

THE EFFICACY OF KAVALA IN THE MANAGEMENT OF GALGRAHA W.S.R. TO PHARYNGITIS: A CONCEPTUAL STUDY

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Article Received on
08 February 2024,

Revised on 29 Feb. 2024,
Accepted on 20 March 2024

DOI: 10.20959/wjpr20247-31792



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ABSTRACT

Introduction: *Galgraha* mainly occurs due to vitiation of *kapha dosha* which settles in *gala Pradesh*, Pharyngitis can be correlated with *Galgraha*, which present features same as seen in pharyngitis like pain in throat, congestion in posterior pharyngeal wall, fever etc. Pharyngitis is one of the commonest complaints in day-to-day practice it is also a symptom of various diseases of respiratory system. There are multiple reasons behind reoccurrence of pharyngitis like poor oral hygiene, due to reoccurrence the local immunity of oral cavity decreases. In catarrhal form of pharyngitis, we can see this so to restore the immunity topical therapy mentioned in modern treatment. An etiological factor of *Mukharogas* includes *Aaharaj*, *viharaj* factors and not following appropriate *dincharya* results in disease of *Mukhagat* or *Galgat rogas*. The mentioned in ayurveda ancient books, Technique of '*Kavala Dharana*' the retained fluid which can be easily moved/rotate

from side to side in oral cavity/mouth is called *Kavala*(Gargle). When liquid is filled in mouth to which can be moved easily into mouth or can be gargling easily is called *Kavala.kavala* is an important *upkrama* of *Dincharya* mentioned in various *Samhitas*, which should be followed regularly in today's era. the *Kavala Chikitsa* provides good relief in *Mukhagat* and *Galarogas* etc. *kavala* is a very effective, preventive, safe & easily available treatment.

KEYWORDS: *Galgraha*, Pharyngitis, *Kavala*, mukh swasthya.

INTRODUCTION Acharya charaka mentioned *Galgraha* in *charaka Sutrasthan*, *Trisothiya Adhyaya*.^[1] Pharyngitis can be correlated with *Galgraha*, which present features same as seen in pharyngitis like pain in throat, congestion in posterior pharyngeal wall, fever etc.^[2]

Kavala ghrahan gives good relief in *manya stambha*, *shiro-roga*, *karna roga*, *mukharoga* and *netra roga*, *kantha roga*, *mukha sosha*, *aruchi* and *pratishyaya rogas*. To get rid of such painful disease, *Ashtang hriday* has mentioned the *kavala chikitsa* which provides good relief *Mukhagat* and *Galagata Rogas*. The mentioned in ayurveda ancient text books, technique of '**Kavala Dharana**' When liquid is filled in mouth to which can be moved easily into mouth or can be gargling easily is called *Kavala*. In other wards Procedure of holding oil or decoction in the oral cavity followed by gargling for a certain period is known as **kavala**. *Ashtang Hriday* has mentioned the *Kavala Chikitsa* which provides good relief in *Mukhagat* and *Gala rogas*. The mentioned in ayurveda ancient books *Upkarma* of '**Kavala Dharana**' *kavala* can also proved to be an important procedure for management of *Galgraha*, it is a very simplest procedure of treatment with minimal or no side effects seen in so many case studies herbal dugs are easily available like *Triphala Nimba*, *Yashtimadhu*, *Daruharidra* etc.

AIMS AND OBJECTIVES

Aim of this, literary study the role of *kavala* in the management of *galagraha*.

MATERIALS AND METHODS

To provide appropriate knowledge about role of *kavala* in *galgraha*, according to ayurveda mentioned in various ayurvedic *Samhitas* – *Bruhatrayi*, *Laghutrayi* and relevant books.

Types of kavala

According to shusruta shamita ^[4]	According to ashtanga hrudaya ^[5]
<i>Snehika</i>	<i>Snahika</i>
<i>Prasadana</i>	<i>Prasadana/shamana</i>
<i>Shodhana</i>	<i>Shodhana</i>
<i>Ropan</i>	<i>Ropan</i>

Kavala - *rasa*, *guna*, and *doshagnata*, according to Acharyas^[6-7]

kavala	Rasa	Guna	Doshagnata
<i>Snigdha</i>	<i>Madhura, amla, Lavana</i>	<i>Snigdha, ushna</i>	<i>Vata</i>
<i>Prasadana</i>	<i>Tikta, kashaya, madhura</i>	<i>Sheeta</i>	<i>Pitta</i>
<i>Shodhana</i>	<i>Katu, amla, lavana</i>	<i>Ruksha, ushna</i>	<i>Kapha</i>
<i>Ropana</i>	<i>Kashaya, tikta, madhura</i>	<i>Ushna</i>	<i>Vrana</i>

These items are used for retention of *kavala* depending on *dosha*- *Sneha*(tail, *ghruta*), *madhu*, *ksheera*, *gomutia*, *kanji* (sour liquid), *kashaya* & lukewarm water.

- ❖ **Indications for *kavala***^[8]: *shiroroga, karnaroga, mukharoga, netraroga, kantharoga, lalasrava, manyasthambha, mukhashosha, aruchi, peenas etc. are curable especially by kavala.*
- ❖ **Contraindications for *kavala***: *who has taking visha, who is suffering from murchha, madadyaya, shosha, raktapitta, kupitakshi*

Kavala procedure

POORVA KARMA

- *Svedana* Is Performed At Patients Neck, Forehead, Shoulders, Cheeks Followed By Massage.
- The Face Of The Patient Should Be Slightly Elevated And He/She Should Maintain His/Her Body In Straight Sitting Posture.
- Should Concentrate On Procedure Of Retention Of *Kavala* With Devoted Mind.

PRADHANA KARMA

- Patient should sit comfortably on chair with concentrated mind.
- The medicated kwath/oil is held mouthful with swiss movement till the mouth gets filled with kapha or till the nose and eyes becomes secretory, after which it is to be spit out.

Kavala Dharan kala^[9]

kavala should be used after the age of 5 yrs.

these can be used three, five, seven times or till balancing of doshas.

Duration of kavala^[10]

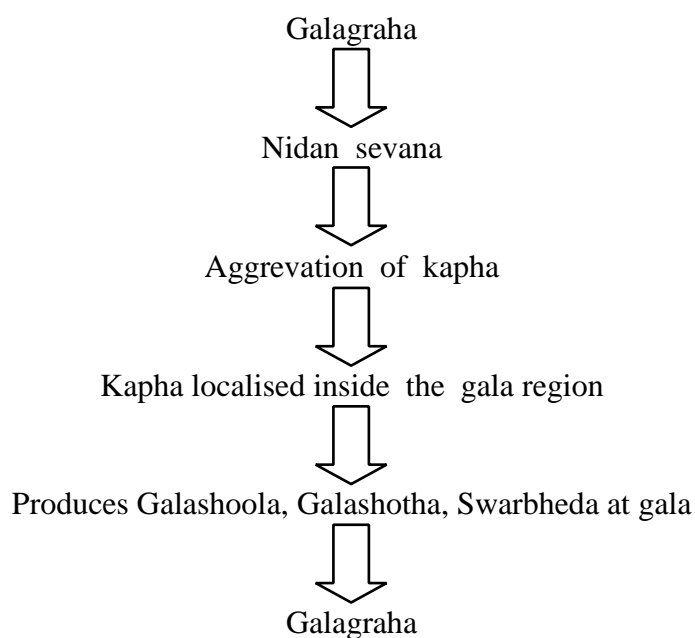
कफपूर्णस्थिता यावत्स्रवद्वाणाक्षताथवा । अ.ह.सूत्र. (22/11)

Kavala which should be continued till the patient develops following symptoms.

- *Kapha Purnasyata* : Filling Of The Throat By Oropharyngeal Secretions
- *Ghrana Srava* : Watery Discharge From The Nose
- *Akshi Srava* : Watering Of The Eyes

PASCHAT KARMA

- After *samyak lakshana*, of *kavala* mouth medicine is spit out.
- The mouth should be cleaned with warm water.
- *Svedana* and massage are again repeated after the *kavala*.

SAMPRAPTI**SAMPRAPTI GHATAK**

- **Dosha** : Kapha,Vata
- **Dushya** : Rasa,Rakta,Mamsa,Kleda,Rasayani
- **Srotas** : Rasavaha,Raktavaha,Mamsavaha
- **Agni** : Jataragni And Dhatwagni Mandya
- **Ama** : Jataragni
- **Srotodusti** : Atipravritti, Sanga
- **Roga marga** : Bahya
- **Udbhava sthana** : Amashyaya
- **Vyaktasthava** : Gala,Kanta,Hanusandhi
- **Sancharasthana** : Rasayani

***Karmukata/Physiological action of kavala*^[11]**

- systematically performed,*kavala* causes elimination of vitiated *Kapha* from surrounding structures.
- which get mixed with *dravyas* of *kavala* & thrown out along with it at the end of procedure.

RESULTS

To need appropriate practice of traditional knowledge of *samitas* is given *upkramas* and *durg* formulations. if done correctly used *kavala* procedure eliminates *doshas*, and cures all types *mugharogas* including *Galgraha*.

DISCUSSION

Galgraha is most common disease of oral cavity. It is considered as the most challenging disease presently. there is need for safe and effective procedure for prevention and treatment of oral cavity disorders. Oral health in ayurveda is described under the *shalakya tantra*, and *Samitas*, we can find elaborated explanation regarding *Galarogas/Mukharogas*/oral health diseases, preventive and management aspects. *kavala* also keeps prevents all *mukharogas* and maintains *mukhaswasthya*. the proper regimens and our ayurvedic drugs very helpful for *Galgraha*, or any *mukharogas*. It is a simplest procedure with minimal or no any side effects.

CONCLUSION

Kavala gives good relief in *manya stambha*, *shiro-roga*, *karna roga*, *mukharoga* and *netra roga*, *kantha roga*, *mukha sosha*, *aruchi* and *pratishyaya rogas*. *Kavala Chikitsa*, provides good relief in *Mukhagat* and *Gala rogas*.^[12] The mentioned in ayurveda ancient books *Upkarma* of '***Kavala Dharana***' *kavala* can also proved to be an important procedure for management of *Galgraha*, it also plays an important role to prevent oral diseases without having any side effects. It is easy and simple procedure which can also performed in daily routine at any time.

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