

## ROLE OF GANDUSHA KAVALA IN PREVENTION OF MUKHAROGA: A REVIEW

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## ABSTRACT

The ayurvedic texts Charaka Samhita mentions kavala gandusha. Kavala refers to that which is related to the oral cavity and gandusha is a gargle. According to Yogratnakara, oral cavity is made up of seven parts. These are lips, teeth, gums, palate, pharynx and all parts as a whole. Oral cavity is a part of our body which is easily and constantly get exposed to exogenous risk factors. In day to day life, oral cavity is a part of body which significantly exposed to external environmental pollution. Cold drinks, fast foods, tobacco, khara chewing, smoking, alcohol intake. To avoid oral health damage, Ayurveda gives specialized therapy kaval and gandush to maintain good oral hygiene. It takes sufficient amount of medicated fluid inside mouth such that the mouth cannot be moved is called gandush. When a lesser amount of fluid is taken in the mouth such that the mouth can be moved easily, it is called kaval. It strengthens the jawbones. It makes the tone sweet and sharp. It nourishes the face. It enhances interest in food and enriches the sense of taste. It prevents dryness of throat and cracking of lips. It strengthens the teeth and also maintain oral cavity teeth.

**KEYWORDS:** Kaval, Gandush, Oral health, Oral hygiene.

## INTRODUCTION

Ayurveda is a holistic system of medicine which evolved in india some 3000 –5000 yrs ago. A system of traditional medicines native to the Indian subcontinent, now practiced in other parts of the world as a form of complementary medicine.<sup>[1]</sup> In gandush, you fill the liquid or oil in the mouth fully so there is no movement in your mouth and so your mouth is completely distended.<sup>[2]</sup> This process is very good for your teeth. It releases a lot of impurities and toxins, literally pulling them out. Toxins and impurities in the mouth may get lost in different parts of the body and create a stress on the immune system and that is the reason why oil pulling activates the immune system.

Kaval is a process where you take the oil or liquid in your mouth and move it around the gargle it all the way to the back of throat for a specific amount of time.<sup>[3]</sup> There is a whole branch of Ayurveda for oral health called shalakyanta or sensory health. Kaval and gandush are done for sensory health.

In Ayurveda, gandusha is considered as a part of daily regiments (dincharya) which ultimately suggest its importance. Gandusha has curative as well as preventive properties. Therefore, it can be performed by healthy as well as diseased persons. According to different disease

conditions specific gandusha can be performed with decoction taila, ghrita etc. For healthy person it can be done by using tila taila.

A poor oral health may have profound effect on general health and several oral diseases are related to chronic oral diseases. In modern life style, excessive intake of fast food, cold drinks, spicy food etc and addiction of chewing betel nut, gutka, tobacco etc which are characterized as apthyakar in Ayurveda, disturb the normal physiology of the body and causes oral disease worldwide characterized by redness, ulceration in oral cavity, burning sensation and pain. In allopathic system of medicine various vitamins, systemic antibiotics, local application of thick layer of triamcinolone acetoride etc are being recommended in this disease. However, Ayurvedic treatment in this disease are safe. According to shushruta, there are 65 mukharogas which occurs at 7 locations such as lips, gums, teeth, tongue, palate, throat and oral cavity.<sup>[4]</sup>

Types: - There are 4 types of kaval and gandush.<sup>[5]</sup>

1. **Snigdha gandusha:-** In this type of gandusha, oil or oily substances like ghrita, mansarasa, tila kalka milk etc are formulated with sweet, sour or salty tested drugs also with ushana properties are used in warm form for the purpose of gandusha. All above mentioned properties are “Vataghana, therefor it is

used in vataja disease eg, dryness or roughness of mouth.

Ideally “milk and taila kalka, can be used for snigdha gandusha.

2. **Shamana gandush:-** Shamana gandush is more of a palliative approach to oil pulling. It is more for pacifying the doshas. In shamana gandush, herbal decoction having taste of tikta, kashaya, madhura and shit virya which is beneficial on allivated pitta dosha in oral cavity, pain and reduces burning sensation in oral cavity hence used in pittaj disease.
3. **Shodhan gandush:-** As the name suggests it is purificatory type of gandusha. For this gandusha, decoction (kawatha) is prepared from herbal drugs with katu (pungent), amla (sour), lavana (salty), taste and drug having ushana virya that is hot potency. In this drugs belongs to shirovirechana are involved. This gandusha induces excessive Oropharyngeal secretions and eliminate this secretion along with morbid ‘kapha dosha, in to oral cavity. There for it is used in kaphaja rogas in mouth region i.e. disease associated with excessive salivation, heaviness, stickiness of mouth.
4. **Kashaya gandush:-** After eating, sugar molecules remains in oral cavity and act as a food source for oral bacteria and helps them to grow. Ultimately they cause inflammation and oral disease. These bacteria contribute to the tooth decay, gingivitis etc. These molecules are water soluble. As ingredients in Kashaya gandusha are water soluble, it has capacity to remove this toxin by dissolving sugar in to water, which ultimate stops their food source and bacteria get killed.
5. **Sneha gandusha:-** It contain liquid soluble drugs which removes lipid based toxins from oral cavity. As sneha has strong detoxifying effect, it acts as cleanser.

**Dosage:-** Quantity of gandusha differs in each individual because capacity of oral cavity differs.

According to sharangdhara:- A mouth full of liquid is the dose of gandusha. For liquid (Dhara) and powder (Dravya) gandusha dose should be 1 kola (i.e, 6 gms).

**Duration:-** Medicinal preparation has to be kept in mouth until individuals develops following symptoms.

Filling of throat with oropharyngeal secretion (kaphapurnaashyata)

Watery discharge from nose and eyes. (kanthasrava and akshisarva)

Kaval gandush and cavities:- It is because you have these chronic infections that you have cavities. That’s why you have an infection. In order to prevent infection and not create more cavities you should do oil pulling every day. Oil pulling will not loosen the cavity. It will actually prevent them from occurring.

Kaval gandush for teeth whitening: - Gandush will help whiten teeth when combined with turmeric and other things. Dental tartar is a kind of coating of these remnants of food which creates this yellowish coating over your teeth. Because oil pulling works like soap it has a cleaning.

Duration and procedure: - Freshly prepared warm herbal kawatha (tolerable hot) was measured and given to patient to hold the kwatha in mukha kuhara to its full capacity. Patient was advised to tilt his head slightly upwards and hold liquid in mouth till the kapala becomes full of kapha secretion starts in nasa and netra. Once these features appeared, the patient was asked to spit out the liquid. Again fresh kwath retained in mouth.<sup>[6]</sup>

Thus three times liquid was held in mouth once a day for seven days. To fill the mouth with that much oil and to spend 5 -7 minutes holding the oil without really doing anything else and with full focus and concentration. That is something which is more of a serious process that spare 1 -2 days a week for kaval which is the swishing of the oil is more like a derive through version of oil pulling.<sup>[7]</sup>

## CONCLUSION

Research regarding these method, would benefit the general population through progress in oral and overall health thus preventing oral disease. Some principle finding in the post studies shows the relevant application of different method and materials in maintenance of oral health.

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