

**A GLANCE ON MUKHAPRAYOGARTHA KALPANA****Dr. Ravindra Reddy\*<sup>1</sup>, Dr. Shivasharanappa<sup>2</sup> and Dr. Chandrashekar Kuppi<sup>3</sup>**<sup>1</sup>Assistant Professor, Department of Rasashastra and Bhaishajya Kalpana, Sharada Ayurvedic Medical College and Hospital, Yadgir, Karnataka.<sup>2</sup>Assistant Professor, Department of Agada Tantra, Sharada Ayurvedic Medical College and Hospital, Yadgir, Karnataka.<sup>3</sup>Head of the Department of Rasashastra and Bhaishajya Kalpana, Sharada Ayurvedic Medical College and Hospital, Yadgir, Karnataka.**\*Corresponding Author: Dr. Ravindra Reddy**

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**ABSTRACT**

Ayurveda is the science of life aims both preventing and curing the diseases. Among the many contributions of Ayurveda in drug delivery system –“Bahirparimarjana,” plays an important role as it is simple and an effective method of drug administration to oral cavity. Mukhaprayogarthas kalpana means specific formulations used for therapy in Mukha rogas which includes Gandusha, Kavala and Pratisarana. Oral diseases can be prevented by following dinacharya and Mukhaprayogarthas kalpana like Gandusha – kavala are one among the dinacharya mentioned by our Acharyas also. Mukhaprayogarthas kalpana types, indications, samyak-hina and atiyoga lakshanas will be discussed here.

**KEYWORDS:** *Bahirparimarjana, Mukhaprayogarthas, Gandusha, Kavala, pratisarana.***DESCRIPTION**

According to classics Mukha kalpana are mainly classified into three.

प्रतिसारण गण्डूष कवलग्रहमेव च।

मुखरोगादिषु प्रोक्तं त्रिधाकर्म तदुच्यते॥

1. Gandusha
2. Kavalagraha
3. Pratisarana.

**Gandusha Kalpana**

असञ्चारा तु या मात्रा स गण्डूषः प्रकीर्तितः।<sup>[1]</sup>

Gandusha is a process of holding liquid drug in the mouth with complete restriction of movement<sup>[1]</sup>.

**As per Bhavaprakasha,**

स्नेहक्षीरकषायादि द्रेव्यै सपूर्णमाननं।

आपूर्य स्थीयते तावत् विधिर्गण्डूषधारणं॥

**Liquids Used For Gandusha**

1. Swarasa
2. Kvatha
3. Ghritha
4. Taila
5. Gomutra
6. Ushnodaka
7. Mamsarasa
8. Sheeta kashaya
9. Amlodaka
10. Ksharodaka.

**1. Kavala Kalpana**

मुखे सञ्चार्थते या तु सा मात्रा कवलः स्मृतः।<sup>[2]</sup>

Kavala is a process of holding liquid or solid drug in the mouth without restriction of movement inside.

कवले तु पर्यायिणं कपोलौ कण्ठं च सञ्चारयेत्। अयमेव कवलगण्डूषयोर्विशेषः॥

Vagbhata has advised that the movement of kavalagraha should be upto the level of kantha. It may be compared with gargle.<sup>[3]</sup>

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**Types Of Gandusha And Kavala<sup>[4]</sup>**

चतुर्विधः स्याद् गण्डूषः स्नेहिकः शमनस्तथा।

शोधनो रोपणश्चैव कवलश्चापि तद्विधः॥

According to Sharangadhara, Gandusha and kavalagraha are of **four** types,

- Snaihika gandusha or kavala
- Shamana gandusha or kavala
- Shodhana gandusha or kavala
- Ropana gandusha or kavala

#### a. Snaihika

Performed by using snigdha dravya with madhura, amla, lavana rasa.

The liquid is used in warm state.

तिलकल्कोदकं क्षीरं स्नेहो वा सैहिके हितः ॥

Gandusha with a kalka of tila mixed with water or milk and oil.<sup>[5]</sup>

**Indication** – vata roga

#### b. Shamana

- These are performed using madhura or tikta, kashaya rasa dravya.
- The liquid used in cold state.
- Gandusha with madhu

वैशध्यं जनयत्यास्ये संदधाति मुखव्रणान् ।

दाह तृषणाप्रशमनं मधुगण्डूषधारणम् ॥<sup>[6]</sup>

#### Indication

Asyavaishadyam, mukha vrana sandhana, daha prashamana, trishna prashamana.

#### c. shodhana

- These are performed using tikshna, ushna, katu, amla, lavana rasa dravya which have ruksha property. This is the one preferred after nasya karma. This is beneficial in conditions of kapha dosha.
- Gandusha with kanjika is good for dryness of mouth and vairasya.<sup>[7]</sup>

शोषं मुखस्य वैरस्यं गण्डूषः काञ्जिको जयेत् ।

**Indication** – mukhashosha, asya vairasyam.

#### d. Ropana

- These are performed using kashaya, madhura, katu rasa, ushna virya dravya. The liquid is used in warm state. This is beneficial in curing the selected wounds.
- Gandusha with decoction prepared from darvi, Guduchi, Triphala, draksha, jatipallava, and yavasa mixed with 1/16<sup>th</sup> part of madhu.

दार्वि गुडूचि त्रिफला द्राक्षा जात्याश्च पल्लवाः ॥

यवासश्चेति तत्काथः षठांशक्षौद्रसंयुः ।

शीतो मुखे धृतो हन्यान्मुखपाकं त्रिदोषजम् ॥<sup>[8]</sup>

**Indication** Tridoshaja mukha paka

#### CONTRA-Indication

Gandusha and kavala are contraindicated below five years of age.

#### Characteristics Of Samyak Gandusha And Kavala<sup>[9]</sup>

व्याधेरपचयस्तुष्टिर्वैशध्यं वक्त्रलाघवम् ।

इन्द्रियाणां प्रसादश्च गण्डूषे शुद्धिलक्षणम् ॥

- Vyadhi apacaya (alleviation of disease)
- Trupti (satisfaction)
- Vaktra vaisadyam (clearness of mouth)
- Vaktra laghavam (lightness of mouth).

#### Characteristics Of Hina Yoga Of Gandusha And Kavala<sup>[10]</sup>

हीनयोगात्कफोत्क्लेशो रसाज्ञानारुची तथा ॥

- Kapha utklesha (Excessive salivation)
- Rasa ajnana (loss of taste perception)
- Aruchi (anorexia)

#### Characteristics of Atiyoga of Gandusha and Kavala<sup>[11]</sup>

अतियोगान्मुखे पाकः शोषस्तृष्णा क्लमो भवेत् ॥

- Mukhapaka (ulceration in mouth)
- Shosha (dryness in mouth)
- Trishna (Excessive thirst)
- Klama (Exhaustion)

#### Common Indication Of Gandusha And Kavala

- Manyastambha
- Shirashula
- Karnashula
- Mukha roga
- Netra roga
- Praseka
- Kantha roga
- Hrillasa
- Mukhashosha
- Tandra
- Aruchi
- Pinasa.

## 2. Pratisarana or Manjana

### Introduction

Application of kalka or churna form of the medicine with the tip of the finger inside the mouth is done with drugs advised for Gandusha and kavala is known as pratisarana.

### Types

1. As per Ashtanga Sangraha, pratisarana is of 3 types,

प्रतिसारणं तु त्रिविधं गण्डूषोदितानां द्रव्याणां रसक्रिया कल्कशूर्णश्च ॥<sup>[12]</sup>

- Rasakriya
- Kalka
- Churna

## 2. Acharya Susrutha has mentioned that pratisarana is of four types<sup>[13]</sup>

कल्को रसक्रिया क्षौद्रं चूर्णं चेति चतुर्विधम् ॥

1. Kalka
2. Rasakriya
3. Madhu
4. Churna

### Indication<sup>[14]</sup>

युञ्ज्यात्तत् कफरोगेषु गण्डूष विहितौषधैः ॥

- Used in kaphaja mukha Rogas
- Drugs mentioned in shodhana Gandusha and kavalagraha are used in pratisarana.

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