

AMC DENTAL COLLEGE AND HOSPITAL

ACADEMIC YEARS 2021-2022

VALUE ADDED COURSE ON INTEGRATION OF AYURVEDA AND DENTISTRY

1. Nomenclature of the Course:

Value added course on **Integration Of Ayurveda And Dentistry**

2. Background

Oral diseases continue to be a major health problem world-wide. Oral health is integral to general well-being and relates to the quality-of-life that extends beyond the functions of the craniofacial complex. The standard Western medicine has had only limited success in the prevention of periodontal disease and in the treatment of a variety of oral diseases. Hence, the search for alternative products continues and natural phytochemicals isolated from plants used in traditional medicine are considered to be good alternatives to synthetic chemicals. The botanicals in the Ayurvedic materials have been proven to be safe and effective, through several hundred to several thousand years of use. The exploration of botanicals used in traditional medicine may lead to the development of novel preventive or therapeutic strategies for oral health.

3. Objectives of program

This comprehensive three-day course incorporates theoretical understanding, practical applications, field visits to Ayurvedic and dental clinics, case studies, and interactive sessions to equip participants with the knowledge and strategies needed to effectively integrate Ayurvedic principles into modern dental practices.

4. Offering Institute and Faculty:

The Course is offered by at AMC Dental College and Hospital

5. Duration of the Course

The total duration of the course is 22 hours

6. Who Can Participate in the Course

Any interested dental students, interns, post graduates at Amc Dental College and Hospital can participate in the course.

7. Admission Process of the Course

All students at AMC dental college are eligible to the course.

8. **Course Fee:** There will be no fee for the course

9. **Award of Certificate**

The students completing 80 % attendance will be awarded the course completion certificates.

10. **Course Content**

Day 1: 8 hours

Understanding Ayurvedic Principles in Dentistry

Session 1: Introduction to Ayurveda and Dental Integration

- **Fundamentals of Ayurveda:** Exploring the foundational principles, Doshas, and Tridoshas in Ayurveda.
- **Ayurveda in Dental Care:** Understanding the integration of Ayurvedic principles in oral health.

Session 2: Ayurvedic Diagnosis in Dental Care

- **Prakriti Assessment:** Understanding individual constitutions and their impact on dental health.
- **Tongue and Pulse Diagnosis:** Practical sessions on utilizing tongue and pulse diagnosis for oral health assessment.

Session 3: Ayurvedic Medicines for Oral Health

- **Herbal Remedies:** Exploring Ayurvedic herbs and formulations beneficial for dental conditions.
- **Oil Pulling and Oral Hygiene:** Practical demonstrations on the application and benefits of oil pulling.

Day 2: 6 hours

Session 4: Field Visit: Herbal clinic

- **Visit to an Herbal Clinic:** Field trip to an Ayurvedic clinic specializing in dental care.
- **Observation and Interaction:** Participants observe Ayurvedic dental treatments and interact with practitioners.

Session 5: Integrating Ayurvedic Lifestyle Practices

- **Dietary Modifications:** Understanding dietary recommendations based on Ayurvedic principles for dental health.
- **Lifestyle Adjustments:** Exploring lifestyle changes for improved oral hygiene

Day 3: 8 hours

Practical Applications and Case Studies

Session 6: Ayurvedic Techniques in Dental Procedures

- **Panchakarma and Oral Health:** Exploring the use of Panchakarma therapies for oral hygiene.

Session 7: Holistic Dentistry and Ayurvedic Practices

- **Holistic Dental Approach:** Integrating Ayurvedic principles into a holistic dental care model.
- **Mind-Body Connection:** Understanding the influence of mental and emotional factors on oral health.

Session 8: Ethical and Legal Aspects

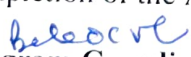
- **Regulatory Compliance:** Understanding legal and regulatory considerations in integrating Ayurveda with dentistry.
- **Ethical Guidelines:** Discussions on ethical boundaries and considerations in combined practices.

Session 9: Field Visit: Dental Clinic

- **Visit to a Dental Clinic:** Field trip to a dental clinic employing Ayurvedic principles in their practice.
- **Observation and Interaction:** Participants observe integrated practices and interact with dental practitioners.

Session 10: Certificates

- **Certificates of Participation:** Providing certificates to attendees for successful completion of the Ayurveda-Dentistry Integration course.


Program Coordinator
AMC Dental College


Dean

AMC Dental College

Dean

A.M.C. Dental College