

A GANDUSH: CARE OF ORAL HEALTH**Dr. Aniuddha Bhamburkar*¹ and Dr. Neeta Patil²**¹PG Scholar, Shalakya Tantra, LRP Ayurveda Colleg and Research Centre, Islampur.²MD., MS. Professor, Shalakya Tantra, LRP Ayurveda Colleg and Research Centre, Islampur.Article Received on
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***Corresponding Author****Dr. Aniuddha
Bhamburkar**PG Scholar, Shalakya
Tantra, LRP Ayurveda
Colleg and Research Centre,
Islampur.**ABSTRACT**

Oral diseases continue to be a major health problem world-wide. Oral health is integral to general well-being and relates to the quality-of-life that extends beyond the functions of the craniofacial complex. The standard Western medicine has had only limited success in the prevention of periodontal disease and in the treatment of a variety of oral diseases. Hence, the search for alternative products continues and natural phytochemicals isolated from plants used in traditional medicine are considered to be good alternatives to synthetic chemicals. The botanicals in the Ayurvedic material medica have been proven to be safe and effective, through several hundred to several thousand years of use. The exploration of botanicals used in traditional medicine may lead to the development of novel preventive or therapeutic strategies for oral health. The present scientific evidence based review is focused on the possible role of Ayurveda in the management of various orofacial disorders.

INTRODUCTION

A system of traditional medicines native to the Indian subcontinent, now practiced in other parts of the world as a form of complementary medicine.^[1] In gandush, you fill the liquid or oil in the mouth fully so there is no movement in your mouth and so your mouth is completely distended.^[2] This process is very good for your teeth. It releases a lot of impurities and toxins, literally pulling them out. Toxins and impurities in the mouth may get lost in different parts of the body and create a stress on the immune system and that is the reason why oil pulling activates the immune system. Kaval is a process where you take the oil or

liquid in your mouth and move it around the gargle it all the way to the back of throat for a specific amount of time.^[3]

Review of Literature

There is a whole branch of Ayurveda for oral health called shalakyatantra or sensory health. Kaval and gandush are done for sensory health. In Ayurveda, gandusha is considered as a part of daily regiments (dincharya) which ultimately suggest its importance. Gandusha has curative as well as preventive properties. Therefore, it can be performed by healthy as well as diseased persons. According to different disease conditions specific gandusha can be performed with decoction taila, ghruta etc. For healthy person it can be done by using tila taila. A poor oral health may have profound effect on general health and several oral diseases are related to chronic oral diseases. In modern life style, excessive intake of fast food, cold drinks, spicy food etc and addiction of chewing betel nut, gutka, tobacco etc which are characterized as apthyakar in Ayurveda, disturb the normal physiology of the body and causes oral disease worldwide characterized by redness, ulceration in oral cavity, burning sensation and pain. In allopathic system of medicine various vitamins, systemic antibiotics, local application of thick layer of triamcinolone acetonide etc are being recommended in this disease.

Definition of gandusha “Holding any decoction, oil, ghruta or any liquid in mouth to its full capacity for specific time without any movement inside mouth.” It can also be performed with Sneha (taila, ghruta etc.), milk, honey, honey water, mansarasa, wine, urine of animals, sour liquids, dhanyaamla, Kashaya (decoction), ushanoadaka(hot water) etc. according to vitiated doshas. Types Depending upon doshaghata (vitiation of doshas) and karmukata (therapeutic effects) Ayurveda has classified gandusha into 4 types.

According to various Acharyas, types of Gandusha as tabulated below

Sushruta	Ashtang Hridaya	Sharangdhara	Ashtang Sangraha	Yog Ratnakara
Snehana	Snaihika	Snigdha	Snigdha	Snehana
Prasadana	Shamana	Prasadhana	Shamana	Prasadhana
Shodhana	Shodhana	Sanshodhana	Shodhana	Shodhana
Ropana	Ropana	Ropana	Roapana	Ropana

However, Ayurvedic treatment in this disease are safe. According to shushruta, there are 65 mukharogas which occurs at 7 locations such as lips, gums, teeth, tongue, palate, throat and oral cavity.^[4] Types: - There are 4 types of kaval and gandush.^[5]

1. Snigdha gandusha:- In this type of gandusha, oil or oily substances like ghrita, mansarasa, tila kalka milk etc are formulated with sweet, sour or salty tested drugs also with ushana properties are used in warm form for the purpose of gandusha. All above mentioned properties are “Vataghana, therefor it is used in vataja disease eg, dryness or roughness of mouth. Ideally “milk and taila kalka, can be used for snigdha gandusha.
2. Shamana gandush:- Shamana gandush is more of a palliative approach to oil pulling. It is more for pacifying the doshas. In shamana gandush, herbal decoction having taste of tikta, kashaya, madhura and shit virya which is beneficial on allivated pitta dosha in oral cavity, pain and reduces burning sensation in oral cavity hence used in pittaj disease.
3. Shodhan gandush:- As the name suggests it is purificatory type of gandusha. For this gandusha, decoction (kawatha) is prepared from herbal drugs with katu (pungent), amla (sour), lavana (salty), taste and drug having ushana virya that is hot potency. In this drugs belongs to shirovirechana are involved. This gandusha induces excessive Oropharyngeal secretions and eliminate this secreation along with morbid ‘kapha dosha, in to oral cavity. There for it is used in kaphaja rogas in mouth region i.e. disease associated with excessive salivation, heaviness, stickiness of mouth.
4. Kashaya gandush:- After eating, sugar molecules remains in oral cavity and act as a food source for oral bacteria and helps them to grow. Ultimately they cause inflammation and oral disease. These bacteria contribute to the tooth decay, gingivitis etc. These molecules are water soluble. As ingredients in Kashaya gandusha are water soluble, it has capacity to remove this toxin by dissolving sugar in to water, which ultimate stops their food source and bacteria get killed.
5. Sneha gandusha:- It contain liquid soluble drugs which removes lipid based toxins from oral cavity. As sneha has strong detoxifying effect, it acts as cleanser.

Dosage:- Quantity of gandusha differs in each individual because capacity of oral cavity differs.

According to sharangdhara:- A mouth full of liquid is the dose of gandusha. For liquid (Dhara) and powder (Dravya) gandusha dose should be 1 kola (i.e, 6 gms).

Duration:- Medicinal preparation has to be kept in mouth until individuals develops following symptoms. Filling of throat with oropharyngeal secretion (kaphapurnaashyata) Watery discharge from nose and eyes. (kanthasrava and akshisarva) Kaval gandush and cavities:- It is because you have these chronic infections that you have cavities. That’s why you have an infection. In order to prevent infection and not create more cavities you should do oil pulling every day. Oil pulling will not loosen the cavity. It will actually prevent them from occurring.

Kaval gandush for teeth whitening: - Gandush will help whiten teeth when combined with turmeric and other things. Dental tartar is a kind of coating of these remnants of food which creates this yellowish coating over your teeth. Because oil pulling works like soap it has a cleaning. Duration and procedure: - Freshly prepared warm herbal kawatha (tolerable hot) was measured and given to patient to hold the kwatha in mukha kuhara to its full capacity. Patient was advised to tilt his head slightly upwards and hold liquid in mouth till the kapala becomes full of kapha secretion starts in nasa and netra. Once these features appeared, the patient was asked to spit out the liquid. Again, fresh kwath retained in mouth.^[6] Thus three times liquid was held in mouth once a day for seven days. To fill the mouth with that much oil and to spend 5 -7 minutes holding the oil without really doing anything else and with full focus and concentration. That is something which is more of a serious process that spare 1 -2 days a week for kaval which is the swishing of the oil is more like a derive through version of oil pulling.

PROCEDURE

Purvakarma The individual should be made to sit in the room with less airflow and in comfortable and erect posture. Swedana (fomentation) and Mardana (massage) should be applied on shoulders, throat, cheeks and forehead. Pradhan karma Medicinal preparation of gandusha is asked to kept in his mouth with its full capacity, without doing any movement inside the mouth, with concentrated mind. Face should be kept in slightly lifted position. It shouldn't be engulfed by individual. He should be advised to hold it until the mouth gets filled with oropharyngeal secretions (kapha). Watery discharge appears from nose and eyes (jalasrava from netra and nasa) then it should be spat out. And relax. Same procedure should be repeated for 3, 5, 7 times. Gandushadharana can be done to get rid of doshas till the appearance of signs and symptoms of proper (samyaka gandusha lakshane) of gandusha therapy.

Dosage Quantity of gandusha differs in each individuals because capacity of oral cavity differs.

1. According to Sharangdhara: A mouth full of liquid is the dose of gandusha. For liquid (drava) and power (dravya) gandusha dose should be 1 kola (I.e. 6 gms)
2. According to vagbhata: (A.S.S. 31-10) 3 matras
 - a) Vara matra- about $\frac{1}{2}$ capacity of oral cavity is filled with gandusha liquid.
 - b) Madhya matra: about $\frac{1}{3}$ capacity of oral cavity is filled with gandusha liquid.

c) Avara matra: about 1/4 capacity of oral cavity is filled with gandusha liquid. Among these two, sharangadhara dosage is more appropriate according to definition of gandusha. Duration Medicinal preparation has to be kept in mouth until individuals develops following symptoms.

Filling of throat with oropharyngeal secretions (kaphapurnaashyata) Watery discharge from nose and eyes (kanthasrava and akshisrava)

Assessment of Gandusha procedure

Symptoms indicating proper effects (shuddha gandusha lakshana)

- Relief in signs and symptoms of disease. (vyadhi upachaya)
- Feeling of freshness (tushti)
- Feeling of cleanliness in mouth (vaishadya)
- Feeling of lightness in mouth (vaktra laghava)

Symptoms indicating inadequate effects: (Heena ayoga of gandusha)

- Heaviness of mouth (jadya)
- Excessive salivation (kaphotklesha)
- Tastelessness (arasadnyata)

Symptoms indicating excessive effects (Atiyoga of Gandusha)

- Ulceration in mouth (mukhapaka)
- Dryness of buccal cavity (shosha)
- Feeling of thrust (trushna)
- Tastelessness (aruchi)
- Feeling of exhaustion (klama)

Treatment for atiyoga lakshana

- In case of shodhana atiyoga, snehana gandusha should be performed.
- In case of snehana Atiyoga, shodhana gandusha should be performed.
- Shamana and ropana gandusha should be continued

CONCLUSION

Research regarding these method, would benefit the general population through progress in oral and overall health thus preventing oral disease. Some principle finding in the post studies

shows the relevant application of different method and materials in maintenance of oral health.

Benefits of Taila Gandusha

- Regular practice of taila (oil) gandusha is explained in following benefits:
- In dincharya and swasthavrutta
- It strengthens the jaw and mandible (Hanvobala)
- It strengthens the voice (swarabalam)
- It provides nourishment to mouth and make face healthy and beautiful by giving exercise to facial muscles and increases motor function of these muscles. (vadanopachaya)
- Improves taste perception (rasadnyanam annach ruchiruttamam)
- Prevent dryness of mouth and throat (nachakanthaasyashosha)
- Prevent cracking of lips (na oshthayo sphutana bhedanam)
- It strengthens teeth by giving strength to root of teeth. (dhrudhamula)
- Prevent dental caries (krumidanta), toothache and dental hypersensitivity by providing nourishment to nerve and nerve endings (dantaharsha, dantashula).

Mode of Action of Gandusha

1. Gandusha exerts the mechanical pressure inside the oral cavity, it causes vasodilatation due to the warmth of the Kwatha. Due to vasodilatation, more fresh blood comes at the affected site and thus reduces inflammation.
2. Warm Kwatha stimulates mucous secretion and helps to wash out the superficial infective microorganisms.
3. Gandusha causes local cleaning effect there by removing debris and improve oral hygiene.
4. Gandusha increases the local defense mechanism- The pressure receptor present in the oral cavity is stimulated by the mechanical pressure which exerted during the procedure of Gandusha. These stimuli send signals to the salivary nuclei due to this, the parasympathetic nervous system increases the secretion of saliva. Local defense mechanism increases due to the lysosome one of the enzyme present in the saliva which is bacteriostatic in nature.
5. The chemoreception present in the oral cavity is stimulated by the chemical constituents which were present in kwath, ultimately increases the secretion of saliva and thus reduces the inflammation.

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