

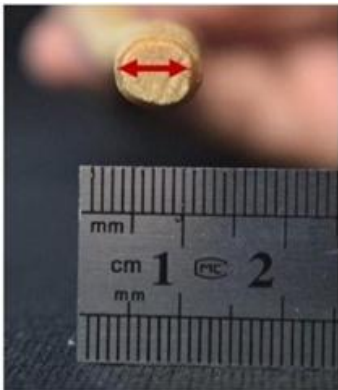



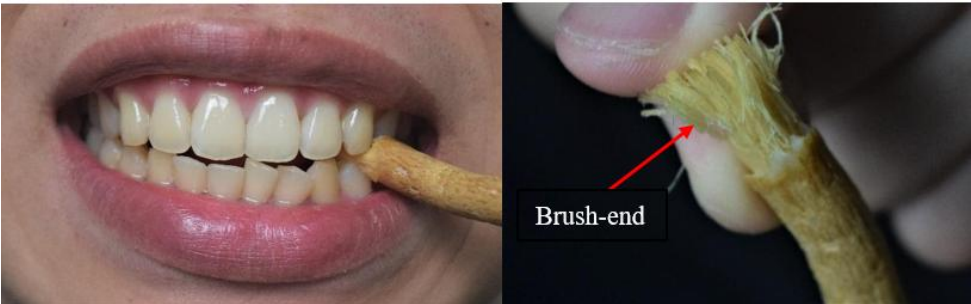

## GUIDELINE FOR CHEWING STICK USE IN ORAL HYGIENE CARE



### THEME 1: PREPARATION OF CHEWING STICK




#### Subtheme: Type of chewing stick

1.	The best chewing sticks are those from the twigs of the Arak tree ( <i>Salvadora persica</i> ), which was favoured by the Prophet (peace and blessing upon him, PBUH) and scientific research has shown that chewing sticks derived from the Arak tree effectively remove dental plaque and improve gum health.
2.	If the source of Arak trees is difficult to obtain, among other options are from: <ul style="list-style-type: none"> <li>• olives.</li> <li>• <i>Ziziphus Mautritiana</i>, also known as, Chinese Apple, Indian Jujube;</li> <li>• date palm fronds;</li> <li>• <i>Azadirachta indica</i>, commonly known as, margosa, neem;</li> <li>• peaches;</li> <li>• berries</li> </ul>
3.	Fresh wood or twigs are selected because of their supple texture and higher concentration of natural substances.
4.	Fresh chewing stick or twig can be recognised by its light brown colour, moister, soft texture, and a slight "spicy" or "burning" taste when bitten (figure 1). <div data-bbox="525 954 1158 1348" data-label="Image"> </div> <p>Figure 1. Supple and flexible chewing stick</p>
5.	It is not advised to use a dry and hard chewing stick as it may potentially cause harm to the teeth and gums.
6.	It is not recommended to use stick or twig from tree as stated below due to concerns about potential harm it may cause: <ul style="list-style-type: none"> <li>• Raihan (basil)</li> <li>• Sugar cane</li> <li>• Bamboo</li> <li>• Pomegranate</li> </ul>
<b>Subtheme: Size of the chewing stick</b>	
7.	It is recommended that the length of the chewing stick used is 15-20 cm (figure 2).

	 <p>Figure 2. Length of chewing stick</p>
8.	It is not recommended to use a longer chewing stick (more than 20cm) as it is considered wasteful.
9.	<p>It is not recommended to use a chewing stick that is shorter than the width of four fingers, i.e., less than 8 cm (figure 3) because it makes it difficult to handle during brushing and may not be effective.</p>  <p>Figure 3. Length of the chewing stick to four finger widths</p>
10.	<p>The selection of the diameter of a chewing stick should be between 0.4-1.5 cm, whichever suits the user best (figure 4).</p>  <p>Figure 4. Diameter of a chewing stick</p>
11.	A chewing stick of medium or small diameter enables more effective cleaning of the tooth surface compared to a wider stick.
<b>Subtheme: Prepare the brush-end</b>	
12.	Moisten or soak one end of the chewing stick with water for approximately one (1) minute, specifically for the purpose of cleansing and softening it (figure 5).

	 <p>Figure 5. Moisten or soak the one end of chewing stick for about 1 minute</p>
13.	<p>The tip of the chewing stick is bitten or chewed using the posterior teeth to remove the outer bark, transforming it into bristled brush (figure 6).</p>  <p>Figure 6. One end of the chewing stick is bitten/chewed until it forms a bristled brush</p>
14.	<p>Scissors can also be used to help remove the bark from the end of the stick (figure 7).</p>  <p>Figure 7. The bark is removed using scissors</p>
15.	<p>The used brush can still be reused by moistening the brush-end with water (wet or soaked) (figure 8).</p>

	 <p>Figure 8. Soak the used brush in water</p>
16.	<p>It is encouraged to cut the end of the brush using scissors when the brush-end has:</p> <ul style="list-style-type: none"> <li>lost its smell, "spicy" or "burning" taste;</li> <li>become sprayed and can no longer be used</li> </ul>
17.	<p>The frequency of trimming the used portion of the brush depends on the frequency of the usage. This means that if you use chewing stick more often in a day, the tip of the brush should be cut every day.</p>
18.	<p>After trimming, the new brush-end is prepared again, providing a better cleaning effect.</p>
<b>THEME 2: METHOD OF TOOTHBRUSHING</b>	
<b>Subtheme: Chewing stick starts</b>	
19.	<p>For Muslim users, it is best to begin with the <i>niyyah</i> (intention) or reciting the <i>niyyah</i> "I intend to practise chewing because of <i>Allah</i>" and followed by at least reciting the <i>bismillah</i>.</p>
20.	<p>This is followed by sipping the water from the chewing stick (figure 9) while preparing the brush-end before brushing.</p> <div style="text-align: center;">  <p>Figure 9. Sipping water from the preparing brush-end</p> </div>
<b>Subtheme: Holding technique</b>	
21.	<p>The chewing stick is best to be held using the right hand. Three middle fingers are positioned on the upper side of the stick, while the little finger and thumb rest under it. The thumb is placed near the end of the brush for better control (figure 10).</p>

	 <p>Figure 10. Hold the chewing stick with three middle fingers positioned at the upper side of the stick</p>
22.	<p>Avoid tight grasping the chewing stick (figure 11).</p>  <p>Figure 11. Avoid tight grasping the chewing stick</p>
<b>Subtheme: Toothbrushing technique</b>	
	<b>i) Brushing teeth</b>
23.	<p>Position the brush surface at an inclined angle towards the teeth's surface, aiming towards the gums (see figure 12). Brush horizontally using short back-and-forth movements, repeatedly covering two to three (2 to 3) teeth simultaneously.</p>  <p>Figure 12. The tip of the brush is tilted towards the gums on the outer surface (buccal) of the upper and lower teeth.</p>
24.	<p>Brush the inner surface (palatal/lingual) of the front teeth vertically (vertically) by moving the tip of the brush away from the gums (figure 13).</p>




	 <p>Figure 13. Movement of brushing the inner surface (palatal) of the front teeth from the gum area to the tip of the teeth.</p>
25.	<p>Brush the chewing surface (occlusal) of the molars using a repetitive back-and-forth motion (figure 14).</p>  <p>Figure 14. Brushing the chewing surface of molar teeth (occlusal)</p>
<b>ii) Brushing the surface of the tongue and palate</b>	
26.	<p>Begin brushing the tongue from its base and continue until reaching the tip of the tongue, repeating this action multiple times (figure 15).</p>  <p>Figure 15. Brush the surface of the tongue</p>
27.	<p>Begin brushing the palate from its base and proceed towards the tip, repeating this process several times (figure 16).</p>





Figure 16. Brush the surface of the palate

28. It is recommended to brush the tongue/palate until you experience a gag reflex.

**Subtheme: Toothbrushing sequence**

29. Users have the flexibility to select the toothbrushing sequence based on their personal convenience.

30. The first sequence is to start brushing from the outermost molar on the upper right side, progressing towards the pre-molars, and then proceeding to the middle front teeth (see figure 17). The same sequence is followed when brushing the inner surface of the teeth, adjacent to the palate (palatal) and tongue (lingual), as well as the occlusal surface on the molars. This brushing pattern is then repeated for the lower right, upper, and lower left teeth once the previous side is completed.

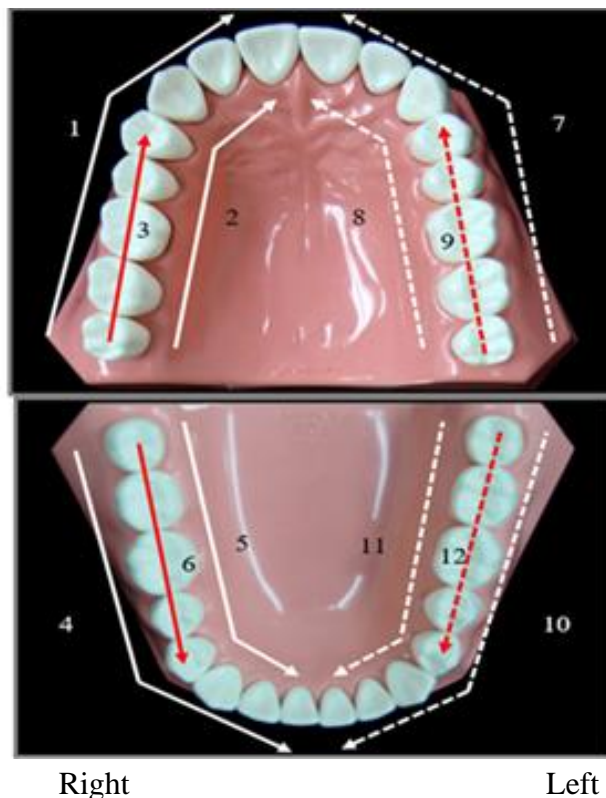
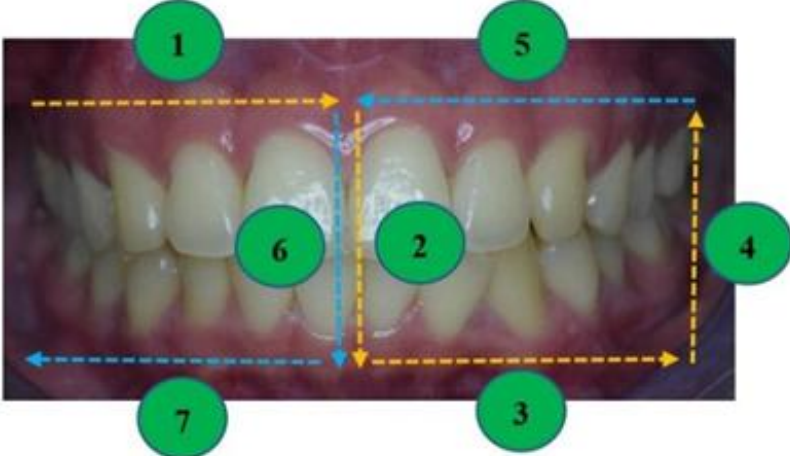



Figure 17. Brushing starts from the molars (posterior teeth) on the upper right to the front teeth (anterior)

31.	<p>The second sequence, is forming the shape of number "8" as shown in figure 18, maintains the same brush tip positioning and brushing movement while altering the sequence. The sequence begins at the upper right molar, progresses to the middle front tooth, descends to the lower left middle front tooth, moves to the distal molar, ascends to the left upper molar, proceeds to the front tooth, descends to the lower right front teeth, and concludes at the molars.</p>  <p>Figure 18. Illustration on the steps of the second brushing sequence</p>
<b>Subtheme: Storage method</b>	
32.	Any excess fibre from the brush-end that sticks to the teeth should be rinsed out.
33.	<p>Debris attached to the brush-end can also be removed using another clean chewing brush (figure 19).</p>  <p>Figure 19. Any debris attached to the brush-end can also be removed using another clean chewing brush</p>
34.	The brush-end of the chewing stick is cleansed with tap water or Zam-zam water (figure 20).



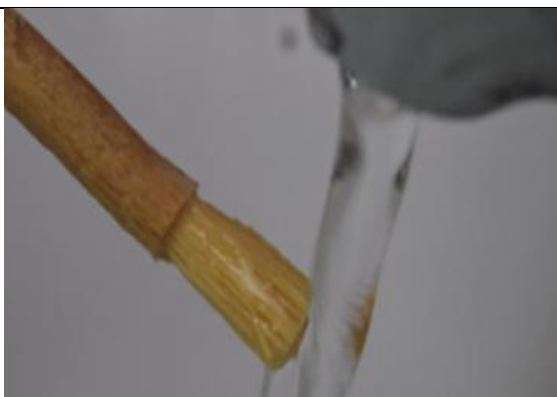


Figure 20. The brush-end cleansed under running water

35. Once cleaned, the brush-end is then dried using a clean cloth or tissue to reduce moisture (figure 21).



Figure 21. Reducing the moisture on the brush-end using a clean cloth or tissue paper

36. Subsequently, the chewing stick is kept in a suitable, clean, and uncovered container, allowing for water evaporation (figure 22).



	Figure 22. Chewing stick is kept vertically in a container that has an evaporation hole at the bottom
<b>THEME 3: CHEWING STICK PRACTICE</b>	
<b>Subtheme: Frequency</b>	
37.	The recommended frequency for using chewing stick is five (5) times daily, and for Muslims, it is encouraged to use chewing before performing the five obligatory prayers.
38.	Scientific research recommends brushing with the chewing stick more frequently than using a regular toothbrush to help preserve the natural antibacterial properties of chewing sticks in the saliva.
<b>Subtheme: When to use?</b>	
39.	Chewing sticks use is encouraged at the beginning of ablution, so that any debris and plaque in the mouth can be removed during gargling.
40.	Users can also choose the times of practising chewing sticks according to the practice of the Prophet (PBUH), namely: <ul style="list-style-type: none"> <li>• Before prayer (not during <i>takbiratul ihram</i>)</li> <li>• When entering the house</li> <li>• When having bad breath</li> <li>• Every Friday</li> <li>• Waking up and before going to bed</li> <li>• Before reading a book/ Al-Quran</li> <li>• Before meeting family members and guests</li> <li>• Before engaging in religious activities</li> <li>• When facing death</li> </ul>
<b>Subtheme: Using chewing sticks while fasting</b>	
41.	The use of chewing stick is permitted and encouraged in the morning, specifically after <i>suhur</i> (pre-dawn meal) and before fajr prayer. It is also recommended during the time of the <i>dhuha</i> prayer.
42.	Using chewing sticks is strongly encouraged immediately upon breaking the fast.
43.	It is advisable to avoid using chewing sticks after noon.
<b>Subtheme: Duration</b>	
44.	The recommended duration for brushing is typically between two (2) to five (5) minutes, or until the teeth are clean.
45.	It is recommended to prolong the duration of brushing with a chewing stick compared to using a toothbrush to maximise the benefits obtained.
<b>Subtheme: Where to use?</b>	
46.	It is recommended to practise chewing stick in a location equipped with a water source, such as the ablution area or near a sink.
47.	The practice of chewing stick is not recommended: <ul style="list-style-type: none"> <li>• When one is in the toilet</li> <li>• While talking</li> <li>• While lying down</li> <li>• When in public places, gatherings, and celebrations</li> </ul>

	<ul style="list-style-type: none"> <li>• Before raising one's hands upon pronouncing <i>takbiratul ihram</i></li> </ul>
<b>Subtheme: Using chewing sticks with a toothbrush</b>	
48.	In the morning and at night, it is advised to use a toothbrush with toothpaste, while incorporating chewing stick during ablution.
49.	In the morning, it is recommended to use a toothbrush with toothpaste and followed by using a chewing stick. Also, use of chewing sticks at other times of the day.