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IMPORTANCE OF KAWAL AND GANDUSHA IN MAINTAINING ORAL HYGIENE

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ABSTRACT

Oral health reflects the body health. Now-a-days due to change in lifestyle individuals are consuming excessive quantity of apathy aahar and vihara. Also addiction like Tobacco Chewing, Smoking, Alcohol Consumption. For prevention and treatment of oral diseases modern medicines have limitations. There is a global need for safe and effective alternative prevention and treatment. Ayurveda is a good alternative for that and may lead to the development of novel preventive or therapeutic strategies for oral health. One such preventive measure therapy are Kawal and Gandusha to maintain good oral hygiene. Thus we will discuss regarding Kawal and Gandusha as a preventive measure in maintain oral hygiene.

Keywords- Kawal, Gandusha, Oral Hygiene, Preventive Measures, Mukharoga

Introduction-

Oral health reflects the body health. If oral hygiene is taken care of, we can avoid many diseases but it is not possible by brushing the teeth only. A common person comes in contact with the external environment each day and thousands of bacteria enters the human body through mouth which is not visible to anyone through the naked eye. Now-a-days due to change in lifestyle individuals are consuming excessive quantity of apathy aahar and vihara. Also addiction like Tobacco Chewing, Smoking, Alcohol Consumption. For prevention and treatment of oral diseases modern medicines have limitations. There is a global need for safe and effective alternative prevention and treatment. Ayurveda is a good alternative for that and may lead to the development of novel preventive or therapeutic strategies for oral health. One such preventive measure therapy are Kawal and Gandusha to maintain good oral hygiene. Acharyas decribed these measures not only as a preventive but also for different oral disease too. By using these measures

oral hygiene can be regained and growth of bacteria can be prevented.

Material and Method:-

Ayurvedic Samhita like Shushruta samhita, Charak Samhita, Asthanghrudaya, Ashtangasangraha, apart from this some relevant books, various ayurvedic manuscripts and online databases are used as a literature review.

Kawal and Gandusha-

Charak Samhita explained only kavala graha but Shushruta Samhita and Vaghbhatas Ashtang Samhita and Sangraha explained gandusha and kawal. According to them there is difference only in the dosage of the drug.

Kawal is medicated fluids are kept in the mouth in less quantity and asked to rotate in the mouth for a specific time and then expelled out. Gandusha is holding of medicated fluids in the mouth in full quantity for a specific time and then expelled it out (because of the full quantity the fluid is unable to rotate in mouth)^{[1][2][3]}

According to Sharangdhara kalka drugs are used in kawala and liquids are used in gandusha.^[4]

Types of Kawal and Gandusha-^{[5][6][7][8]}

Gandusha types:

<u>Shushruta</u>	<u>Vaghbhata</u>	<u>Sharangdhara</u>
1.Snehana	1.Snigdha	1.Snehika
2.Prasadana	2.Shamana	2.Shamana
3.Shodhana	3.Shodhana	3.Shodhana
4.Ropana	4.Ropana	4.Ropana

Kawal types:

Shushruta	Chakrapani
1.Snehika	1.Snehika
2. Prasadana	2. Prasadana
3.Shodhana	3.Samshodhana
4.Ropana	4.Ropana

Types of Gandusha with indications and drug used

Types	Indications	Drug used
1. Snigdha	Vata Dosha, dryness of mouth, pain, roughness of mouth, nervous disorders.	Sneha processed with Madhura, Amla and Lavana rasas
2.Shamana	Pitta Dosha, burning sensation, inflammation	Sneha processed with Tikta, Kashaya and Madhura rasa
3.Shodhana	Kapha Dosha, excessive salivation, stickiness, heaviness of mouth	Oil or decoction processed with Tikta, Katu, Amla, Lavana and Ushna .
4.Ropana	Vrana Ropanartha, healing of ulcers of oral cavity	Kashaya and Tikta Rasa Pradhan Dravya

Procedure for Kawal and Gandusha-**A. Poorva Karma:**

1. Sambhar Sangraha: medicated oil/liquid, comfortable knee-high chair, spittoon, therapist, attendant.
2. Atura Pariksha (assessment of patient): assessment is done based on Prakriti, Bala. Vitals are to be recorded.
3. Roga Pariksha (assessment of disease): complete assessment of disease is done based on Dosha- Dushya and treatment is planned accordingly.

B. Pradhan Karma:

1. The patient should sit comfortably on knee-high chair with concentrated mind. The medicated liquid/ oil is held mouthful without movement/gargling(for gandusha) and with swiss movement till the mouth gets filled with Kapha (or) till the nose and eyes become secretory, after which it is to be spat out. It is repeated till there is

sweating over forehead, cheeks and neck region for 3, 5 or 7 times (for kavala)

C. Paschat Karma

1. Medicated liquid/ oil is spat out.
2. Mouth is cleaned by gargling with warm water.
3. Assessment of the patient is done after Kavala for Samyak, Heena and Atiyoga.

D. Dharan Kala^[9]

Kawal and Gandusha n should be used after the age of 5years. These can be used three,five,seven times or till balancing of doshas.

Effects of the Pracedure:^{[10][11][12][13]}**1. Samyak Yoga Lakshana (proper effects)-**

Vyadherpachaya (palliation of diseases or illness), tushti/ santosh (freshness of oral cavity), vaishadhyam /nirmalta (cleaning of mouth), vaktralaghavam(lightness of

mouth), indriyanam prasada (sense organs tend to their work)

2. Heena Yoga Lakshana (inadequate effects)-

Kaphotklesh (excessive salivation), rasaagyana (improper functioning of taste buds), aruchi (anorexia), jadata (stiffness)

Use of Kawal and Gandusha according to diseases:

<u>Kawal and Gandusha</u>	<u>Effects</u>
Lukewarm or cool tilakalkodaka ^[14]	Dantharsha (Odontitis), Dantchala (loose teeth), Vataj Mukhroga
Taila or mansrasa ^[14]	For Healthy person
Ghrita or cold milk ^{[14][15]}	Burning sensation in mouth ulcer, agantuja kshata (injury), burning due to visha(poison), kshara (caustics) or agni (fire)
Madhu Gandusha ^{[14][15]}	Daha (burning sensation), trishnaprashamana (suppresses excessive thirst), cleaning of mouth, mukhavrana(mouth ulcers)
Luke warm water ^[14]	Vaktralaghavam (enhances lightness in mouth)
Taila saindhav gandusha ^[15]	Dantachala(loose teeth)
Kanji Gandusha ^[15]	Mukhashosha (dryness in mouth), mukhavairasya (tastelessness)
Saindhav, trikatu, raji(rai), aadraka ^[15]	Kapha nashaka
Triphala madhu ganduha ^[15]	Kapha, rakta and pitta nashaka
Repeatedly cold water Gandusha ^[16]	Decreases excess amount of phlegm (Kapha), thirst and food debris. Mouth is purified by this Gandusha.
Luckwam water ^[16]	Beneficial in kapha (phlegm), aruchi (anorexia), dantjadaya (tooth inertia) and feeling of lightness in mouth
Bijora neembu, kesar, saindhav, kali mirch kalka dharan as Kawal ^[15]	Removes jadata (stiffness), kapha-vaatjanitaruchi (anorexia)

3. Atiyoga Lakshana (excessive effects)-

Mukhapaka (mouthulcers), mukha shosha(dryness of mouth), trishna (thirst), klama (feeling of exhaustion)

Benefits of Gandusha and Kawal-[17][18]

It strengthens the jaw and improves quality of voice & muscle mass, clears the tongue so that appetite and sense of taste improves, prevents dryness of throat and prevents chapped lips. It strengthens the teeth and gums & also prevents sensitivity of teeth. It also seen effective in diseases like spondylitis, headache, maintaining the eyesight, dryness of mouth and rhinitis and many more supra clavicular diseases.

Mode of action of Gandusha and Kawal-[19][20][21]

The drug which is taken by the mouth is passed through the liver and then absorbed into the bloodstream (systemic circulation). But in other forms of drug administration, the drug by-passes the liver and directly entering the bloodstream and results in rapid onset of drug effect. Gandūsha and kaval is other form of drug administration into the oral cavity in which

the active ingredients and chemical constituents of the drugs are absorbed through the buccal mucosa and reach the blood stream. It is having both in local and systemic action but generally more in local effect. The probable mode of action is explained in following actions:

1. Exerts increased mechanical pressure:

Gandūsha and kawal increases mechanical pressure inside the oral cavity. The active ingredients and chemical constituents of the medicated liquid stimulate the chemoreceptors and mechanoreceptors in the mouth to send signals to salivary nuclei in the brain stem. As a result, the parasympathetic nervous system activity increases and impulses sent via motor fibres in facial and glossopharyngeal nerves. They trigger a dramatically increased output of salivary secretion which predominantly watery (serous). The metabolic waste (toxins), food debris and depositions as well as superficial infective micro-organisms present in the oral cavity gets dislodged and mixed with retained medicated liquid and removed from the oral cavity. Thus, Gandūsha and kawal will act as a good oral cleansing method and helps to improve or regain the oral hygiene.

2. Stimulates salivary gland:

Gandūsha and kawal stimulates the salivary glands to secrete more saliva. Saliva contains a variety of host defence factors. The IgA, IgM antibodies and lysozyme (a bactericidal enzyme that inhibits bacterial growth in the mouth) present in the saliva provide protection against micro-organisms by acting as local antibiotic. Saliva also contains coagulation

factors (factors VIII, IX & X) which protect wounds from bacterial invasion. Hence, Gandūsha and kawal increases the local defence mechanism of the oral cavity and helps to regain oral hygiene.

3. Increases the vascular permeability:

Gandūsha and kawal increases the vascular permeability in the oral cavity. It creates pressure over the oral mucosa. The active ingredients and chemical constituents of the warm medicated liquid irritate the oral mucosa and increase the vascular permeability. Therefore, the drugs get rapidly absorbed both locally and systemically. This can help to reduce inflammation and enhance the healing process of disease and thus cures the disease of oral cavity.

4. Maintains oral pH:

The main function of salivary buffer is to maintain pH at the mucosal epithelial cell surface and the tooth surface. Healthy mouth is a non-acidic or neutral. Unhealthy mouth is acidic and increases the risk of oral diseases. Gandūsha and kawal is an immediate solution for mouth acidity and change the oral pH quickly into a safe zone. The active ingredients and chemical constituents of the medicated liquid of Gandūsha and kawal regulate and balance the pH of the oral cavity and help to reduce bacterial growth in the mouth. Thus Gandūsha and kawal cures the disease and helps to regain oral hygiene by maintaining a good pH balance in the mouth.

Conclusion

Oil pulling method can be co-related with Gandusha and oil swishing can be associated with Kawal. These have been

quite popular these days and have lots of benefits including- oral hygiene, lustrous skin, healthy eyes etc. It is also included in Dinacharya in Ayurveda for maintain the oral hygiene and prevent growth of bacteria in mouth. It also gives strength to facial muscles which can appear as anti-aging impact in beauty. It also plays an important role to prevent as well as cure oral diseases without having any side effects. It is easy and simple procedure which can also performed in daily routine at any time simply by filled mouth with normal water till secretions are not come out from nose and eyes.

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