

Self Care - Tongue Scraping

Tongue scraping is a well known practice in the east that has been gaining recognition in the west in recent years and that is good news, because it is a quick and easy habit to cultivate and has a big impact on your health in the longterm.

It is a small habit to instal alongside your normal morning waking routine, very quick to do and requires nothing more than your tongue scraper!

Here is what the Yoga Journal has to say about it:

(Ama can be roughly translatable as toxins)

”Mind Your Mouth: Whereas many of us may dismiss morning tongue-fuzz as an innocuous by-product of sleep, Ayurveda interprets it as a sign of undigested ama lurking in the digestive tract. Ayurvedic practitioners thus rely on the aptly named tongue scraper to dislodge ama, lest it be reabsorbed while eating or drinking. (Both plastic and metal tongue scrapers are sold at many health food stores, but a stainless steel spoon works in a pinch.) Scrape the tongue gently, working from back to front. Use seven to 14 strokes to cover the entire area. This not only rids the tongue of ama, but also unearths the taste buds, awakening the gastric fire for another day of savouring food.

Then tap the teeth together a few times to stimulate the energy meridians that lie in the mouth. For healthy gums and enamel, brush your teeth with a soft nylon or a natural bristle toothbrush. (Using a hard toothbrush can cause gum recession, pain between the teeth and gums, and damage enamel.) Use a toothpaste free of synthetic chemicals and harsh abrasives. Ayurvedic toothpastes contain herbs, such as neem, lohdra, and kushta, that will help stimulate gums and protect enamel.

After brushing, rinse your mouth for two to three minutes with warm olive or sesame oil (swish and spit, don't swallow). “Gargling with warm oil strengthens the teeth, gums, and jaws as well as protecting the voice,” says Amita Banerjee, an Ayurvedic nutritionist at New York's Ayurvedic Beauty Holistic Centre. Then use the index finger to massage the remaining oil into the gums with small, counterclockwise motions. A gum massage stimulates gum tissue, lubricates cells, and cleanses digestive fire.”

Who wants to reabsorb toxins then?

Still not sure and you're not persuaded yet?...

[Here is a link to an article on the Elephant Journal](#)

Even more information here, this time from Banyan Botanicals, a well respected Ayurvedic supplier:

[More benefits of the tongue scraper here.](#)

The best way to understand the benefits is to give it a go!