

***Kavala and Gandoosha: As a preventive measure in
Karna, Nasa & Mukha Roga.***

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Abstract :

Shalakya tantra which is one among *Astanga Ayurveda* , explains different diseases of *Netra*, *karna*, *naasa* and *mukha*. These diseases have been elaborately described in *Sushruta Uttara tantra*, *astanga hrudaya* and *Astanga sangraha* . Hygiene of oral cavity and throat is very essential to protect the health of *karna* and *naasa* as they are connected through Eustachian tube and nasopharynx respectively . Oral cavity is very much exposed to the water pollution, cold breeze and *kaphakara ahara vihara*¹. These nidana play a prime role in causing diseases of *Karna* and

Naasa by causing infections and inflammation of oral mucosa. These *nidanas* are the one which are unavoidable in day to day life. So to overcome these factors and build immunity against such diseases , *kavala* and *gandusha* are beneficial which is explained in our *samhitas* as a *swathavrutta regimen*². A simple *triphala Kashaya* gargling helps in preventing the diseases of oral cavity which in turn prevent *naasa* and *karna roga* as well.

Keywords- *karna*, *naasa*, *kavala*, *gandusha*, *nidana*

INTRODUCTION:

Present lifestyle and environmental pollution is causing hazardous effect on the health of the *indriyas*. The common etiological factors for the ENT disorders are; exposing excessively to dust, mist, smoke and hot sunlight which have become inevitable due to overpopulation, industrialization and pollution. Hence the incidences of allergic and immune compromised manifestations have become common now-a-days. The monotonous mechanical life style, faulty food habits, restless schedule, stress and strain, etc. have made every person to be away from the principles of *swasthavrutta* and yoga. Hence, most of the people are becoming victims of nutritional and auto-immune disorders. Overpopulation, overcrowding of vehicles leading to sound and air pollution, junk food habits, etc. have brought many hazards to human life, affecting the sense organs as well as whole body, causing various diseases of Ear like ASOM, CSOM, menceir's disease, *sensorineural* hearing loss and nasal diseases like deviation of septum, hypertrophied turbinates, sinusitis, allergic rhinitis. Oral diseases like *pharyngitis*, tonsillitis, oral mucous fibrosis, gingivitis. Our *ayurvedic* system of medicine enunciates more of preventive measures which are lacking in contemporary science. Identifying the

nidana and following *dinacharya* mentioned for the health individual forms the key role in preventing most of the ENT disorders. In our classics, detail explanation of *kavala* and *gandusha* has been explained for prevention of ENT disorders and keeping them healthy.

Types of *kavala* and *gandusha*;

Kavala is the procedure of swishing medicated liquid inside the mouth. *Gandusha* is one in which the medicated liquid or paste is held in oral cavity till watering of eyes and discharge from nose is observed. Depending upon the therapeutic action of different drugs the classical text books of *Ayurveda* have mentioned four types of *gandusha* as cleansing in cases of oral mucous fibrosis, dental plaque, palliative in cases of *pittaja mukha roga*, oleation in case of *xerostomia* and healing in case of mouth ulcers.

Matra of *kavala* and *gandusha*;

Gandusha - kola matra (in *drava* form)

Kavala – *karsha pramana* (in *kalka* form)

Indications of *kavala* /*gandusha*³:

- *Shiroroga*
- *Karnaroga*
- *Mukharoga*
- *Netraroga*
- *Kantaroga*
- *Lalasrava*

- *Manyasthamba*
- *Mukhashosha*
- *Aruchi*
- *Peenasa*

Benefits of *kavala /gandusha*⁴ :

The benefits of *kavala /gandusha* has been mentioned in *samhitas* for preventive care as a *swastavrutta* regimen. It is mentioned that by doing *gandusha* (oil pulling) one gets deep and melodious voice (*hanvorbala*), strengthening of facial musculature (*vadanopachaya*), taste of food accentuates (*ruchiruttama*), thirst reduces (*na cha asya kantashosha*), lips remain soft and smooth without cracks (*na ostayo sputana*), teeth become firm (*dhrudamula*).

Procedure:

The individual should be made to sit comfortably in erect posture in devoid of breeze in sunlight. His shoulders, throat, cheeks and forehead should be massaged and fomented. He should be asked to hold the medicated liquid in his mouth without doing any movement inside with concentrated mind and face slightly lifted up. He should hold it until the mouth gets filled with *oro-pharyngeal* secretions (*kapha*) and watery discharge (*jalasrāva*)

appears from the nose (*nāsa*) and the eyes (*netra*). Then it should be spit out and relaxed. In this way three, five or seven times *Gandūsha dhārana* can be done to get rid of the morbidities till the appearance of signs and symptoms of *Samyaklakshanas* of *Gandūsha* therapy. The person is advised to do gargle (*kavala*) with warm water, spit out and relaxed.

Mode of action:

The pressure which is created by holding drug in oral cavity stimulates press receptor i.e, stretch reflex present in the mouth. As a consequence the operation of parasympathetic nervous system increase and impulses sent to facial and *glossopharyngeal* nerves. These receptors send signals to salivary nuclei of the brain stem which stimulate secretion of saliva. As saliva contains *lysozyme* being antimicrobial, prevents the growth of pathogenic microorganisms in the oral cavity. Antibody *IgA* present in saliva also provide protection against microorganisms⁵.

The pressure which is created by holding the liquid in oral cavity helps in proper absorption of the active principles of the drug. The active principles present in the formulations like tannins in *pancha ksheeri vruksha Kashaya* and *triphala Kashaya*, *sesamolin* and *sesamin* in *tila taila* have antibacterial, wound

healing property which does removal of bad odour , gum bleeding, tonsillitis, pharyngitis etc. Gargling act as lekhana in action where plaque over dentin is formed which is a complex biofilm that accumulates on the hard tissues in the oral cavity through colonization of *interbacterial* adhesion. Thin and highly vascular mucosal layer in oral cavity permits rapid absorption of lipid soluble drugs into systemic circulation. Also few drugs which are cleansing in action, due to their pungent and penetrating properties stimulate oral mucosa to increase vascular permeability thus increasing drug absorption. Also the medicated liquid used for *gandusha* balances the P^H and get absorbed by increasing vascular permeability in the oral mucosa. Thus helps to reduce inflammation and accentuates the healing process.

Review on research articles:

1. A study was done on effect of *kavala* with *kshiri vruksha Kashaya* on *mukha swastya* – statistically the study has shown improvement in patients with *asyavairasya*, *mukha dourgandhya* and *vaktra laghavata*
2. A clinical study was done on efficacy of *tilayashtimadhushrita kshira* as *gandusha* (holding medicated decoction) in *dantaharsha*

(hypersensitive teeth) has shown significant result in reducing hypersensitivity of teeth.

3. Gargling with *panchavalka Kashaya* has shown better improvement in patients with oral mucous fibrosis and *leukoplakia*. There was major reduction in fibrous bands and increase in inter incision distance was noted

Discussion:

Infections of throat simultaneously effect the Ear , nose which are interconnected through the Eustachian tube which function as one unit. The ear , nose and throat are part of the upper respiratory system and they share the same mucous membrane. sinus infections and other bacterial infections cause sore throat, loss of smell and taste. In conditions where multiple organs are effected, the great seers of *Ayurveda* have advised to follow gargling as daily regimen. The medicated liquids being antibacterial in action helps combat the infections and promote healthy tissue growth of mucous membrane.

Conclusion:

The significance of gargling is that it is a traditional and time-tested way of maintaining the hygiene of oral mucosa which is continuous with that of

nasal cavity through nasopharynx, to ear with oropharynx and also to the upper respiratory system. The ultimate reason of doing gargling is to reduce toxins in oral cavity which is most exposed in routine lifestyle. Gargling is much effective when done after tooth brushing as the liquid can enter through the minute corners of oral cavity and helps in bringing out the debris, remove plaques. It is best to be done in morning.

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