

PLANT RESOURCES USED FOR TOOTH BRUSHING AND DENTAL CARE BY THE PARAJA AND THE GADABA TRIBES OF KORAPUT DISTRICT, ODISHA, INDIA

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Traditional dental health practices which generally called alternative / complementary or unconventional health practices were practiced as early as 7000 BCE in the Indian subcontinent. Ethnomedicine become the vital source of medicine in the Koraput district of Odisha. Tribal communities like the Paraja and the Gadaba are advanced in such practice in the Koraput District. Total 40 plant species from 24 families were used by them for the purpose of brushing teeth and dental care. This information was collected from 37 Paraja and Gadaba tribal dominated villages of 25 Gram Panchayats belonging to 5 development blocks of Koraput district, Odisha. Out of 40 plant species, 13 have been described in the Ancient Ayurvedic Literatures. With the influence of globalization, area many of such unconventional health practices are now first disappearing in peril condition as they are considered as outdated, even in the remote pockets. Thus, it is high time to explore, identify, document, digitalise and disseminate this traditional knowledge.
