

A REVIEW LITERATURE - GANDUSHA IN MUKHAROGAS

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According to Yogaratnakara oral cavity is made up of 7 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. Through contaminated food drinks junk food and addiction of gutakha tobacco smoking and alcohol etc. external risk factors, bacteria get entered into oral cavity. If these habits get continued, these toxins get accumulated into oral cavity. Bacteria invading these toxins leads to oral diseases. Ultimately resulting in bad oral hygiene. It may lead to various oral diseases.

In order to remove these toxins ayurvedic therapeutics are more useful. E.g. dantadhavana, gandusha, mukhapratisarana, kawala etc. among these Gandusha safely removes toxins from oral cavity. The mukh i. e. oral cavity works as a reflector of body health by acting as an get way of alimentary canal. Therefor it is considered as a most imp part of *Urdhwajatru*. By eliminating toxins gandusha helps to maintain oral cavity clean and healthy.

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. Therefor it can be performed by healthy as well as diseased persons. According to different disease conditions specific gandusha can be performed with decoction taila ghruta etc. for healthy person it can be done by using tila taila. By maintaining healthy condition

of oral cavity gandusha will improve local defence mechanism.

Definition of gandusha

“Holding any decoction, oil, ghruta or any liquid in mouth to its full capacity for specific time without any movement inside mouth.”

It can also be performed with Sneha (taila, ghruta etc.), milk, honey, honey water, mansarasa, wine, urine of animals, sour liquids, dhanyaamla, Kashaya (decoction), ushanoadaka(hot water) etc. according to vitiated doshas.

Types

Depending upon doshaghata (vitiation of doshas) and karmukata (therapeutic effects) Ayurveda has classified gandusha into 4 types

Shushrut	Vagbhata	Sharangdhara	Ashtang sanghbraha	Yogaratnakara
Snehana	Snaihika	Snigdha	Snigdha	Snehana
Prasadana	Shamana	Prasadhana	Shamana	Prasadhana
Shodhana	Shodhana	Sanshodhana	Shodhana	Shodhana
Ropana	Ropana	Ropana	Ropana	Ropana

Snigdha gandusha

In this type of gandusha oil or oily substances like ghruta, 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 diseases. E.g. dryness or roughness of mouth.

Ideally ‘milk and taila kalka’ can be used for snigdha gandusha.

Shaman gandusha

In this type of gandusha, swarasa of serpent gourd, margosa tree, jambu, mango, spanish jasmin or decoction of lotus, liquorice, which are formulated with drugs having bitter, astringent, and sweet taste and cool potency. After mixing with honey, milk, or ghruta these are used as shamana gandusha. As all the properties which are mentioned above are ‘pittaghna’, so it is used in pittaja diseases. It reduces irritation due to pitta dosha and also has soothing effect in oral cavity i.e. diseases with burning sensation of mouth.

Shodhana gandusha

As the name suggests it is purificatory type of gandusha. For this gandusha decoction (kwatha) is prepared from herbal drugs with katu(pungent), amla (sour), lavana (salty), taste and drugs having Ushana virya i.e. hot potency. In this drugs belongs to shirovirechana gana are involved. This gandusha induces excessive oropharyngeal secretions and eliminate this secretions along with morbid 'kapha dosha' into oral cavity. Therefore it is used in kaphaja rogas in mouth region. i.e. diseases associated with excessive salivation, heaviness, stickiness of mouth.

Ropana gandusha: (healing gandusha)

In this gandusha decoction (kwatha) is prepared from herbal drugs with Kashaya (astringent), tikta (bitter), madhura (sweet), taste and with cool potency (shita virya). These properties gives it capacity of ulcer healing (mukha vrana ropana) therefore it is used in mouth ulcer healing.

Kashaya gandusha

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 diseases. 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 toxins by dissolving sugar into water. Which ultimately stops their food source. And bacteria get killed.

Sneha Gandusha

It contains lipid soluble drugs which removes lipid based toxins from oral cavity. As Sneha has strong detoxifying effect, it act as cleanser.

Procedure**Purvakarma**

The individual should be made to sit in the room with less airflow and in comfortable and erect posture. Swedana (fomentation) and Mardana (massage) should be applied on shoulders, throat, cheeks and forehead.

Pradhan karma

Medicinal preparation of gandusha is asked to kept in his mouth with its full capacity, without doing any movement inside the mouth, with concentrated mind. Face should be kept in slightly lifted position. It shouldn't be engulfed by individual. He should be advised to hold it until the mouth gets filled with oropharyngeal secretions (kapha). Watery discharge appears from nose and eyes (jalasrava from netra and nasa) then it should be spat out. And relax.

Same procedure should be repeated for 3, 5, 7 times. Gandushadharana can be done to get rid of doshas till the appearance of signs and symptoms of proper (samyaka gandusha lakshane) of gandusha therapy.

Dosage

Quantity of gandusha differs in each individuals because capacity of oral cavity differs.

1. According to Sharangdhara:
A mouth full of liquid is the dose of gandusha. For liquid (drava) and power (dravya) gandusha dose should be 1 kola (I.e. 6 gms)
2. According to vagbhata: (A.S.S. 31-10) 3 matras
 - a) Vara matra- about ½ capacity of oral cavity is filled with gandusha liquid.
 - b) Madhya matra: about 1/3 capacity of oral cavity is filled with gandusha liquid.
 - c) Avara matra: about 1/4 capacity of oral cavity is filled with gandusha liquid.

Among these two, sharangadhara dosage is more appropriate according to definition of gandusha.

Duration

Medicinal preparation has to be kept in mouth until individuals develops following symptoms.

- Filling of throat with oropharyngeal secretions (kaphapurnaashyata)
- Watery discharge from nose and eyes (kanthasrava and akshisrava).

Assessment of Gandusha procedure**A) Symptoms indicating proper effects (shuddha gandusha lakshana)**

- Relief in signs and symptoms of disease. (vyadhi upachaya)
- Feeling of freshness (tushti)
- Feeling of cleanliness in mouth (vaishadya)
- Feeling of lightness in mouth (vaktra laghava)

B) Symptoms indicating inadequate effects: (Heena ayoga of gandusha)

- Heaviness of mouth (jadya)
- Excessive salivation (kaphotklesha)
- Tastelessness (arasadnyata)

C) Symptoms indicating excessive effects (Atiyoga of Gandusha)

- Ulceration in mouth (mukhapaka)
- Dryness of buccal cavity (shosha)
- Feeling of thrust (trushna)
- Tastelessness (aruchi)
- Feeling of exhaustion (klama)

Treatment for atiyoga lakshana

- 1) In case of shodhana atiyoga, snehana gandusha should be performed.
- 2) In case of snehana Atiyoga, shodhana gandusha should be performed.

- Shamana and ropana gandusha should be continued

until the disease get cured.

Pashchat karma

After performing gandusha karma,

- 1) Gentle massage (mardana karma)
- 2) Fomentation (swedana) is performed again.

Contraindications

Gandusha karma should not be advised to a person, who is,

- Poisoned (vishaprayoga)
- Unconsciousness (murchha)
- Weak / emaciation (shoshi)
- Bleeding disorder (raktapitta)
- Conjunctivitis (kupitaakshita)
- Children less than 5 years of age
- Anorexia (aruchi)
- Who has received nasya therapy
- Sleeplessness
- Chronic / carcinogenic ulceration in oral cavity
According to Yogaratnakar ,
- Rhinitis (pinasa)
- Indigestion (Ajirna)
- Lock jaw (hanugraha)

Indications

- Shiroroga (diseases of head), karnaroga (diseases of ear), mukharoga (diseases of oral cavity), netrarogas (diseases of ophthalmology), kanthagata rogas (diseases of throat).
- Excessive salivation
- Stiffness of neck (manyastambha)
- Dryness of mouth (mukhashosha)
- Nausea (hrullas)
- Sleeplessness (tandra) According to Vagbhata,
- Tastelessness (Aruchi)
- Rhinitis (pinasa)

Benefits of Taila Gandusha

Regular practice of taila (oil) gandusha is explained in following benefits:

In dincharya and swasthavrutta

- It strengthens the jaw and mandible (Hanvobala)
- It strengthens the voice (swarabalam)
- It provides nourishment to mouth and make face healthy and beautiful by giving exercise to facial muscles and increases motor function of these muscles. (vadanopachaya)
- Improves test perception (rasadnyanam annach ruchiruttamam)
- Prevent dryness of mouth and throat (nachakanthaasyashosha)
- Prevent cracking of lips (na oshthayo sphutana bhedanam)
- It strengthens teeth by giving strength to root of

teeth. (dhrudhamula)

- Prevent dental caries (krumidanta), toothache and dental hypersensitivity by providing nourishment to nerve and nerve endings (dantaharsha, dantashula).

Probable mode of action

- 1) Exert increased mechanical pressure
- 2) Stimulates salivary glands
- 3) Increases the vascular permeability
- 4) Maintains oral PH.

Importance of gandusha in mukharoga

Gandusha is indicated in following diseases:

1. Kaphaja oshtaparakopa
2. Dantaharsha
3. Dantachala
4. Krumidanta
5. Dantasharkara
6. Sheeta danta
7. Dantaveshtaka
8. Saushira
9. Danta vaidarbhya
10. Dantanadi
11. Dushta jivha
12. Upajivha
13. Galashundi
14. Galavidradhi
15. Mukhapaka
16. Sadhya rohini
17. Kaphaja mukharoga

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