

***Kavala and Gandusha* procedures for oral diseases : A review**

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ABSTRACT

Introduction: Oral health is an essential and integral part of overall health throughout life. Oral health reflects body health. In present era oral diseases are major health problem worldwide as there is a attraction of an unhealthy food, addictions etc. The incidence of oral cancer and other oral diseases are provoking day by day. It is today's need to prevent oral disease and promote oral health. There is very less success in modern medicine for oral disorders. In Ayurveda there are very effective, preventive and safe treatment strategies for complete oral health. So it is very important to maintain oral hygiene for overall health of a person through “*Dinacharya*” to monitor daily which includes *Kavala* and *Gandusha*. It

has remedial approach in oral diseases.

Aim: To review the *Kavala* and *Gandusha* procedures and To review the effect of *Kavala* and *Gandusha* on Oral diseases. **Result:-** *Kavala* and *Gandusha* are very simple to do by himself. Drugs used in these procedures are very cheap. These procedures are very useful to maintain the oral health as well as to treat the oral diseases. They are useful for preventive as well as curative purpose. **Conclusion:-** These procedures are effective on both locally and systematically so we can evaluate the specific effects of *Kavala* and *Gandusha* in future research oriented studies.

Keywords: *Kavala* , *Gandusha* , Oral diseases.

INTRODUCTION

Oral means the whole mouth which comprise teeth, gums, hard and soft palate, lining of the mouth and throat, tongue, lips, salivary glands, chewing muscles and upper and lower jaws. It means good oral health means management of tooth disease, gum disease, chronic pain conditions, oral cancers etc. Precisely we can say that the mouth is the only organ which preliminary connect the world^[1]. So it is very much come to in contact with environmental poisonous material (toxins) which cause oral disorders. These toxins enter in the body through contaminated food materials, drinks, junk food eating habits and addictions like Pan Masala, Gutkha, Cigarette, Bidi smoking, Alcohol etc. It results in gradual accumulation of decay in the oral cavity and ultimately cause oral diseases^[2]

Hence it is important for maintaining good oral health by preventing oral

Table - I

Sr. No	<i>Sushruta</i> ^[4]	<i>Vagbhata</i> ^[6,7]	<i>Sharangdhara</i> ^[5]
1	<i>Snehi</i>	<i>Snaihik</i>	<i>Snaihik</i>
2	<i>Prasadi</i>	<i>Shaman</i>	<i>Shaman</i>
3	<i>Shodhan</i>	<i>Shodhan</i>	<i>Shodhan</i>
4	<i>Ropan</i>	<i>Ropan</i>	<i>Ropan</i>

hygiene and management of oral disorders. For prevention good oral hygiene and managing oral diseases, modern medicine has very limited success.

The main emphasis of Ayurveda is on maintenance and promotion of health so for maintaining good oral hygiene one has to follow *Dincharya* (daily routine), where various procedures are described like *danta dhavana* (brushing the teeth), *pratisarana* (massaging the teeth gums buckle, mucosa, tongue), *jivahanirlekhana* (tongue cleaning) *Gandusha* and *Kavala* (Gargles) etc^[3]

Definition:-

Holding different type of liquids in the mouth is called *Gandusha*. According to *Sushruta* when liquids can be moved to and fro in mouth is called *Kavala* while when mouth is completely filled with liquid so that it cannot be moved here and there is called *Gandusha*^[4]

Types of *Gandusha* :-

***Doshaghanta, Guna and Rasa
pradhanyatva of Kaval and Gandusha :***

[4],[7]

Table - II

Sr. No	Kavala/Gandusha	Dosha	Guna & Rasa	
			Sushrut	Vagbhata
1	Snaihihik	Vata	Snigdha, Ushna	Madhura, Amla, Lavana dravya
2	Prasadana/Shamana	Pitta	Madhur, Sheet	Tikta, Kashay, Madhur dravya
3	Shodhana	Kapha	Katu, Amla lavana,Ruksha & Ushna dravya	Tikta, Katu, Amla „Lavana & Ushna dravya
4	Ropana (Vranaropana)	—	Kashaya, Tikta, Madhura, Katu & Ushna dravya	Kashaya & Tikta dravya

Gandusha / Kavala Dharana Vidhi^[8]

The person to whom *Gandusha* is to be given *Swedan* and *Mardana* of throat, cheeks and forehead should be done. Then the person should relax in warm room where there is no breeze and take *matra* of *Gandusha dravya* in mouth. *Matra* is *shrestha*, *madhyam* and *kanishtha* i.e $\frac{1}{2}$, $\frac{1}{3}$ part and $\frac{1}{4}$ part of *mukha* respectively. *Gandusha dravya* should not be enter inside means it is advised to person not to drink the liquid but just hold it in mouth.

Kaval matra if it is held, it should be moved in between the cheeks and then to the pharynx with the help of tongue. *Kaval matra* may be moved in mouth but *Gandusha* can't be moved in mouth as *matra* is high. This is the difference between *Gandusha* and *Kavala*.

It is said that *matra* of *Gandusha dravya* which is moved in mouth that *matra* is called as *Kavala* whereas the *matra* which remains stable (high dose) and can't be moved in mouth is said as *Gandusha*.

After taking *Kavala* or *Gandusha* the person should be given *swedana* and *mardana* again on cheeks, forehead and throats region. By this method *utklishta kapha* get deposited in mouth.

Kavala and *Gandusha* should be held in the mouth unless and until mouth gets filled with *kapha*, there are secretions from nose and eyes and *dravya* becomes *nirbala*.

A person should take three, five or seven *Gandusha*. Then person can spit out the *dravya*.

Kavala/ Gandusha matra

Matra is *shrestha*, *madhyam* and *kanishtha* i.e $\frac{1}{2}$, $\frac{1}{3}$ part and $\frac{1}{4}$ part of *mukha* respectively.

Samyak yoga lakshana

After *Gandusha dharavana* person feel light (*vaktra laghavam*), cleanliness (*vaishdyam*), and gets relief from illness (*vyadhiupashaya*). Then one should understand that there is *Samyak yoga* of *Kavala* and *Gandusha*.

Ayoga lakshana

When there is *lakshana* like heaviness (*jadya*), no taste of food (*aruchi*), salivation (*prasek*), *upalepa* at inner side of mouth then there is a *ayoga* of *Kavala* and *Gandusha*.

Atiyoga lakshana

When there is dryness of mouth (*mukhashosha*), stomatitis (*mukhapak*) feeling exhausted (*klama*), alteration of taste, palpitation, hoarseness of sound, *karnanad* then it is *atiyoga* of *Kavala* and *Gandusha*.

The *lakshana* which are formed by *yoga* and *atiyoga* of *Gandusha* are to be treated properly.

Kavala / Gandusha Indications ^[9]

Vagbhata said *manyastambha*, *shiroroga*, *mukharoga*, *netra roga*, *lalastrava*, *kantharoga*, *mukhshosha*, *hrullhas*, *tandra*, *pratishyaya*, these diseases get cured by *Kavala dharana*.

Kavala/ Gandusha Contraindications ^[10]

Kavala and *Gandusha* is contraindicated in those who has taken *visha* (poison), who is suffering from *murchha*, *madadyaya*, *shosha*, *raktapitta*, *kupitakshi*.

Different types of Kavala and Gandusha According to Vyadhi Avastha ^[4]

Sneha, *Dugdha*, *Gomutra*, *Amla* (*kanji*), *Kashay* and *Ushnodak* etc. *dravya* are used accordingly to *dosha* for *Kaval dharana*.

Gandusha for Swastha person ^[11]

Swastha person should do *Gandusha* with *Tail* or *Mansarasa* daily.

Ghrit or Dugdha Gandusha-

This *Gandusha* can be taken in *dahayukta mukha paka, agantuj kshat, visha prayoga, kshardagdha or agnidagdha.*

Madhu Gandusha-

If *madhu* is used as a *Gandusha* then there is Cleanliness in *Mukha* and act as *daha* and *trishnaprashaman.*

Kanji Gandusha-

Kanji Gandusha is indicated in *mukhdaha* and *mukhasosha*

Til Kalka Gandusha –

It is useful in *chala danta, vataja mukharoga, dantharsha.*

Ksharambu Gandusha –

It is useful in *kaphasanchiti* in *mukha.*

Importance of *Taila Gandusha* – [12],[13]

Taking daily *Taila Gandusha* gives following benefits:

- Strengthen the *hanusandhi.*
- Strengthen the *swarabal.*
- Strengthen facial musculature.
- Increases the taste of mouth.
- Useful in dryness of mouth.
- Useful in cracked lips.
- Useful in erosion of *danta.*
- Strengthen the teeth.
- Useful in pain in teeth and gums.

Kavala of Tila , Neelkamal, ghrit, sharkara, dugdha and madhu cures burning in oral cavity. [4]

***Karmukata of Kavala and Gandusha* [8]**

After doing *Kavala* and *Gandusha* by scientific way *utklishta kapha* get accumulated in *Gandusha dravya* and then it can be spitted out in this way *dosha shuddhi* can be done.

Mode of action of *Kavala* and *Gandusha* [14],[15],[2]

The drug which are administrated orally get absorbed by the bloodstream and distributed all over including the site of action through blood circulation.

Local routs can only be used for localised lesions at accessible sites and for drugs whose systematic absorption is very less. The high concentration of these local drugs are attained without exposing to the other parts of the body.

Topical route is one of the local route refers to external application of the drug to the surface for localized action. It is very convenient. Drugs can be efficiently administered to the localized lesions on oropharyngeal mucosa in the form of rinse that is *Gandusha.* [14]

Mechanical pressure inside the oral cavity increased by *Gandusha.* The medicated liquid's active ingredients and chemical components activate the chemoreceptors and mechanoreceptors in the mouth to transmit signals to the brain stem's salivary nuclei. As a consequence the operation of the parasympathetic

nervous system increase and impulses sent to the facial and glossopharyngeal nerves. They produce a watery salivary secretion the waste formed by metabolic activity, food debris, accumulation and microorganism present in the oral cavity get dislodged and mix with residual medicated liquid and extracted. from oral cavity. In this way Kavala and *Gandusha* serve as a successful form of oral rinse

(washing) and will help to improve oral hygiene by stimulating salivary glands.

The medicated *Gandusha* balances the PH and get absorbed by increasing vascular permeability in oral mucosa. Thus it will help to reduce the inflammation and improve the disease healing process and thereby cures oral cavity disorders (*Mukharoga*).^{[15],[2]}

TABLE – III *Kavala/ gandusha* indicated in different given in tabular form

Sr. No	Different Oral diseases (<i>Mukharoga</i>).	<i>Kavala / Gandusha</i> in different Oral diseases
1	<i>Oshtharoga</i>	<i>Kaphaja Osthaprakopa</i> ^[16] (<i>kavala</i>)
2	<i>Dantamulagataroga</i>	<i>Sheetad</i> ^[16] (Chronic Suppurative resessive gingivitis with secondary infection (<i>Gandusha</i>), <i>Paridar</i> ^[17] (Genrerelised resessive gingivitis), <i>Dantaveshtak</i> –(chronic periodontitis by <i>Gandusha</i>), <i>Upkusha</i> ^[17] (chronic inflammatory periodontitis by <i>Kavala</i>), <i>Saushir</i> (chronic inflammatory periodontitis with <i>ginjival</i> recession by <i>Gandusha</i>), ¹⁷ <i>Dantvaidarbha</i> ^[17] (Traumatic periodontitis by <i>Gandusha</i>), <i>Dantvidradhi</i> ^[17] (Periodontal abscess by <i>Gandusha</i>), <i>Adhimansa</i> ^[17] (Pericoronitis of wisdom tooth by <i>Kavalgrah</i>), <i>Dantnadi</i> ^[17] (Except tridoshaj nadi) (Alvelovar sinus by <i>Gandusha</i>).
3	<i>Dantagataroga</i>	<i>Dalana</i> ^[18] (Toothache) by <i>Kavala</i> , <i>Krumidanta</i> ^[18] (Dental carries), by <i>Gandusha</i> (<i>chala and achala</i>), <i>Dantaharsha</i> ^[18] (Hyperaesthesia) by <i>Kavala</i> , <i>Bhanjanak</i> (Fracture of Teeth) by <i>Kavala</i> , <i>Dantasharkara</i> ^[18] (Tartar) by <i>Kavala</i> , <i>Kapalika</i> ^[18]

		(Non vital tooth) by <i>Kavala</i> , <i>Dantachal</i> ^[18] (Tooth Mobility) by <i>Gandusha</i> .
4	<i>Jivharoga</i>	<i>Pittaja Jivakantak</i> ^[17] (Geographic Tongue) by <i>Gandusha</i> , <i>Shlemic Jivakantak</i> ^[17] (Hairy Tongue) by <i>Kavala</i> , <i>Alasa</i> ^[17] (Carcinoma of Tongue) in newly formed- by <i>Gandusha</i> , <i>Upajivha</i> ^[17] (Mild Inflammatory condition) by <i>Gandusha</i> ,
5	<i>Taluroga</i>	<i>Galashundika</i> ^[19] (Elongated uvula) by <i>Gandusha</i> , <i>Adhrusha</i> ^[17] (Infected cavernous haemangioma) by <i>Kavala</i> , <i>Kachchapa</i> ^[17] (Torus Palatinus) , <i>Mansasanghat</i> ^[17] (Fibroma) by <i>Gandusha</i> , (<i>Vagbhata</i>) and by <i>Kavala</i> (<i>Dalhana</i>) <i>Talupippat</i> ^[17] (Pleomorphic adenoma) by <i>Gandusha</i> after <i>lekhan</i> , <i>Talupak</i> ^[19] (Palatitis) by <i>Kavala</i> , <i>Tundikeri</i> ^[17] (Palatal absces) by <i>Kavala</i> , <i>Talushosha</i> ^[19] (Xerostomia) by <i>Kavala/ Gandusha</i> .
6	<i>Kanharoga</i>	<i>Vataj Rohini</i> ^[17] (Faucial diphtheria) by <i>Kavala/ Gandusha</i> , <i>Pittaja Rohini</i> ^[17] (Acute inflammatory stage), <i>Kaphaja Rohini</i> ^[17] (Respiratory complication) by <i>Gandusha / Kavala</i> , <i>Kanthashalooka</i> ^[19] (Adenoids), <i>Vrunda</i> ^[19] (Acute Pharyngitis), <i>Gilayu</i> ^[19] (Hypertrophic) by <i>Gandusha</i> , <i>Tundikeri</i> ^[19] (Chronic Tonsillitis) by <i>Gandusha</i> , <i>Galavidradhi</i> ^[19] (Peritonsillar abscess) by <i>Gandusha</i> , <i>Adhijivha</i> ^[17] (Acute lingual tonsillitis) by <i>Gandusha</i> .
7	<i>Sarvasara</i> (<i>Sarvamukhava pi</i>)	<i>Vataja Sarvsara</i> ^[17] (Herpetic gingiva stomatitis) , <i>Pittaja Sarvasara</i> ^[17] (Aphthous ulcer) by <i>Gandusha</i> , <i>Raktaja</i> , <i>Kaphaja Sarvasara</i> ^[19] (Mild stomatitis), <i>Arbuda</i> ^[19] (Cancer of buccal mucosa) in newly formed by <i>Kavala/ Gandusha</i> after <i>chhedana</i> .

Clinical studies on *Gandusha* and *Kavala*

1) Comparative evaluation of efficiency of 2.0 % Chlorhexidine and *Triphala*

mouth rinse on prevention of *Streptococcus mutans* biofilm collected from Excessive Adhesive Flash (EAF).

IJDSIR- Dental Publication service available online at www.ijdsir.com volume 3, Issue 2, March 2020 page number 26-31 by Dr. Kritika surolia, Dr Priyanka Niranjane, Dr Ranjit Kamble, Dr Sunita Shrivastava, Dr. Zohar Merchant, Dr. Dhinakaran G.S.

2) Evaluation of the efficacy of *Triphala* mouth rinse as coadjuvant in the treatment of chronic generalised periodontitis : a randomised clinical trial open access text.

3) Efficiency of *Triphala* mouth rinse (Aqueous extracts) on dental plaque and Gingivitis in children, journal of investigative and clinical dentistry, Vol 6, Issue 3 published on 22 May 2014 by Ritesh Battacharjee , Sridhar Nekkanti, Nikesh G. Kumar.

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5) Deshpande A, Tandon, S, Deshpande N. Low resources screening methods of precancerous lesions and its

reversal by *Triphala* in teenage Indian population Ayu 2014 ;35: 160-7.

6) Comparative evaluation on Turmeric and Chlorhexidine gluconate mouthwash in prevention of Plaque formation and Gingivitis- A clinical and microbial study, P.F. Waghmare, A. U. Chaudhari, V.M. Kharadkar, AS Jamkhane, the journal of contemporary dental practice, July-August 2011;12(4): 221-224

7) A comparative evaluation of the efficiency of curcumin and Chlorhexidine mouth rinses on clinical inflammatory parameters of gingivitis: A double-blinded randomised controlled clinical study Anirban Chatterjee, Koel Debnath, Nagabhushan Koratagere, Hanumanta Rao, year 2017 1 volume 21 1 Issue: 2 page 132-137.

Conclusion:

Kavala and *Gandusha* procedures are used in *dinacharya*. These procedures are adopted to prevent and cure oral diseases. Mouth is mainly exposed to many infections so medicated herbal modalities are useful in treating the various oral disorders. *Kavala* and *Gandusha* procedures are very easy to do and the contents which are used for these procedures are very cheap and feasible. Thereby *Kavala* and *Gandusha* are effective, preventive and curative in

various Oral diseases. Effectiveness of these procedures can be evaluated in research studies in future .

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