

**IMPORTANCE OF GANDUSHADHARAN IN MUKHROGAS****Vd. Snehal Supekar<sup>\*1</sup>, Dr. Manisha Pingale<sup>2</sup> and Dr. Chandana Virkar<sup>3</sup>**

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**ABSTRACT**

The mukha (oral cavity) is the mirror image of body health. According to Ayurveda mukha is one of the complex structure which consists of 7 different parts like Osthā, Dantamool, Danta, Jivha, Talu, Gala and Sarvasara (complete mukha). Mukha is one of the important Bahirmukhasrotasa. Due to so many vitiating factors like tobacco chewing, smoking, stress, vitamin deficiency, allergies and trauma enhances imbalance in vatadidosha and produce 67 mukharogas. Ayurveda gives significant importance to mukhaswasthya by advising to follow dincharya (daily regimens) like dantadhavan (brushing), jivhanirlekhan (tongue cleaning), kaval-gandusha (oil/medicated liquid pulling) consistently. Among these kriyakalpa (technique) kaval and gandusha are used for achieving both the aims i.e. for prevention of

mukhrogas, to maintain oral hygiene and also to preserve oral health. In present paper an attempt is made to review the gandusha technique and its benefits as well as action on diseases of oral cavity.

**KEYWORDS:** Gandusha, Mukhrogas, Kriyakalpa.

**INTRODUCTION**

Ayurveda is the ancient Indian science of health care and longevity. The main aim of Ayurveda is to preserve the healthy person as remains healthy and also to treat or cure sick person in such a way that the disease does not appear again. As the mukha is inlet of

alimentary canal, it protects from infection, helps in digestion of food and has collateral role in proper speech. Oral health is related to general health of human. So, it is very important to maintain the oral hygiene for maintenance of health and longevity of human being. In Ayurveda, mukharogavignyana is not just limited to orodental diseases rather it begins with diseases of lips to diseases of pharynx and larynx. The contemporary medicine has only limited success in prevention of periodontal disease and in the treatment variety of oral diseases. Among the different treatments of Ayurveda, panchkarma and kriyakalp are effectively employed for promotion of healths, prevention of ill health as well as eradication of the disease.

Charak Samhita explained only kavala but Sushrut Samhita and Vagbhat's Ashtang Hridaya Samhita and Ashtang Sangraha explained gandusha and kavalgraha. According to Sharangdharkalka drugs are used in kavala and liquids are used in gandusha.<sup>[1]</sup> Gandusha 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.

The techniques, which should be monitored daily, are known as Dinacharya. Acharaya Vagbhata and Charaka explained about the Dinacharya (daily routine). Vagbhata gives more emphasis on Dinacharya, and he explained it in Dinacharya Adhyaya, which includes Gandusha and Kavala, he also described improper Dantadhavana as a Nidana of Mukharoga.<sup>[2]</sup>

Ayurveda gives prime importance to 'Swasthyarakshana' that means Ayurveda explained some vidhi mainly used as preventive aspect of positive human health which includes Dinacharya (daily routine), Ratricharya (night), Ritucharya (seasonal regimen), Navegdharaneeya, Sadvritta (right living), Achar Rasayana (behaviours). These routines have helped the society in general and individual in particular to overcome many diseases.

### **AIM and OBJECTIVE**

To review the concept and importance of 'Gandushadharan' in Mukharogas.

### **Definition of Gandusha Vidhi**

Gandusha is primary and effective oral cleansing technique and specialized therapy to treat as well as to prevent oral diseases.

Gandusha is a procedure where mouth is completely filled with medicated fluid such that it cannot be moved within the mouth.

Gandusha procedure is carried out keeping the lips closed. There is no movement of medicine, so that the medicine reaching the throat is restricted and it helps to clear oral cavity diseases.<sup>[3]</sup>

### TYPES OF GANDUSHA

1. Snigdha Gandusha (oleates)
2. Shaman Gandusha (pacifies)
3. Shodhan Gandusha (cleanses)
4. Ropan Gandusha (healing)<sup>[4,5]</sup>

### GANDUSHA VIDHI

The person should sit in a place devoid of air but in sunlight.

To begin with the person is treated with abhyanga of face and anterior neck followed by Swedana to these parts. The liquid medicine hold in the mouth till mouth gets filled with kapha or till the nose and eyes becomes secretory after which it is spat out.<sup>[6]</sup>

### TIME OF KARMA

Early morning in everyday (Nityasevana).

### Common Drugs Used In Gandusha (For Healthy Person)

Fats (oil, ghee), milk, honey with water, soup of meat, dhanyamla, mixed with kalka either cooked or uncooked.<sup>[7]</sup>

- **Goksheera:** - Ojovardhaka (increases general health, immunity of body), dhatuvar dhak (nourishes body tissues), medhya (brain tonic, improve intelligence), rasayana (rejuvenating, antiaging), jeevaneeeya.<sup>[8,9]</sup>
- **Ghrita:** - Chakshushyam (good for eyes), pleasant voice, snehamuttamam (best for oleation), purana ghrita cures diseases of head, neck, ear, eyes, vranashodhana-ropana.<sup>[10]</sup>
- **Tilataila:** - Teekshna, vyavayi (it penetrates deep into tissue), krimighna (antibiotic), sanskarasarvarogajit (appropriate processing cures all disease).<sup>[11]</sup> In conditions like tingling the teeth, due to vata imbalance disease of mouth occurs. Water mixed with sesame seed paste is held in mouth.<sup>[12]</sup>

- **Madhu:-** Vranashodhana-ropanam(clean and heals the wound), chakshushyam(good for eyes), trishnaghna(relieves thirst).<sup>[13]</sup>

### DURATION OF GANDUSHA

The medicated fluid or medicated paste is held full of mouth without any swiss movement till the collection of kapha in the mouth(filling of throat by oropharyngeal secretions), nasasrava (watery discharge from nose), netrasrava(lacrimation of eyes)then the fluid spat out.<sup>[14]</sup> After spitting out medicine, the mouth may be cleaned by gargling with lukewarm water that clears oil and oil taste in the mouth.

### Indications of Gandusha

Dantaharsha(tingling sensation of teeth),vatajmukhroga, dantachala(movable teeth). Any of these conditions is cured by gandusha of water mixed with paste of tila in lukewarm state.<sup>[15]</sup>

### Assessment of The Procedure

- **Symptoms Indicative of Proper Effect**(Samyak Lakshana of Gandusha)-

Vaktralaghavam (feeling of lightness in the mouth), Indriyaprasada (normal functioning of the sense organs), Vaishadyam (clarity of the oral cavity), Tushti (freshness of mouth), Vyadherapachaya (remission of illness).<sup>[16]</sup>

- **Symptoms Indicative of Inadequate Effect**(Hinayoga Lakshana of Gandusha) –

Jadya(stiffness of the mouth),Kaphotklesha(excessive salivation), Arasajanana(inability of tongue to perceive taste properly).<sup>[17]</sup>

- **Symptoms Indicative of Excessive Effect**(Atiyoga Lakshana of Gandusha)-

Trishna(feeling thirsty),Mukhapak(ulceration of mouth),Shosha(dryness of buccal cavity),Klama(sense of exhaustion),Aruchi (tastelessness in the mouth).<sup>[18]</sup>

After procedure, there is no much restriction following to Gandushadharana therapy. The person may be allowed to continue with his routine. Person should be advised to take light food and to avoid the foods that increases salivation in the mouth.

### BENEFITS OF GANDUSHA

- Regular practice of Gandusha with tila taila will not suffer from kanthshosh(dryness of mouth), oshthspuhan(cracking lips), dantakshaya(loss of teeth), dantaharsha.<sup>[19]</sup>

- Regular practice of Gandusha, results in swarabalam(strength to voice), hanubalam(strength of jaws), strength to face, ruchyam(better taste perception), drudhadanta(strong and healthy teeth), strengthening of teeth, gums and jaws.

### Probable Mode of Action of Gandusha

The saliva consists of lysozyme, an enzyme and antibody IgA which are bacteriostatic and antimicrobial in nature. The action of Gandusha endeavours increased mechanical pressure inside the oral cavity. So, this increased pressure stimulates pressoreceptors (stretch reflex) that are present in the oral cavity i.e. the pressoreceptors resulting in stimulation of the salivary nuclei in brain stem. This results in increased activity of parasympathetic motor fibres of facial and glossopharyngeal nerves and increases the salivary output, which is further stimulated by the chemical constituents stimulating the oral chemoreceptors and hence, the gandusha maintains and cures the oral environment. Thus, an active principle of Gandusha dravya is absorbed into systemic circulation. Most of the dravyas given for gandusha are sukhoshna (warm). So, raised temperature causes the increased vascular permeability thereby intensifying systemic absorption of drugs.

### Application of Gandusha In Various Mukharogas

According to Sushruta, Mukharogas are 65 in number,<sup>[20]</sup> which occurs in 7 location of mouth such as lips -8, gums -15, teeth -8, tongue -5, palate -9, throat -17, sarva mukha -3

Conditions	Dravyas used
1.Vataja Osthaprakopa-Tilataila.	
2.Sheetada	-Triphala ,musta,sarshapa,shunthi,rasanjankwath.
3.Dantaveshta	-Ksheerivrikshakashaya,irimedaditaila,Lakshaditaila.
4.Dantashula	-Irimedaditaila,Lakshaditaila.
5.Krimidanta	-Yashtimadhu-madhu,Irimedaditaila,Bakuladyataila.
6.Dantaharsha	-Trivrittaghrita, tilataila,goghrita,Dashmoola Kashaya, lakshadi taila.
7.Jivhakantaka	-Erandamoolakwatha,Patoladikwatha.
8.Mukhapaka	-Triphalakwatha, madhu, panchapallavkashaya, panchvalkala kwath.
9.Putiasya	-Triphalakwatha,manjisthadikashaya.

Gandusha is contraindicated to the age group of below 5yrs. Because of unawareness, they will drink the drugs which will irritate the body.

## DISCUSSION

Gandusha is the simple and economical procedure to preserve the positive health as well as cures the disease of the person, it effects as both preventive as well as curative. Bioactive ingredients present in the drugs which are commonly using for gandusha having the property of anti-inflammatory, immune-modulatory and anti-oxidants.

Oral route is common way for entry of various micro-organisms that which are going to cause illness to oral area as well as the internal parts of the body. Gandusha is the specialized technique to prevent the entry of causative micro-organism (preventive aspect) and also cures the oral diseases as well as internal parts of the body (curative aspect). As mukha is the beginning of gastro-intestinal system, mukhaswasthya is very essential to remain healthy. Gandusha, Kavala are main oral cleansing procedures explained in the classics (useful for Nidanparivarjana and samprativighatana). These sthanikchikitsas are essential part of mukharogachikitsa and mukhaswasthyarakshana which can be easily implemented in our daily life.

## CONCLUSION

In modern life, however due to lack of time and negligence; oral hygiene is not properly maintained which leads to oral diseases. Kaval- Gandusha are the unique contribution of our science, which are more effective when used along with shaman aushadhis. Our Acharyas have advised various measures to maintain oral hygiene and health.

Dincharya explained by Ayurveda is a boon to mankind to preserve and maintain our health. Being students of Ayurveda, we should know the importance of Gandusha and make use of it in our day to day life and in the clinical practice.

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