

# SESAME OIL TEETH PULLING

Oil teeth pulling (Gandusha) is an ancient practice that involves swishing oil in your mouth to remove pathogenic bacteria, improving oral flora, whitening teeth, helping to prevent tooth decay, gingivitis, alleviating bad breath, and strengthening the tissue of teeth and gums. It may help clear the sinuses and relieve tension in the jaw and neck.

Sesame oil pulling comes from Ayurveda, the traditional medicine system from India (the most ancient of all traditional medicine, dating 5,000-10,000 years from which Chinese, Tibetan and Greek Medicine descend). In Ayurveda, which means “life knowledge” sesame oil is associated with the health of the bones and teeth. Sesame oil is known as “The King of Oils” due to its rich nutrient value and versatility. Oil pulling has been shown to whiten the teeth, improve the gums and improve bad breath. There are marma (energy) points in the soft palate which stimulate the 5 sensory functions.

Use organic, cold pressed, unrefined sesame oil (not the roasted kind) oil. Clear Spring do a good organic one in 1litre or 500ml ([https://www.amazon.co.uk/Clearspring-Organic-Sesame-Oil-Litre/dp/B0013G4DOE/ref=sr\\_1\\_5?crid=9108P0OXG0DE&keywords=sesame+oil+organic+cold+pressed&qid=1577463612&srefix=sesame+oil%2Caps%2C986&sr=8-5](https://www.amazon.co.uk/Clearspring-Organic-Sesame-Oil-Litre/dp/B0013G4DOE/ref=sr_1_5?crid=9108P0OXG0DE&keywords=sesame+oil+organic+cold+pressed&qid=1577463612&srefix=sesame+oil%2Caps%2C986&sr=8-5)). Or this one is nice also <https://www.ayurvedapura.com/gbp/sesame-oil-200>

Oil teeth pulling is best incorporated into the morning routine, upon rising, and on an empty stomach, as it helps to stimulate the appetite and enhance the sense of taste.

1. After brushing the teeth, but before breakfast, start by putting 1 tablespoon of oil in your mouth (or an amount that is comfortable.)
2. Swish and pull the oil in the mouth, moving it around both sides, and in front of, behind, and through the teeth.
3. Continue the process for 15–20 minutes, until the oil has become thin and changes from a golden to a whitish color (this will contain many bacteria so it is important not to swallow. You will want to work up to this time frame, but to start, try to swish for at least 5 minutes for best results.
4. Spit out the oil in the trash or toilet, rather than down the drain, to avoid clogging the drain. **Do not swallow** the oil as you do not want the removed debris and toxins to go into the digestive tract.
5. Rinse the mouth with warm water.

Here is a short video on how to do oil pulling <https://youtu.be/XVUaBDV64hU>

For more information, you could also visit [www.oilpulling.com](http://www.oilpulling.com)

Cont...

# SESAME OIL TEETH PULLING

Oil pulling is may help with:	
Strengthening sensory functions Dullness of the senses, loss of smell or taste	Improving blood circulation in jaw, head and neck area
Increasing appetite through stimulation	Anorexia
Bleeding gums, gingivitis, helps prevents oral cavities	Bad breath
Dryness of face	Exhaustion
Impaired sight	Burning eyes
Whitening of teeth	Sore Throat
Congestion	Tinnitus
Clear the sinuses	Remove of oral toxins (Ama)
Precautions	
<ul style="list-style-type: none"><li>• Do not swallow</li><li>• Do not do during menstruation as oil pulling is an 'upward flow' and will go against the downward flow of menstruation.</li></ul>	

## How does it work?

The following is taken from "Oil Pulling Therapy- Detoxifying the Body through Oral Cleansing" by Dr Bruce Fife CN, ND:

*"Most of the microorganisms that inhabit the mouth consist of a single cell. These cells are covered with a lipid or fatty membrane which is the cell's skin. Even the membranes surrounding our own cells are comprised mostly of fat. When you mix oil and water they separate; but when you combine two oils together they combine, basically attracted to each other.*

*When you put oil in your mouth the fatty membranes of the microorganisms are attracted to it. As you swish the oil around teeth and gums, microbes are picked up as though they are being drawn to a powerful magnet. Bacteria that hide under crevices in the gums and in pores within teeth are sucked out of their hiding places and held firmly in the solution. The longer you push and pull oil through your mouth, the more microbes are pulled free.*

*After 20 minutes the solution is filled with bacteria, viruses and other organisms. That is why it is important to spit it out rather than swallow it. Food particles trapped between the teeth are also released free. Much of it is attracted to the oil as well as to the saliva. Saliva is an added bonus as it also helps to fight certain microbes and balances pH. Disease causing substances are removed, and healing is increased. When the body does not have the burden of constantly fighting off oral infections, bacteria and toxins, the process of self-healing begins. Inflammation diminishes, blood chemistry is normalised, damaged tissue is repaired and healing occurs"*

Classical Reference: Charaka Samhita SÂ V.78-80