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Exodontia without Local Anaesthesia: A View from Rural India

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On Wednesday 31st January 2018, at a cow ranch in the city of Bhanvad, India, a health camp took place. Implemented by the charitable organisation, Shree Bhanvad Mahajan Panjrapol Gaushala, free healthcare services: ophthalmology, physiotherapy and dentistry were made available to hundreds of underprivileged persons.

The dental team consisted of a UK based dentist (the author) and a chief dentist based in India. The author participated in this event by interacting with guests, answering dentally-related questions and providing oral hygiene and preventative advice. Emergency dental care, including exodontia and temporary restorations and impressions for the provision of dentures were performed by the chief dentist.

Dozens of dental extractions including teeth and retained roots were performed; however, not via traditional approaches. Combining Ayurveda and yoga, which are ancient scientific practices of Hinduism, a unique extraction method was employed, using Jalandhara Bandha Yoga. This technique involves the locking or blocking of the nerve plexus, arteries and veins around the neck, thus restricting blood flow and pain pathways involving the head and neck. This appears to facilitate painless tooth extractions without the need for local anaesthesia or prior analgesia.

The author is fascinated by the quick, efficient and cost-effective nature of this extraction method. Although this does not have a global presence in today's modern era, it appears to be very productive in the rural, charitable health camp setting within India. It is also growing in popularity amongst dentists based in India that have a special interest in Ayurveda and yoga.

Biography:

After qualifying as a dentist in 2012 from Peninsula College of Medicine and Dentistry, Universities of Exeter and Plymouth in the Southwest of England, UK, Dr. Bhaven Modha has had both a varied and unique mix of experience in dentistry. From gaining worthwhile skills and experience from several general dental practices, Bhaven's journey in dentistry has also included dentist positions in secure units to include prisons and immigration removal centres; special care community clinics, university and educational establishments and as a senior dentist overseas.