



COCO AYURDENT



- A TRADITIONAL & NATURAL SOLUTION OF MODERN ORAL HYGIENE



A PRODUCT OF

SHRI YASHAARTHI VIGHNHARTA FARMING PVT LTD



Coco Ayurdent TOOTH POWDER

Mrp :- ₹ 199.00

COCO Points :- 90p

QUANTITY :- 50g

INGREDIENTS :- Coconut charcoal ,Neem, Babul, Vajradanti , Manjistha , Miswak , Mulethi , Ashwagandha , Guggul , Amla , Baheda , Harad , Black pepper , Long pepper , Dry ginger, Dry turmeric , Cloves , Elaichi ,cinnamon , Ajwain, Akarkara seed , Tomar seeds , Bakul Seed , Kapur , Fitkari , Baking soda , Sea Salt , Rock salt , Aloe vera , Lemongrass , Pudina , Rosemary , Thyme , Agnihotra Bhasma

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Our handcrafted coco ayurdent Helps:

-  fight Bacteria & Plaque.
-  Whitens naturally.
-  Strengthens gums & reduce Inflammation
-  Promote long lasting Fresh Breath
-  Soothes sensitivity & support oral wellness.



Coco-Ayurdent TOOTH POWDER.

An ayurvedic wisdom & modern science with Spiritual intention to heal.



MRP:
MFG DATE:
EXP. DATE:
BATCH NO:

The price you pay is not for this product but an investment in your health

MARKETED AND MANUFACTURED BY:
Shri Yasharthi Vighnharta Farming Pvt. Ltd.

Off. No. 3055-A, 'R' Wing, 3rd Floor, Akshar Business Park, Vashi, Navi Mumbai - 400703
Manufactured At: SYVFPVT LTD. F-2, Gala No- 667, Sagar Complex, Dapode, Bhiwandi, MH - 421302
www.cococakaka.com
Customer Care no- 9967933200



SCAN TO VISIT WEBSITE



An ayurvedic wisdom & modern science with Spiritual intention to heal.

❑ **OUR HANDCRAFTED COCO – AYURDENT HELPS :-**

Formulated with ancient wisdom, COCO – AYURDENT is a 100% natural tooth powder that harnesses the power of revered Ayurvedic ingredients. This potent blend offers a holistic approach to oral care, delivering a deep, effective clean that supports long-term dental wellness.

- 🦷 **Fortifies Gums & Prevents Decay:** A powerful combination of Neem, Vajradanti, and Babul works synergistically to strengthen gums, reduce inflammation, and create a protective barrier against cavities.
- 🌿 **Natural Stain Removal & Whitening:** Activated Coconut Charcoal and Baking Soda gently yet effectively lift surface stains and absorb toxins, revealing naturally whiter, brighter teeth without harsh abrasives.
- 🌱 **Fights Bacteria & Freshens Breath:** Essential oils from Clove, Pudina (Mint), and Thyme provide potent antibacterial action to eliminate odor-causing microbes, ensuring lasting, naturally fresh breath.
- ✨ **Soothes & Promotes Oral Wellness:** Soothing Mulethi (Licorice) and antioxidant-rich Amla work to calm sensitive oral tissues, balance the mouth's microbiome, and support the body's natural healing processes for comprehensive health.

Embrace the purity of Ayurveda. COCO – AYURDENT is your daily ritual for a stronger, cleaner, and genuinely healthier smile.



Coconut charcoal:

Activated coconut charcoal may whiten teeth by adsorbing stains and toxins, but its broader benefits and abrasiveness require cautious consideration.

Benefits :

Activated coconut charcoal is gaining popularity for its potential oral benefits, primarily for teeth whitening. Its porous surface is believed to adsorb stains and toxins from the teeth, leading to a brighter appearance. Some also claim it helps freshen breath by binding to odor-causing compounds and may have antibacterial properties that contribute to overall oral hygiene. However, scientific evidence supporting these broader claims is limited, and concerns exist about its abrasiveness potentially harming enamel with overuse.

Phytochemical : Primarily carbon, with trace amounts of minerals and other elements depending on the production process. It doesn't contain the typical organic phytochemicals found in plants.

Sourced form :

Karnataka, Tamil Nadu, Kerala, Andhra Pradesh (major raw material sources); Maharashtra and Gujarat (processing and distribution hubs).





Neem : Naturally fights oral bacteria, reduces gum inflammation, and freshens breath for better oral health.

Benefits:

Neem offers several oral health benefits due to its potent antibacterial, anti-inflammatory, and antifungal properties. It helps fight harmful bacteria that cause plaque, cavities, and gum disease, reduces gum inflammation and bleeding, and promotes the healing of gum infections. Traditionally used as a toothbrush, neem can also freshen breath and potentially offer antioxidant and analgesic effects, contributing to overall oral hygiene.

Phytochemical : Azadirachtin, Nimbin, Nimbidin, Nimbolide, Salannin, Quercetin, Beta-Sitosterol, Tannins, Flavonoids, Triterpenoids, Phenolic compounds.

Sourced from :

Neem is found across India, but is particularly prevalent in drier regions, with significant populations in states like Uttar Pradesh, Maharashtra, Rajasthan, and Tamil Nadu.





Babul : Babul's astringent and antibacterial properties strengthen gums, reduce bleeding, fight infections, and may relieve toothaches.

Benefits :

Babul (*Acacia nilotica*) offers several oral benefits, particularly in traditional medicine. Its bark, leaves, and gum are known for their astringent and antibacterial properties, which help strengthen gums, reduce bleeding, and prevent infections. Babul can also aid in reducing plaque and tartar buildup and may help relieve toothaches due to its mild analgesic effects. Chewing Babul bark is a traditional practice for maintaining oral hygiene and healthy gums.

Phytochemical : Tannins, Gallic acid, Ellagic acid, Flavonoids, Gums (Arabinogalactan), Alkaloids, Phenolic compounds.

Sourced form :

Rajasthan, Gujarat, Maharashtra, Andhra Pradesh, Karnataka, Tamil Nadu, Uttar Pradesh, Haryana, and Madhya Pradesh.





Vajradanti : strengthens gums and teeth, prevents decay, reduces inflammation, and promotes oral hygiene.

Benefits :

Vajradanti, often found in Ayurvedic tooth powders, is known for its beneficial effects on oral health. It's traditionally used to strengthen gums and teeth, potentially making them as strong as diamonds, hence the name. Its properties help in preventing tooth decay, reducing gum inflammation and bleeding, and relieving toothaches. Regular use can contribute to fresh breath and overall improved oral hygiene by combating harmful bacteria and promoting healthy gum tissue.

Phytochemical : Tannins, Flavonoids, Glycosides, Saponins, Alkaloids, Phenolic compounds, Sterols, Terpenoids.

Sourced form :

Gujarat, Maharashtra, Rajasthan, and Punjab





Manjistha :

Manjistha's antimicrobial and anti-inflammatory properties may fight oral bacteria, reduce gum issues, and promote overall oral health.

Benefits :

Manjistha (*Rubia cordifolia*) offers several potential oral benefits, primarily due to its antimicrobial and anti-inflammatory properties. It can help fight oral bacteria that contribute to plaque and gum disease, potentially leading to healthier gums. Its anti-inflammatory action may also reduce gum swelling and bleeding. Some traditional uses suggest Manjistha can contribute to gum tissue regeneration and promote overall oral health. Its blood-purifying properties in Ayurveda may also indirectly support oral health.

Phytochemical : Anthraquinones (Rubiadin, Purpurin, Munjistin), Glycosides, Iridoids, Triterpenoids, Flavonoids, Tannins.

Sourced form :

Uttarakhand, Himachal Pradesh, Sikkim, Arunachal Pradesh, Meghalaya, Manipur, Nagaland, Maharashtra, Karnataka, Kerala, Tamil Nadu, Andhra Pradesh, and Odisha.)





Miswak :

Miswak naturally cleans teeth, fights bacteria, stimulates saliva, strengthens enamel, and tightens gums.

Benefits :

Miswak, a natural toothbrush derived from the *Salvadora persica* tree, offers numerous oral benefits. Its fibers mechanically clean teeth by removing plaque and food particles. Miswak contains various antimicrobial compounds that help inhibit the growth of harmful oral bacteria, thus reducing the risk of cavities and gum disease. It also stimulates saliva production, which naturally cleanses the mouth and neutralizes acids. Furthermore, miswak contains minerals like fluoride, silica, and calcium that can help strengthen tooth enamel. Its natural astringent properties can also tighten gums and prevent bleeding.

Phytochemical : Alkaloids, Tannins, Flavonoids, Saponins, Vitamin C, Silica, Calcium, Chlorides, Essential oils.

Sourced form :

Gujarat, Rajasthan, and to some extent in Uttar Pradesh, Punjab, Delhi, Maharashtra, Andhra Pradesh, Karnataka, and Kerala.





Mulethi (Licorice):

Mulethi reduces gum inflammation, fights oral bacteria, and soothes sore throats and mouth ulcers.

Benefits :

Mulethi (licorice root) offers several oral benefits due to its anti-inflammatory, antimicrobial, and soothing properties. It can help reduce gum inflammation and irritation, potentially providing relief from conditions like gingivitis. Mulethi's antimicrobial action can help fight oral bacteria that contribute to cavities and bad breath. Additionally, its demulcent properties can soothe sore throats and mouth ulcers, making it a versatile herb for oral health.

Phytochemical : Glycyrrhizin, Glycyrrhetic acid, Flavonoids, Liquiritin, Isoliquiritin, Quercetin, Kaempferol, Coumarins, Triterpenoids, Sterols, Polysaccharides, Amino acids, Phenolic acids.

Sourced form :

Licorice is cultivated in various parts of India, including Jammu & Kashmir, Himachal Pradesh, Uttar Pradesh, Punjab, and some areas of the Northeast.





Ashwagandha: Ashwagandha's anti-inflammatory and stress-reducing properties may indirectly benefit oral health.

Benefits :

Ashwagandha, primarily known for its adaptogenic properties, may offer some indirect oral health benefits. Its anti-inflammatory properties could potentially help reduce gum inflammation. Additionally, its stress-reducing effects might indirectly benefit oral health, as stress can exacerbate conditions like teeth grinding and TMJ disorders. While direct oral applications are not common, its overall systemic benefits could contribute to a healthier oral environment. However, more research is needed specifically on ashwagandha's direct impact on oral health.

Phytochemical : Withanolides, Withaferin A, Withanone, Alkaloids, Saponins, Flavonoids, Sterols, Tannins.

Sourced form :

Rajasthan, Madhya Pradesh, Maharashtra, Uttar Pradesh, Gujarat, Haryana, Punjab, Andhra Pradesh, and Telangana





Guggul : guggul's anti-inflammatory and antiseptic properties may indirectly support oral health by potentially aiding gum inflammation and overall well-being in Ayurveda.

Benefits :

Guggul, an Ayurvedic resin, isn't primarily known for direct oral health benefits in the same way as clove or neem. However, its anti-inflammatory and antiseptic properties may indirectly contribute to a healthy oral environment. Some traditional uses suggest it can help with gum inflammation and infections when used in specific formulations or as a gargle. Furthermore, its broader detoxifying and rejuvenating actions in the body might indirectly support overall oral health as part of a balanced Ayurvedic approach.

Phytochemical : Guggulsterones (E and Z), Commiphерolic acid, Commiphерol, Mukulol, Sesquiterpenoids, Diterpenoids, Sterols.

Sourced form :

Rajasthan, Gujarat, Madhya Pradesh, Karnataka, Maharashtra, Assam, and Tamil Nadu are the states in India where Guggul is found.





Amla

: Amla's antibacterial and anti-inflammatory properties, along with its Vitamin C, may benefit oral health, but its acidity requires moderation.

Benefits :

Amla, rich in Vitamin C and antioxidants, offers several potential oral benefits. Its antibacterial properties may help fight harmful oral bacteria, while its anti-inflammatory actions could contribute to gum health. Some believe amla can help reduce plaque and cavities and even freshen breath. However, due to its high acidity, moderation is key to avoid enamel erosion; rinsing with water after consumption is often recommended.

Phytochemical : Tannins, Gallic acid, Ellagic acid, Ascorbic acid, Flavonoids, Quercetin, Kaempferol, Myricetin, Corilagin, Proanthocyanidins, Pectin.

Sourced form :

Uttar Pradesh, Madhya Pradesh, Tamil Nadu, Andhra Pradesh, Karnataka, Gujarat, Rajasthan, Maharashtra, Himachal Pradesh, Haryana, Assam, Chhattisgarh, and Bihar.





Baheda : Baheda's astringent and anti-inflammatory properties may strengthen gums and promote oral healing in Ayurvedic practices.

Benefits :

Baheda (*Terminalia bellirica*), a key ingredient in Triphala, offers potential oral benefits primarily through its astringent and anti-inflammatory properties. These actions can help strengthen gums, reduce swelling, and promote healing in the oral cavity. While not as directly potent against bacteria as neem or clove, baheda's contribution to overall oral health in Ayurvedic formulations focuses on tissue health and preventing gum-related issues.

Phytochemical :

Tannins, Ellagic acid, Gallic acid, Chebulagic acid, Lignans, Gmelinol, Termilignan, Flavonoids, Quercetin, Kaempferol, Saponins, Sterols.

Sourced from :

Baheda trees grow throughout India's deciduous forests, including the Himalayan foothills and central/southern regions.





Harad : Harad strengthens gums, reduces inflammation, and fights oral bacteria, contributing to oral health in Ayurveda..

Benefits :

Harad (*Terminalia chebula*), another crucial component of Triphala, offers oral benefits through its astringent, anti-inflammatory, and antibacterial properties. It can help strengthen gums, reduce inflammation, and combat oral pathogens, potentially aiding in preventing gum disease and infections. Its mild laxative effect might also indirectly contribute to overall well-being, which can reflect positively on oral health.

Phytochemical : Tannins, Chebulinic acid, Chebulagic acid, Gallic acid, Ellagic acid, Corilagin, Flavonoids, Quercetin, Kaempferol, Luteolin, Anthraquinones, Saponins, Sterols.

Sourced form :

Harad trees grow in deciduous forests across India, including Himachal Pradesh, Uttarakhand, Assam, West Bengal, Madhya Pradesh, Chhattisgarh, Odisha, Tamil Nadu, Karnataka, Kerala, Andhra Pradesh, Maharashtra, Gujarat, and Rajasthan.





Black pepper : Black pepper's antibacterial and anti-inflammatory properties may fight oral bacteria and soothe gum issues.

Benefits :

Black pepper offers several potential oral benefits due to its active compound, piperine. It exhibits antibacterial properties that can help fight oral pathogens, potentially reducing the risk of cavities and gum disease. Additionally, black pepper possesses anti-inflammatory properties that may soothe gum inflammation and pain. Some traditional uses also suggest it can help relieve toothaches.

Phytochemical : Piperine, Chavicine, Essential oils, Limonene, Pinene, Sabinene, Linalool, Caryophyllene, Alkaloids.

Sourced form :

Kerala, Karnataka, Tamil Nadu, Maharashtra, North Eastern states, Andaman & Nicobar Islands, and Andhra Pradesh grow black pepper in India.





Long pepper : Long pepper's antibacterial, anti-inflammatory, and analgesic properties may fight oral bacteria and soothe gum issues, supporting oral health in Ayurveda.

Benefits :

Long pepper (*Piper longum*), similar to black pepper, offers oral benefits stemming from its active compounds, including piperine. It possesses antibacterial properties that can help combat oral bacteria, potentially preventing cavities and gum infections. Long pepper also exhibits anti-inflammatory effects, which may help soothe swollen gums and reduce oral pain. Traditionally, it has been used for its analgesic properties in managing toothaches and promoting overall oral health in Ayurvedic practices.

Phytochemical : Piperine, Piperlongumine, Piperamide, Chavicine, Volatile oils, Alkaloids, Flavonoids, Sterols.

Sourced form :

Meghalaya, Assam, West Bengal, Uttar Pradesh, Madhya Pradesh, Maharashtra, Kerala, Karnataka, Tamil Nadu, Andhra Pradesh, and Andaman & Nicobar Islands .





Dry ginger (saunth): Dry ginger's anti-inflammatory and antibacterial properties can reduce gum inflammation, fight oral bacteria, and potentially relieve toothaches.

Benefits :

Dry ginger possesses several oral benefits due to its anti-inflammatory and antibacterial properties. It can help reduce gum inflammation and pain, potentially offering relief from gingivitis. Its antiseptic qualities may also help fight harmful bacteria in the mouth, contributing to fresher breath and a reduced risk of oral infections. Some traditional uses suggest it can also help relieve toothaches.

Phytochemical : Piperine, Piperlongumine, Piperamide, Chavicine, Volatile oils, Alkaloids, Flavonoids, Sterols.

Sourced form :

Madhya Pradesh, Karnataka, Assam, Gujarat, Odisha, West Bengal, Kerala, and Meghalaya





Dry turmeric : Turmeric's anti-inflammatory and antibacterial properties can reduce gum inflammation, fight bacteria, aid in plaque control, and potentially offer other oral health benefits.

Benefits :

Turmeric offers significant oral benefits primarily due to curcumin, its active compound, which possesses potent anti-inflammatory and antibacterial properties. It can help reduce gum inflammation and pain associated with conditions like gingivitis and periodontitis. Turmeric may also aid in plaque control by inhibiting bacterial growth and has been explored for its potential in teeth whitening due to its mild abrasive properties. Additionally, some studies suggest curcumin can help in managing oral infections and even have a role in preventing oral cancers.

Phytochemical : Curcumin, Demethoxycurcumin, Bisdemethoxycurcumin, Turmerone, ar-Turmerone, Zingiberene, Phenolic compounds, Flavonoids

Sourced form :

Maharashtra, Telangana, Tamil Nadu, Karnataka, Andhra Pradesh, Madhya Pradesh, Odisha, and West Bengal.





Cloves: Naturally relieves tooth pain and fights oral bacteria for healthier gums and fresher breath.

Benefits :

Clove offers significant oral benefits primarily due to eugenol, a natural compound with potent analgesic and antiseptic properties. It's traditionally used to relieve toothaches and gum pain by numbing the area and reducing inflammation. Clove also exhibits antibacterial effects, helping to fight harmful bacteria in the mouth that can cause cavities and gum disease, and contributes to fresher breath.

Phytochemical : Eugenol, Eugenyl acetate, beta-Caryophyllene, alpha-Caryophyllene, Humulene, Limonene.

Sourced form :

Tamil Nadu, Karnataka, Kerala, and Andaman & Nicobar Islands.





Elaichi (cardamom): Cardamom freshens breath and its antimicrobial properties may help clean the mouth and reduce inflammation.

Benefits :

Cardamom offers several oral benefits, primarily due to its antimicrobial and breath-freshening properties. Its aromatic compounds help combat bad breath effectively. Cardamom also possesses antiseptic qualities that can help inhibit the growth of odor-causing bacteria in the mouth. Additionally, some studies suggest cardamom extracts may have anti-inflammatory effects that could contribute to gum health. Chewing cardamom seeds can also stimulate saliva production, which aids in cleaning the mouth and neutralizing acids.

Phytochemical : 1,8-Cineole, alpha-Terpinyl acetate, Sabinene, beta-Pinene, alpha-Pinene, Myrcene, Limonene, Linalool, Borneol, alpha-Terpineol, Flavonoids, Phenolic compounds.

Sourced form :

Kerala, Karnataka, Tamil Nadu, and Sikkim.





Dalchini (cinnamon) : Dalchini fights oral bacteria, reduces gum inflammation, and freshens breath.

Benefits :

Dalchini (cinnamon) offers notable oral benefits primarily due to its antimicrobial and anti-inflammatory properties. It can help fight harmful bacteria in the mouth that contribute to bad breath, cavities, and gum disease. Cinnamon's anti-inflammatory action may also soothe gum irritation and inflammation. Additionally, its pleasant aroma contributes to fresher breath. Some studies suggest cinnamon extracts may even have potential in preventing plaque formation.

Phytochemical : Cinnamaldehyde, Cinnamic acid, Cinnamyl alcohol, Eugenol, beta-Caryophyllene, Linalool, Methyl chavicol, Coumarin, Tannins, Flavonoids, Proanthocyanidins.

Sourced form :

Kerala, Tamil Nadu, Karnataka, Assam, Maharashtra, and recently Himachal Pradesh cultivate cinnamon in India.





Ajwain : Ajwain's antiseptic, antibacterial, and anti-inflammatory properties can fight oral infections, reduce bad breath, and potentially relieve toothaches.

Benefits :

Ajwain (carom seeds) offers oral benefits primarily due to its antiseptic, antibacterial, and antifungal properties, mainly attributed to the presence of thymol. Chewing ajwain or using it in mouthwash preparations can help fight oral infections, reduce bad breath, and potentially relieve toothaches due to its mild anesthetic effect. Its anti-inflammatory properties might also contribute to soothing minor gum inflammation.

Phytochemical : Thymol, Carvacrol, gamma-Terpinene, para-Cymene, Limonene, beta-Pinene, alpha-Pinene, Sabinene, Myrcene, Linalool, Flavonoids, Phenolic compounds, Tannins, Saponins, Coumarins.

Sourced from :

Ajwain is cultivated in Rajasthan, Gujarat, Madhya Pradesh, and Uttar Pradesh, among other regions in India.





Saunf : Saunf freshens breath and its antimicrobial properties may help clean the mouth by inhibiting odor-causing bacteria and stimulating saliva.

Benefits :

Saunf (fennel seeds) offers several oral benefits primarily due to its antimicrobial and breath-freshening properties. Chewing saunf after meals is a traditional practice to combat bad breath naturally. Its antimicrobial compounds can help inhibit the growth of odor-causing bacteria in the mouth. Additionally, saunf may stimulate saliva production, which aids in cleaning the mouth and neutralizing acids, potentially contributing to better oral hygiene.

Phytochemical : Anethole, Estragole, Fenchone, Limonene, alpha-Pinene, beta-Pinene, Myrcene, Camphene, Sabinene, Anisaldehyde, Coumarins, Flavonoids, Phenolic acids, Sterols, Fatty acids.

Sourced form :

Gujarat, Rajasthan, Madhya Pradesh, West Bengal, and Uttar Pradesh in India.





Akarkara seed: Akarkara seeds offer oral benefits by relieving pain, fighting bacteria, and stimulating saliva production.

Benefits :

Akarkara seeds (from the plant *Anacyclus pyrethrum*) offer several oral benefits, primarily known for their analgesic properties that can relieve toothaches and gum pain. Traditionally, the root is used to alleviate dental discomfort. Furthermore, Akarkara possesses antibacterial properties that may help fight oral bacteria and maintain oral hygiene. Its stimulating effect can also increase saliva production, which aids in cleansing the mouth and reducing the risk of dental problems.

Phytochemical : Pyrethrin, Pellitorine, Anacyclin, Isobutylamides, Alkaloids, Sterols, Tannins.

Sourced form :

Madhya Pradesh, Uttar Pradesh, Rajasthan, Uttarakhand, Gujarat, Maharashtra, Delhi, Jharkhand, and Odisha are among the states where Akarkara (and its seeds) are found or traded in India.





Tomar seed's : Tomar seeds offer oral benefits by relieving toothaches with their analgesic and numbing properties, fighting infections, and freshening breath.

Benefits :

Tomar seeds (also known as Toothache Tree seeds or *Zanthoxylum armatum*) offer significant oral benefits, most notably for relieving toothaches due to their analgesic and numbing properties. They contain compounds that can provide temporary relief from dental pain. Additionally, Tomar seeds possess antiseptic and antibacterial properties that can help fight oral infections and maintain oral hygiene. Chewing the seeds can also help freshen breath due to their aromatic nature.

Phytochemical : Lignans, Phyllanthin, Hypophyllanthin, Flavonoids, Quercetin, Rutin, Astragalin, Tannins, Ellagitannins, Triterpenes, Sterols, Alkaloids, Phenolic acids, Coumarins, Saponins.

Sourced form :

Sikkim, Nagaland, Arunachal Pradesh, Meghalaya, Manipur, Uttarakhand, Himachal Pradesh, and parts of West Bengal (specifically the Darjeeling and Kalimpong districts)





Bakul Seed:

Bakul seeds strengthen gums, fight oral bacteria, and freshen breath.

Benefits :

Bakul seeds (from the *Mimusops elengi* tree) offer several oral benefits, particularly in traditional Ayurvedic medicine. They are known for their astringent properties, which help strengthen gums and prevent bleeding. Bakul also possesses antibacterial properties that can help fight oral pathogens, contributing to the prevention of cavities and gum disease. Additionally, chewing Bakul seeds or using preparations made from them can help freshen breath and provide a feeling of cleanliness in the mouth.

Phytochemical : Xanthoxylin, Xanthyletin, Limonene, Cineole, Linalool, Coumarins, Alkaloids, Flavonoids.

Sourced form :

Maharashtra, Kerala, Tamil Nadu, Karnataka, Andhra Pradesh, West Bengal, Assam, and Odisha.





Kapur : has aromatic, medicinal, and insect-repelling properties, but it must be used carefully due to its potential toxicity.

Benefits :

Kapur (camphor) is not typically recommended for direct or prolonged oral use due to its potential toxicity if ingested. However, in very small, highly diluted concentrations and within specific traditional medicinal applications, it has been used for its analgesic and antiseptic properties to potentially offer temporary relief from toothaches or minor oral discomfort. It's crucial to understand that swallowing camphor can be dangerous, and any oral application should only be considered under the strict guidance of a qualified healthcare practitioner or traditional medicine expert who understands its safe and limited use. Avoid using camphor directly or in significant amounts in your mouth.

Phytochemical : Camphor, Cineole, Limonene, alpha-Pinene, beta-Pinene, Camphene, Sabinene, Myrcene, Phellandrene.

Sourced from :

Camphor laurel trees grow in warmer Indian regions, including parts of the Himalayas and southern states, but much camphor is also synthetically produced.





Fitkari : Fitkari's astringent, antiseptic, and antibacterial properties can tighten gums, reduce inflammation, fight bad breath, and aid in healing mouth issues.

Benefits :

Fitkari (alum) offers several oral benefits primarily due to its astringent, antiseptic, and antibacterial properties. As a mouthwash (dissolved in warm water), it can help tighten gums, reduce inflammation, and combat bad breath by killing odor-causing bacteria. Fitkari can also aid in healing minor mouth ulcers and may help reduce bleeding gums. Some traditional uses suggest it can even help prevent plaque buildup and relieve toothaches. However, it should be used in moderation and never ingested.

Phytochemical : Aluminum sulfate, Potassium sulfate (These are mineral salts, not organic phytochemicals).

Sourced form :

Uttar Pradesh, Delhi, Maharashtra, Gujarat, Rajasthan, Uttarakhand, Tamil Nadu, Haryana, West Bengal, and Assam





Baking soda : Baking soda gently removes stains and plaque, neutralizes acids, and freshens breath, but lacks fluoride and can erode enamel with overuse.

Benefits :

Baking soda offers several oral benefits by acting as a mild abrasive to help remove stains and plaque, neutralizing harmful acids in the mouth, and possessing some antibacterial properties that can freshen breath; however, it lacks fluoride and overuse can potentially erode enamel, so it should be used cautiously and not as a replacement for regular fluoride toothpaste.

Phytochemical : Aluminum sulfate, Potassium sulfate (These are mineral salts, not organic phytochemicals).

Sourced form :

Gujarat (for major manufacturing). Available nationwide.





Sea Salt :

Sea salt gently cleans, fights bacteria, may remineralize enamel, balances pH, and reduces gum inflammation.

Benefits :

Sea salt offers several potential oral benefits due to its natural properties. As a mild abrasive, it can help gently scrub away plaque and surface stains on teeth. Its natural antibacterial qualities can fight harmful bacteria in the mouth, potentially reducing the risk of gum disease and bad breath. Additionally, sea salt may help to remineralize tooth enamel due to its mineral content and can help restore a healthy pH balance in the mouth, making it a less hospitable environment for harmful bacteria. A simple saltwater rinse can also help reduce gum inflammation and promote healing of minor oral irritations.

Phytochemical : Sodium chloride, Magnesium chloride, Calcium sulfate, Potassium sulfate, Trace minerals (These are mineral salts, not organic phytochemicals).

Sourced form :

Gujarat, Tamil Nadu, Maharashtra, Andhra Pradesh, Odisha, West Bengal, and Rajasthan.





Rock salt :

Rock salt gently cleans, may strengthen enamel, fights bacteria, and soothes gums.

Benefits :

Rock salt, also known as Sendha Namak or Himalayan pink salt, offers several oral benefits. Its mildly abrasive nature can help gently remove plaque and surface stains from teeth. Rich in minerals like calcium and magnesium, it may contribute to strengthening tooth enamel. Rock salt also possesses natural antibacterial properties that can help fight harmful bacteria in the mouth, potentially reducing the risk of gum disease and bad breath. Gargling with a diluted rock salt solution can also help soothe sore gums and minor mouth irritations.

Phytochemical : Sodium chloride, Trace minerals (This is a mineral salt, not organic phytochemicals).

Sourced form :

Himachal Pradesh.





Aloe vera :

Aloe vera reduces gum inflammation, promotes healing, fights bacteria, and soothes dry mouth.

Benefits :

Aloe vera offers significant oral benefits due to its anti-inflammatory, antibacterial, and healing properties. It can effectively reduce gum inflammation and pain associated with conditions like gingivitis and periodontitis. Aloe vera gel can also promote the healing of mouth ulcers and canker sores. Its antibacterial action helps fight oral bacteria that contribute to plaque and bad breath. Additionally, aloe vera's moisturizing properties can help soothe dry mouth. It's often found in natural toothpaste and mouthwash formulations for these reasons.

Phytochemical : Anthraquinones, Aloin, Aloe-emodin, Polysaccharides, Acemannan, Glucomannans, Galactans, Flavonoids, Orientin, Vicenin II, Lucenin II, Phenolic compounds, Chromones, Aloesin, Sterols, Campesterol, Cholesterol, Beta-sitosterol, Tannins, Alkaloids, Saponins, Vitamins, Minerals, Enzymes, Amino acids.

Sourced from :

Rajasthan ,Andhra Pradesh ,Gujarat ,Tamil Nadu ,Maharashtra ,Uttar Pradesh ,Karnataka ,Madhya Pradesh ,Haryana, Bihar





Lemongrass : Lemongrass fights oral bacteria and reduces gum inflammation for fresher breath and better oral hygiene.

Benefits :

Lemongrass offers several oral benefits due to its antimicrobial and anti-inflammatory properties, primarily attributed to its citral content. It can help fight harmful bacteria in the mouth that contribute to cavities and gum disease, leading to fresher breath. Its anti-inflammatory action may also soothe gum inflammation. Some studies suggest lemongrass oil can be as effective as chlorhexidine (a common antiseptic mouthwash) against certain oral bacteria.

Phytochemical : Citral, Geranial, Neral, Myrcene, Limonene, Citronellol, Geraniol, Linalool, Caryophyllene, Flavonoids, Phenolic compounds, Tannins, Alkaloids, Saponins.

Sourced from:

Lemongrass is cultivated across India, notably in Kerala, Karnataka, Tamil Nadu, Maharashtra, Uttar Pradesh, and Assam, among other states with suitable warm and humid climates.





Pudina (mint leaves) : Pudina freshens breath and its mild antibacterial properties can help maintain oral hygiene and soothe minor irritations.

Benefits :

Pudina (mint) offers several oral benefits, primarily known for its breath-freshening properties due to its menthol content. It acts as a natural mouth freshener and possesses mild antibacterial and antiseptic qualities that can help inhibit the growth of odor-causing bacteria, contributing to better oral hygiene. The cooling sensation of menthol can also provide a soothing effect on minor mouth irritations.

Phytochemical : Menthol, Menthone, Limonene, Carvone, 1,8-Cineole, Rosmarinic Acid, Flavonoids, Triterpenes.

Sourced from :

Pudina is cultivated throughout India, with significant commercial production in Uttar Pradesh, Punjab, Haryana, and Madhya Pradesh.





Rosemary : Rosemary fights oral bacteria, reduces inflammation, and offers antioxidant benefits for oral health.

Benefits :

Rosemary offers several oral benefits due to its antimicrobial, anti-inflammatory, and antioxidant properties. Its essential oils can help fight oral bacteria that contribute to bad breath, plaque, and gum disease. Rosemary's anti-inflammatory action may help soothe gum inflammation. Additionally, its antioxidant compounds can contribute to overall oral health by combating free radicals. Rosemary can be found in some natural mouthwash formulations for its cleansing and refreshing properties.

Phytochemical : Rosmarinic acid, Carnosic acid, Carnosol, Ursolic acid, Rosmaridiphenol, Rosmanol, alpha-Pinene, Camphor, 1,8-Cineole, Borneol, Limonene, Linalool, Flavonoids, Phenolic acids, Diterpenes, Triterpenes.

Sourced form :

Maharashtra, Himachal Pradesh, Uttarakhand, Tamil Nadu, Kerala, and Karnataka are states in India where rosemary is cultivated to some extent.





Thyme: Thyme fights oral bacteria and reduces gum inflammation with its antiseptic, antibacterial, and antifungal properties.

Benefits :

Thyme offers notable oral benefits due to its potent antiseptic, antibacterial, and antifungal properties, largely attributed to its thymol content. It can effectively fight oral bacteria that contribute to bad breath, plaque formation, cavities, and gum disease. Thyme's anti-inflammatory action may also help soothe gum inflammation and irritation. Mouthwashes containing thyme oil have been used traditionally to promote oral hygiene and combat infections.

Phytochemical : Thymol, Carvacrol, p-Cymene, gamma-Terpinene, Linalool, Borneol, Geraniol, Thymonin, Thymusin, Flavonoids, Phenolic acids, Saponins, Tannins.

Sourced form :

Himachal Pradesh, Uttarakhand, and Tamil Nadu (Nilgiris) are the primary states in India where thyme is cultivated.





Agnihotra Bhasma :

Agnihotra Bhasma is believed to purify air and water, enrich soil, reduce stress, and possess potential antimicrobial properties.

Benefits :

Agnihotra Bhasma, the ash residue from the Vedic Agnihotra ritual, is believed to offer various benefits including air and water purification, soil enrichment for plants, stress reduction, and potential antimicrobial properties. Some traditional uses also include topical applications for skin issues and internal consumption in small amounts for general well-being, although scientific evidence for all these claims is still emerging.

Sourced form :

Agnihotra is practiced across India by those following Vedic traditions, with no specific state restriction for the ritual or availability of its Bhasma.

