WHAT IS CLAIMED IS:

1. A method of measuring a subject's Ayurvedic oral health, the method comprising the steps of:

using an oral care composition selected from a dentifrice, rinse, paste, gum, gel, powder, cream or mousse on the subject;

examining the subject for each of one or more Ayurvedic oral health parameters;

assigning a health score to the subject; and

measuring the subject's Ayurvedic oral health by comparing the health score obtained from the subject to a standardized health score;

wherein the health score is assigned for each of at least two of the Ayurvedic oral health parameters, and

wherein the method further comprises deriving a single overall Ayurvedic oral health score from the health scores for each of the individual Ayurvedic oral health parameters.

2. The method of claim 1, wherein the Ayurvedic oral health parameters are selected from the group consisting of gum margin redness, gum bleeding, and tooth debris.

3. The method of claim1, wherein the overall Ayurvedic oral health score is the average of the health scores for each of the individual Ayurvedic oral health parameters.

4. The method of any one of the preceding claims, wherein the oral care composition comprises one or more plant components.

5. The method of any one of the preceding claims, wherein the oral care composition comprises active and/or carrier ingredients.

6. The method of claim 5, wherein the active and/or carrier ingredients is selected from humectants, inorganic dispersants, bicarbonate salts, pH modifying agents, surfactants, foam modulators, thickening agents, viscosity modifiers, sweeteners, flavorants, colorants, anticaries agents, anticalculus agents, stannous ion sources, zinc ion sources, breath fresheners, antiplaque agents, enzymes, vitamins, anti-adhesion agents or combinations thereof.

47. A method of comparing subjects' Ayurvedic oral health, the method comprising performing a method according to any one of claims 1-~~3~~ 6 on a plurality of subjects.

~~5~~8. A method of detecting a change in a subject's Ayurvedic oral health, the method comprising repeating a method according to any one of claims 1-2 and detecting a change in a health score over time.

~~6~~9. A method of detecting a change in a subject's Ayurvedic oral health, the method comprising repeating a method according to claim 1 or 2 and detecting a change in the overall Ayurvedic oral health score over time.

~~7~~10. An Ayurvedic oral health evaluation method for a product or process of interest, the method comprising performing a method according to any one of the preceding claims on a subject previously treated with a product or process to be evaluated.

~~8~~11. The method of claim ~~7~~10, wherein the subject's Ayurvedic oral health parameters are scored before and after treatment with the product or process to be evaluated.

~~9~~12. A method for evaluating the oral health of a mammalian subject, comprising:

(a) examining from about 5-15 sites in the oral cavity of said subject at a first time point;

(b) assigning a first health score to each of the sites examined at said first time point;

(c) recording said first health score obtained from each of the sites examined on a scorecard;

(d) re-examining said sites examined at said first time point at a second time point;

(e) assigning a second health score to each of the sites re-examined at said second time point;

(f) recording said second health score obtained from each of the sites re-examined on a scorecard;

(g) comparing said first health score with said second health score.

~~10~~13. The method of claim 12, further comprising the step of using an oral care composition selected from a dentifrice, rinse, paste, gum, gel, powder, cream or mousse on the subject.

14. The method of any one of claims 12 to 13, wherein the oral care composition comprises one or more plant components.

15. The method of any one of claims 12 to 14, wherein the oral care composition comprises active and/or carrier ingredients.

16. The method of claim 15, wherein the active and/or carrier ingredients is selected from humectants, inorganic dispersants, bicarbonate salts, pH modifying agents, surfactants, foam modulators, thickening agents, viscosity modifiers, sweeteners, flavorants, colorants, anticaries agents, anticalculus agents, stannous ion sources, zinc ion sources, breath fresheners, antiplaque agents, enzymes, vitamins, anti-adhesion agents or combinations thereof.

17. The method of claim ~~10~~12, wherein 8-12 sites are examined at said first time point.

~~11~~18. The method of claim ~~10~~12, wherein 10 sites are examined at said first time point.

~~12~~19. The method of claim ~~10~~12, wherein a second health score that is greater than said first health score is indicative of an improvement in the oral health of a mammalian subject.

~~13~~20. A kit for use in evaluating the oral health of a mammalian subject in need thereof, comprising:

a dentifrice;

a scorecard for recording the health score obtained using any of the foregoing methods; and

instructions for using said kit.