

Review Article

TOOTH EXTRACTION WITHOUT ANESTHESIA USING ANCIENT INDIAN TECHNIQUE CALLED JALANDHARA BANDHA YOGA

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ABSTRACT

Young, educated population is waking up to the possibilities of ayurveda (ayur: life; veda: knowledge). However, the knowledge regarding science and practice of ayurvedic dentistry is limited or none. Routine dental extractions involve the use of local anesthetic agent in order to relieve the sensation of pain. In the present review article, we aim to throw a light on a technique wherein we do not use the conventional local anesthetics, instead we use the art and science of Ayurveda and yoga for extraction of human teeth. This technique, which is used for painless tooth extraction without local anesthesia, is known as Jalandhar Bandha Yoga.

Key words: Painless, Extraction, Jalandhara Bandha Yoga

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INTRODUCTION

The civilization of India has produced a great variety of systems of spiritual beliefs and practices. Ancient seers used yoga as a means to explore the exterior and interior world and, perhaps, ultimately to achieve wisdom and knowledge of the sacred Indian texts: the Vedas, Upanishads, and Shastras. These great teachers, or gurus, did not equate yoga with religion but more as an art of living at the highest level in attunement with the larger life-reality. The emphasis in yoga was on personal verification rather than on belief. The practice of yoga was a way to inner joy and outer harmony.^[1]

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 Sushrutha. Hence Sushrutha 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 & by manipulating some marmasthanas (vital points) in the body. One such example for this kind of surgery by yoga technique is "Painless Tooth Extraction by Jalandhara Bandha Yoga".^[2]

BASICS OF YOGA

The Sanskrit word "yoga" comes from the root *yug* (to join), or yoke (to bind together or to concentrate). Essentially, however, the word "yoga" has come to describe a means of uniting or a method of discipline: to join the body to the mind and together join to the self (soul), or the union between the individual self and the transcendental self. Yoga comes from an oral tradition in which teaching was transmitted from teacher to student. The Indian sage Patanjali, called "The Father of Yoga," collated this oral tradition in his classic work *The Yoga Sutras*, a 2000-year-old treatise on yogic philosophy. He defines yoga as "that which restrains the thought process and makes the mind serene." Patanjali suggests that ethics (*yama* and *niyama*) is the

way to cleanse the mind, body, and spirit. He emphasizes a more psychological approach to healing and self-realization. The body's organs and systems are to be cleansed first through *asanas* (postures) and *pranayama* (controlling the breath). The Sutras provide guidance on how to gain mastery over the mind and emotions and how to achieve spiritual growth. The code of conduct includes the practice of the highest human virtues like *ahimsa* (noninjury) and *satya* (truth), and the promotion of the noblest feelings like amity and compassion.^[1]

In ancient times yoga was often referred to as a tree, a living entity with roots, a trunk, branches, blossoms, and fruit. Hatha yoga is one of six branches; the others include raja, karma, bhakti, jnana, and tantra yoga. Each branch with its unique characteristics and function represents a particular approach to life. Some people may find one particular branch more inviting than another. However, it is important to note that involvement in one of these paths does not preclude activity in any of the others, and in fact you'll find many paths naturally overlapping.^[3]

JALANDHARA BANDHA YOGA

Jalandhara Bandha Yoga involves contraction of the throat and pressing the chin firmly against the chest. This technique stops the opening (hole) of the group of nadis, through which the juice from the sky (from the Soma or Chandra in the brain) falls down. It is therefore called the Jalandhara Bandha-the destroyer of a host of diseases of the throat. In Jalandhara Bandha the indications of a perfect contraction of the throat include: the nectar does not fall into the fire (the Surya situated in the navel), and the air is not disturbed. The two nadis should be firmly stopped by contracting the throat. This is called the middle circuit or centre (Madhya Chakra), and it stops the 16 adharas (i.e., the vital parts). These vital parts include: thumbs, ankles, knees, prepuce, organs of generation, navel, heart, neck, nose, palate, throat, middle of the eyebrows, forehead, head and the Brahmarandra.^[4] By drawing up the mulasthanas (anus), Uddiyana Bandha should be performed. The flow of the air should be directed to the Susumna, by closing the Ida and the Pingala. The Prana becomes calm and latent by this means, and thus there is no death, old age, disease, etc. These three bandhas are the best of all and have been practiced by the masters. Of all the means of success in Hatha yoga, they are known to the yogis as chief ones.^[4]

ROLE OF JALNDHARA BANDHA YOGA IN PAINLESS TOOTH EXTRACTION

Routinely, tooth is extracted using the conventional local anesthetics in order to control the sensation of pain. However, we can avoid the use of local anesthetics by using the the Jalandhara Bandha Yoga. The main aim of this exercise is to create a chin lock, by flexion of the neck downwards to the left side of the chest towards the heart. If we try to trace the meaning of the word Jalandhara, "Jal " means " Net ", in this case, we may assume as the net of Nadis (energy channels) and the word " Dhara " means to stop or to hold the flow of the fluid (Amrut), flowing through the nadis. This creates a lock which works by compression on the nervous system and cardiovascular system to restrict blood flow and pain pathways involving the head and neck. Important anatomical structures which are involved in this process include trigeminal nerve, glossopharyngeal nerve, vagus nerve, carotid arteries, and carotid sinus nerve. This position is a fundamental yoga posture to align all "Chakras" or energy points and important areas or systems of the body in order to control energy channels. With Jalandhar Bandha Yoga patient begins by sitting in this position so that all points are aligned centrally. In the process, the vaata is controlled, so that the process of nerve impulses and the control of the CNS are affiliated to air, thereby helping in reduction of pain.^[5]

STEPS OF TOOTH EXTRACTION USING JALANDHARA BANDHA YOGA

Ayurveda is the known ancient medical science of the world. Any surgery is completed in three steps i.e. pre-operative, operative and Post-operative. *Acharya Sushruta*, who is the father of surgery has classified all the surgical procedure in three major steps^[6]: (1) *Poorva karma*, (2) *Pradhan karma*, and (3) *Paschat karma*.^[7]

POORVA KARMA (PRE-OPERATIVE PROCEDURE)

In *Ayurvedic classics*, there are two types of treatment for all diseases, either with use of *aushadhi* (medicines) or by use of surgery. In *Shalya Tantra*, there was description of eight types of *shastra karmas* to perform *shalya karma* but *poorva karma* should be done before any surgical procedure and this *poorva karma* is known as preoperative management in *Ayurveda*. *Poorva karma* should be done properly before any surgical procedure and intra-operative and

post-operative results have got better and complication free if pre-operative management has been done properly. The surgeon does not get defamed even after either death of patient or any other complication happened during surgery if proper written consent has been taken and appropriate counseling has been done. Aim of pre-operative management is to make patient mentally calm, anxiety free, no local or systemic infection, investigate the patient to reveal any pathology, local part preparation at surgical site, bowel preparation and evacuation to make aseptic intestinal tract, B.P., pulse rate, and respiratory rate should be examined and recorded very well.^[7]

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.^[2] This decision is determined by various factors i.e. the patient's compliance to have a tooth extracted without local anaesthetic, mobility of the tooth, access and ability to grasp the tooth with forceps available.^[5] If it needs extraction then the patient is educated priorly about the procedure of the yogic teeth extraction so that the patient is prepared both mentally as well as physically. While performing extraction special care has to be taken in case the patient is krishna (lean), or durbala (weak), or vridhha (aged), or suffering from any neurological problems.^[2]

PRADHAN KARMA (OPERATIVE PROCEDURE)^{[2],[5]}

Patient is made to sit in sukhasana or padmasana on a low broad wooden plank with the legs crossed and back straight and hands resting on their knees (pressure on Ida-Pingala Nadi). The low broad stool is to enable the dental surgeon to maximize appropriate pressure in the right areas for Jalandhara Bandha Yoga. The patient should be calm, relaxed & should concentrate on Vishuddha Chakra. Then he is asked to hold his both the knees firmly with his palm and fingers. The ayurvedic dental surgeon selects the appropriate forceps so that when the Jalandhara Bandha Yoga has been carried out, the extraction can take place swiftly. In this technique only maxillary forceps are used for both maxillary and mandibular teeth. Maxillary forceps are more appropriate in this technique because the dental surgeon would be approaching the patient from above and behind.

After that the 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. Dental surgeon exerts mild pressure on the centre of the skull with the index finger and middle finger of the right hand. The palm of the left hand is placed below the mandible with firm pressure for support.

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, and then placed down towards the sternum, contracting the neck and throat region. The dental surgeon, ready with the forceps, lifts the patients head upwards and backwards towards the dental surgeon's pubic region for support during the extraction. The patient is then instructed to open their mouth. The forceps are applied to the tooth to be extracted, and with one swift motion, without causing trauma, the tooth is extracted using Simha Mukha Yantra (Lion Forceps) or with any other suitable Sandhamsha Yantra's.

The whole process is very brief and can be over within a minute. The ayurvedic dental surgeon is fully responsible for implementing the Jalandhar Bandha neck block, so the patient does not require any prior knowledge of the process. It is said that Vatadritae nasti ruja, 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 pathway and thus helps in painless tooth extraction.

PASCHATH KARMA (POST-OPERATIVE PROCEDURE)^{[2],[5]}

In this step utmost care of the patient is taken to reduce the chances of infection and to promote wound healing. The patient is given vrana ropana and raktastambhaka gandoosha anti-bacterial ayurvedic medicine. The patient is asked to rinse out and gargle with the solution and spit out. This contradicts the advice given with allopathic extractions since gargling is associated with the fear of dislodgement of the blood clot formed after hemostasis. However, this practice may have a placebo effect on the patient since the patient immediately gargles out in the solution believing that the solution has special properties and therefore helping them.

Following this, the assistant administers a bite-pack or cotton wool which is soaked or applied in a specific ayurvedic medicine said to have astringent and anti-bacterial properties made by a combination of kashish, trifala, sphatika,

majufala and cold water. After this, 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. Further, patient is advised not to spit forcibly; and not to use hot and spicy foods for 24 hours.

CONCLUSION

In this article, we have discussed about painless tooth extraction using Jalandhara Bandha Yoga. It is imperative that this technique should be popularized among the general dental surgeons so that they can employ this technique in routine clinical practice. This technique is especially recommended for patients allergic to local anesthetics, patients with high blood pressure and high blood sugar levels.

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