

## CONCEPTUAL STUDY IMPORTANCE OF KAVALAGRAHA IN MUKHAROGA

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Article Received on 21/04/2020

Article Revised on 11/05/2020

Article Accepted on 01/06/2020

**ABSTRACT**

The aim and objectives of *Ayurveda* is to preserve the health of a healthy and normal person and also to treat and cure the sick person in such a way that the disease does not appear again. Oral health plays an important role in every individual. According to *Ayurveda Mukh* is one of the complex structure which consists of 7 different parts like *Oshtha, Dantamoola, Danta, Jivha, Talu, Gala&Sarvasara*(complete *Mukha*). Due to so many vitiating factors like tobacco chewing, smoking, stress, vitamin deficiency, allergies and trauma enhances imbalance in *VatadiDosha* & produce 67 *Mukharogas*. Among the different treatments of *Ayurveda, Panchkarma&Upkarma* or *Kriyakalpa* are effectively employed for promotion of health, prevention of ill health as well as eradication of the disease. Among these *Kriyakalpa, Kavala & Gandush* are used for achieving both the aims i.e. for prevention of *Mukhrogas* and also to preserve oral health and to maintain oral hygiene. In present paper an attempt is made to review the *Kavala* technique and its benefits as well as mode of action in diseases of oral cavity.

**KEYWORDS:** *Kavala, Kriyakalpa, Mukharoga.***INTRODUCTION**

Shalakyatantra is the branch of Ashtang ayurveda which deals with the causes, diagnosis and treatment of diseases of head, ear, nose, eye and oral cavity.<sup>[1]</sup> According to ayurveda, oral cavity i.e. *MUKHA* is one of the complex structure which consists of seven different parts like *Oshtha, Dantamoola, Dantajivha, Talu, Gala* and *Sarvasara*(complete *Mukha*). *Mukha* is one of the important *BahirmukhaSrotasa*. All physiological functions of *Mukha* mainly depend upon *Jivha* which is one of the important types of *Indriya* having *Jalamahabh* in its base. Also *Mukha* is a seat of *BodhakaKapha* (*BodhakoRasanasthayi*-most probably all salivary secretions). Thus oral health plays an important role in every individual. In modern life, due to so many factors like tobacco chewing, smoking, stress, vitamin deficiency, allergies and trauma enhance imbalance in *VatadiDosha* and 67 *Mukharogas*. Charak Samhita explained only *Kavala* but Sushrut Samhita and Vagbhata's Ashtang Samhita and Sangraha explained *Gandusha* and *Kavalagraha*. Also according to Sharangdhar *kalka* drugs are used in *Kavala* and liquids are used in *Gandusha*.<sup>[2]</sup> *Kavala* is proved to be a fruitful technique for the treatment of diseases of neck, jaw,

eyes, nose, throat, gums, teeth and sinus problems when used properly.

**Aim and Objective:** To review the concept and importance of '*Kavalagraha*' in various *Mukharoga*.**Definition of Kavala**

- A procedure which is useful for the treatment of mouth and teeth diseases (Saptanga's of *Mukha*) is *Kavala*.
- Procedure of holding oil or decoctions in a buccal cavity followed by gargling for a certain period is known as *kavala*.<sup>[3]</sup>

**Types of Kavala***Kavala* are of four types such as<sup>[4]</sup>

1. *SnehiKavala* (Oleaginous)
2. *PrasadiKavala* (Soothing)
3. *ShodhiKavala* (Purifying)
4. *RopanaKavala* (Healing)

**1) SnehiKavala**

When Oleaginous(*Sneha*) and warm liquid medicine is used in the form of *Kavala* then it is called as *SnehiKavala*. Thus it is an emulsion made with the help

of warm water and oily like substances like edible oil, seed pastes, meat juices which are sour sweet, salty & lukewarm in nature.

Indications – This type of *kavala* is effective in correcting imbalances of the *VataDosha* in the diseases of mouth.

Contra indications – *KaphajaMukhrogas*.

### 2) *PrasadiKavala*

Sweet & cool infusion or oil is used in the form of *Kavala* for the alleviation of vitiated *Pittadosha* in the buccal cavity. This type of *Kavala* is known as *Prasadi Kavala*.

Indications – *Pittaja Mukharoga*, *Mukhapaka* (Inflammatory lesions), alkali or chemical burns etc.

### 3) *ShodhiKavala*

*Kavala* may be performed by using warm irritant oil or infusion consisting of pungent, sour as well as salt taste. This type of *kavala* is known by the name *ShodhiKavala* is capable of vitiation of *Kaphadosha* in the mouth.

Thus the purifying (*Sodhana*) gargles should be composed of acid, pungent and saline drugs which are parching and heat making in their potency and should be employed lukewarm.

Indications – Used in most of *KaphajaVikara* of mouth like excessive salivation, loss of taste sensations, sticky sensation in mouth.

### 4) *RopanaKavala*

Astringent sweet, bitter and pungent herbs having the therapeutic effect of healing the ulcers is used in the *Ropana* types of *Kavala*.

Indications – various types of ulcerations of the mouth.

### *Kavalavidhi*

To begin with the person is treated with *Abhyanga* of face and anterior neck followed by *svedana* to these parts then the liquid medicine kept in the mouth gargled for a desired period.<sup>[5]</sup> This is the procedure of *Kavala* in short.

### *KavalaMatra (Dose)*

The quantity which can be easily and conveniently rolled out in the mouth is the proper dose of a *Kavala*.<sup>[6]</sup>

### Filling the mouth with oil

The person is asked to take about 100 ml of lukewarm oil or liquid as much as he can accommodate in his mouth. Then he should gargle with medicine by moving it between the throat and cheek inside the mouth. After gargling for the specific period, he is allowed to spit out the medicine.

### Clearing the Mouth

After spitting out the medicine, the mouth may be cleaned by gargling with warm water that clears the oil and oil taste in the mouth.

### Duration of *Kavala*

Gargling which should be continued till the person develops following symptoms.<sup>[7]</sup>

1. *Kaphapurnasyata* – Filling of the throat by oropharyngeal secretions.
2. *gharanasrava* – Watery discharge from the nose.
3. *Akshirava*- watering of the eyes.

Once the person develops these symptoms he can spit out the medicine. If required the procedure may be repeated.

### Assessment of the procedure

1. Symptoms indicative of proper effect.<sup>[8]</sup>
  - Vyadherapachayah* – Remission of the illness.
  - Tushtih* – Freshness of the mouth.
  - Vaishadyam* – Clarity of the oral cavity.
  - Vaktralaghavam* – Feeling of lightness in the mouth
  - Indriyaprasada* – Normal Functioning of the sense organs.
2. Symptoms indicative of inadequate effect
  - Jadya*–Stiffness of the mouth
  - Kaphotklesha* – Excessive Salivation
  - Arasajnana* – Inability of the tongue to perceive taste properly.
3. Symptoms indicative of Excessive effect
  - Mukhapaka* – Ulceration in the mouth
  - Shosha* – Dryness of the buccal cavity
  - Trishna*-Feeling thirsty
  - Aruchi* – Tastelessness in the mouth
  - Klama* – Sense of exhaustion

### Application of *Kavala* in various *Mukharoga*

#### A) Treatment of *OsthaRoga*

1. In the treatment of *Kaphaja* type of *Ostharoga*, after blood letting, *Kavala* should be recommended to remove the vitiated *kapha*.<sup>[9]</sup>
2. In *Medoja* type of *Osthakopa*, after *svedana* followed by *shodana*, *Kavala* should be recommended.

#### B) Treatment of *DantaRoga*

A case of *Dantaharsha* yields to the use of any lukewarm *Sneha*, or the *Traivrita-ghruta* or of the decoction of the *Vayu*-subdying drugs as *Kavala* (gargles).<sup>[10]</sup>

#### C) Treatment of *DantamoolagataRoga*

1. In a case of *Paridara*(bleeding gums) and *Upakusa* (suppurative gingivitis) tepid watery solutions of *pippali*(white), *Sarsapa*, *Nagara* and *Nicula* fruits should be used as *Kavala*(gargles) and also the use of clarified butter cooked with the drugs of the

*Madhur(Kakolyadi)* group for *Kavala* is recommended.<sup>[11]</sup>

- In a case of *Adhi-mamsa* (Impacted tooth), the additional flesh growth about the roots of a tooth should be removed and powdered *pippali* mixed with honey should be used as a *Kavala*.

#### D) Treatment of *JivhaRoga*

In *Kaphaja* type of *Jivhakantaka*, the organ should be bled by scarifying it (with a *Mandalapatra* or such other instrument) and then a compound of powdered white mustard seed and *saindhava* should be administered as *Kavala*.<sup>[12]</sup>

#### E) Treatment of *Talu-gataRoga*

- In a case of *Galasundika* and *Sundika* after removal of *Sundika* with a knife the ulcer should be treated with decoction of *Vaca*, *Ativisa*, *Patha*, *Rasna*, *Katukarohini* and *Picu-marda* for *Kavalagraha*.<sup>[13]</sup>
- In a case of *TalupakaKavala* of *Adusa*, *Nimba* and *Patola* should be recommended.

#### F) Treatment of *Gala-gataRoga*

- In a case of *PittajaRohini* (Diphtheria), the decoction of *Draksa* and *Parushaka* should be used as *Kavala*.
- In the *Kaphaja* type of *Rohini*, an oil properly cooked with *SvetaVidanga*, *Danti* and *Saindhava* should be employed as *Kavala*.

#### G) Treatment of *SarvasaraMukharoga*

*Kavala* with milk, sugarcane juice. Cow's urine, curd-cream, *Kanjika*, oil or clarified butter (*Sneha*) should be prescribed according to the nature of aggravated *Doshas* involved in each case of the *Sarvasara (Mukhapaka)*.<sup>[14]</sup>

#### Mode of action of *Kavala*<sup>[15]</sup>

Medicines used in the *Kavala* have both local and systematic effect.

#### Local effect

Mucous membrane of the buccal cavity is one of the local routes of drug administration. Lipid soluble drugs are said to get absorbed rapidly through this mucous membrane. Ayurvedic principals of pharmacokinetics state that, by virtue of *rasa*, the drugs can exhibit their local effects within the buccal cavity, this principal is best utilized in the formulations of *Kavalagraha* therapy.

#### Systemic effect

Medicines having qualities like *vyavari* and *vikasi* tend to get absorbed into the blood and then get distributed uniformly in the body to exhibit systemic effect. The drugs directly enter into the systemic circulation bypassing the liver exhibiting their unique pharmacological action.

The temperature and potency of drugs causes dilatation of blood vessels in the oral mucosa which helps to assimilate the active ingredients from the medicine.

## CONCLUSION

The importance of one of the *Kriyikalpa 'Kavalagraha'* as a local treatment is well explained in all the classics of Ayurveda. The medicine used for the *Kavala* show both local & systemic effect when used to treat the *Mukharogas*. The medicines which are moved within the oral cavity for a specific duration will create a specific pressure within the oral cavity and therefore it will be absorbed. Systematically performed *Kavala* causes elimination of vitiated *Kapha* from surrounding structures which get mixed with fluids/pastes of *Kavala* and thrown out along with it.

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