SALIVA samples are collected from about 10 PEOPLE in [group A] before the process of OIL PULLING in a sterile disposable container. Now the group [A] people is made to gargle with 10ml of COCONUT oil in their mouth for about 2 minutes and then their saliva samples are collected again in a sterile disposable container. In the process of mouthwash the group[b] people

were included their saliva samples were collected before and after gargled with mouthwash for 2 minutes. Both the samples of the group [A] and group [B] are taken in a small quantity and are transferred to a small cuvette and diluted to 1 in 80 dilution with saline and about 10ml is transferred to BRAIN HEART INFUSION AGAR. After it the plates were incubated at 37 degree Celsius aerobically over night. Now the colony forming units are counted per plate and multiplied to approximate the count per ml.

#### Significance

The study was done to know the benefits of mouthwash as well as that of the oil pulling method. It was to compare as among these two which was more effective on normalizing the pH of the buccal cavity and thus helps to lower the bacterial growth.



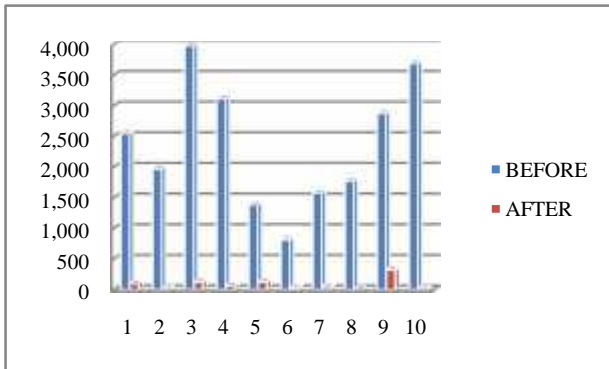
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It was also done to find whether oil pulling can replace the mouthwash as it's a natural process including only the oils.

**RESULT**

The graph represents the data collected before and after from oil pulling



The graph represents the data collected before and after mouthwash

The comparative result of the saliva samples before and after oilpulling showed difference in the bacteria of the buccal cavities. Among the samples of saliva from [group a] the comparison was held and it showed that there was reduction in the bactireal content of the mouth.

**Group A**

Before	After
2,080	1,144
1,344	1,680
3,920	2,240
1,680	1,120
1,120	1,680
2,240	64
2,800	1,200
1,920	1,600
2,560	1,792
1,512	2,688

Mean value for the bacterial growth before oil pulling: 2117.6  
 Mean value for the bacterial growth after oil pulling: 1520.8

**Group B**

Before	After
2,554	108
1,968	20
3,984	124
3,120	72
1,392	128
816	36
1,584	52
1,776	8
2,880	325
3,696	20

Mean value for the bacterial growth before mouthwash: 2,377.0  
 Mean value for the bacterial growth after mouthwash: 89.3

The mean value of the colonies counted were found and the average was made.

**DISCUSSION**

The result showed for the first graph was not that significant than that of the second graph. The data for the process showed a reduction in the bacterial growth but that of the mouth wash data showed more significant result at an instant thus mouth was is more preferable among the subject, but further studies showed that the regular use of oil pulling over mouth was significantly beneficial. Oil Pulling one of the ayurvedic therapies for the mouth was proved to restore the pH of the mouth by reducing the bacterial growth thus it in turn lowers other dental problems like that of caries.

**CONCLUTION**

Oil Pulling is being practiced even today as a ancient medicine thus the importance to know about its significance in removing the bacteria of our mouth was necessary. As after a meal our carbohydrates intake causes the increase in the bacterial growth, which in turn leads to the rise in the pH of the mouth, thus the increase mouth pH cause the ENAMLE to be eroded, thus leads to other complication in the in the buccal cavity. So on a regular use of the process of Oil Pulling, Can Help Restoring The Normal Ph of The Mouth.

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