

OIL SWISHING



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INTRODUCTION:

Maintaining good health and hygiene is crucial for protecting ourselves from diseases and presenting ourselves confidently in society.

One essential aspect of overall health is oral hygiene.

Just like bathing, nail cutting, and brushing, maintaining good oral health is an essential part of our daily hygiene routine.

OIL SWISHING

- **Oil swishing, also known as oil pulling, is an ancient practice that removes bacteria from the mouth and promotes oral health.**
- **By incorporating oil swishing into our daily routine, we can significantly improve our oral hygiene and overall well-being.**



WHAT KIND OF OIL CAN BE USED?

Any kind of edible oil can be used for oil pulling.

Most preferable oil are as follows,

- ❖ **Cold pressed virgin coconut oil**
- ❖ **Sesame oil / Ground nut oil**
- ❖ **Olive oil**

Because these oil have rich anti oxidants and anti microbial properties.



WHEN?

Oil swishing



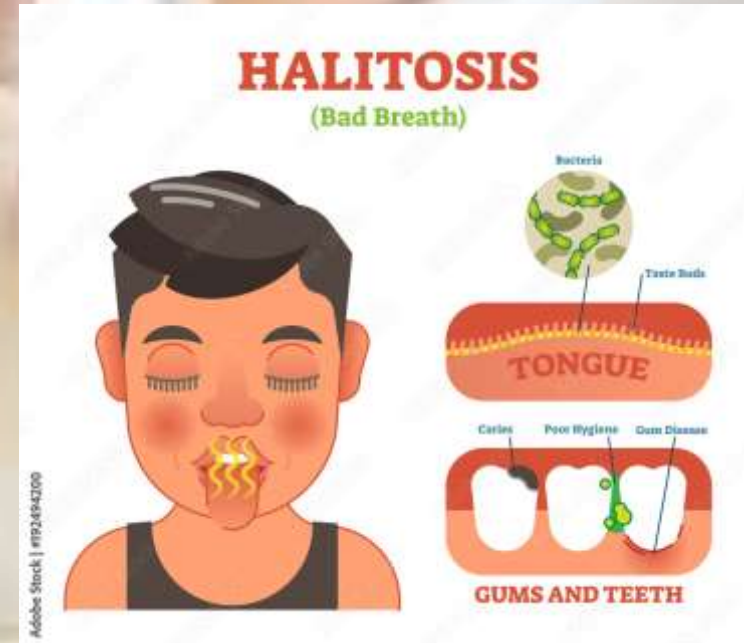
- **Begin with an empty stomach after waking up .**
- **Choose the oil. Put one or two tablespoon into the mouth.**
- **Swish the oil around the mouth**
- **Start it for 5 minutes ,then gradually can increase the duration upto 20 minutes.**
- **After that brush the teeth & rinse the mouth .**

BENEFITS

➤ Reduce Halitosis

Halitosis means “Bad breath”

Oil pulling cleans the microbes especially bacteria from oral cavity.



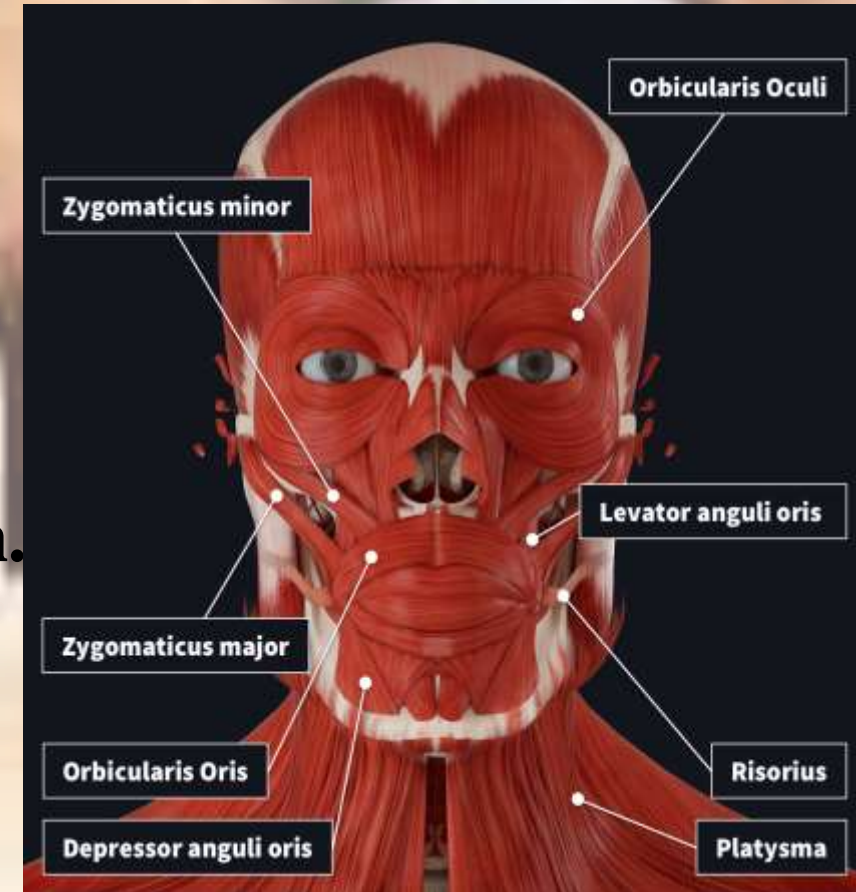
BENEFITS

- It is useful in patients who are having gingivitis (inflammation of gums).
- Coconut oil has anti inflammatory & anti
- Bacterial effects which reduces the microbial
- Growth in the oral cavity.



BENEFITS

- Oil swishing not only promotes oral hygiene and reduces inflammation, but it also,
- Strengthens the oral muscles, including the cheeks, lips, and tongue, through the gentle swishing movements.
- Improves jaw alignment and reduces tension.
- Enhances overall oral flexibility and coordination.



BENEFITS

A glass of coconut oil sits on a wooden plate. In the background, there is a wooden pestle and a coconut shell. The scene is set against a soft, light-colored background.

Regular oil swishing can lead to:-

- **Reduced inflammation and gum bleeding**
- **Improved oral hygiene**
- **Fresh breath**
- **Whiter teeth**

A wooden mortar and pestle sits on a wooden surface. In the background, a glass of white coconut oil and a coconut shell are visible. The scene is softly lit, creating a warm, natural atmosphere.

RESEARCH PAPERS (related to oil pulling)

- Mustafa Naseem, Muhammad Faheem Khiyani-Oil pulling & importance of traditional medicine in oral health maintenance [PMID:29085271](#)
- Kris Gunnars- Oil pulling with coconut oil can transform your dental health