

Tongue Scraping

Tongue scraping is relatively simple to do and yet can impact our health and body in a very positive way. It is an ancient Ayurvedic practice that dates back thousands of years. It is an oral hygiene practice that removes bacteria, food debris, fungi, toxins, and dead cells from the surface of the tongue.

During sleep, our digestive system continues working, removing toxins from our body and depositing some of them onto the surface of our tongue. Because there is less saliva produced at night, food, bacteria and plaque may contribute to tooth damage. It is important to remove this debris first thing in the morning to help the body continue proper care of the teeth, gums and the overall mouth cavity. By scraping away this debris, there is less chance of these substances being reabsorbed by the body. This action often helps keep our immune system functioning well.

Tongue scraping leads to:

- A healthier mouth
- Reduced bacteria around gums, tongue and teeth (hopefully leading to less cavities)
- Reduced bacteria and other debris that may cause mouth odor
- Reduced coating of the tongue and improved taste sensation
- Less gum disease and brighter teeth

The tongue scraper pictured here has rubber handles and the scraper itself is metal.

In addition, normal brushing of ones teeth, rinsing or gargling with water or mouthwash, flossing ones teeth, and drinking plenty of water all lead to a healthier body.

Adhering to a practice of tongue scraping is simple and takes less than 2 minutes first thing each morning: When you first arrive in the bathroom each day pick up your metal scraping instrument and lay it on the far back of the tongue and pull it forward, collecting the saliva and debris lying on the tongue. Wash with hot water and repeat process 5 to 8 times. Make sure that you are alternating the instrument on the right side, then the left side and then the far back of the tongue near the throat to remove all the debris possible. You need to reach as far back as you can and then gently scrape forward to clear the tongue of any coating.



During the entire process focus to ensure the tongue is relaxed and the scrapping is light and gentle.

Then fill your mouth with lukewarm water, swish several times, then spit into the sink. Repeat three times. This helps eliminate some of the debris that has been loosened but did not stay on the scraping instrument. You could use a mouthwash at this time if you prefer.

Note that even when you wake up in the middle of the night, tongue scraping is appropriate.

I believe tongue scraping is more effective at removing toxins and bacteria from the tongue than brushing your tongue with a toothbrush.

Tongue scrapers are inexpensive, and can be found at most health food stores, drug stores, as well as online.

According to Dr. John Douillard of LifeSpa.com, the tongue scraping instrument can be made of gold, silver, copper, tin, or, brass. Copper may be the best metal to be used for tongue scraping because the mouth is loaded with both good and not-so-good bacteria. Copper not only seems to be toxic to the bad bacteria, it also provides important enzymes that are needed for the healthy microbes in the mouth to survive.

Dr. Douillard also says that beyond the benefits of oral hygiene, tongue scraping, brushing, and flossing the teeth followed by drinking a large glass of water is a strategic way to kick-start the digestive process. By stimulating the taste buds with tongue scraping, not only is the tongue better able to perceive tastes and properly digest foods, this taste bud activation also engages the lower intestines to initiate a complete bowel elimination first thing in the morning.

A copper tongue scraper will not only offer great oral hygiene benefits while scraping the tongue, it will also resist bacterial accumulation while not in use – results that last! Due to its beneficial properties, silver would be the second choice for tongue scraper material, although stainless steel is more than adequate to perform the job.

Read more about his findings here: <http://lifspa.com/the-science-of-tongue-scraping-with-copper/>

Tongue scraping can also be followed by Oil Pulling, another Ayurvedic oral hygiene practice. Watch this YouTube article for information on gargling with Sesame Oil:

https://www.youtube.com/watch?v=HKZimyCQA98&list=PLRANToKAjU_BIhs2G-lAhC9sKMZg6wEOd&index=8

The tongue is part of the first line of defense in your immune system. Scraping your tongue prevents toxins from being reabsorbed into your body and helps boost overall immune functions.