



REVIEW ARTICLE ON KAVALA AND GANDOOSHA

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ABSTRACT

The main purpose of *Ayurveda* is to promote the health of healthy person and to cure the disease of the sufferer.^[1] *Ayurveda* believes to treat the disease from its root cause. There are various oral diseases prevailing in the society due to change in lifestyle and dietary habits of the individuals. Though there are various measures described in *Ayurveda* for maintaining oral hygiene like *dant dhavana*, *jihvanirlekhana*, *tambool sevana*, *kavala* and *gandoosha*.^[2] Out of these measures, *kavala* and *gandoosh* are two preventive and therapeutic measures explained in Ayurvedic classics. The features of both these measures are described in this review.

KEYWORDS: *Kavala*, *gandoosha*, oral health.

INTRODUCTION

Both these procedures (*kavala* and *gandoosha*) are explained in *Ayurvedic Samhita* under *dincharya* and *ritucharya*.

This review focus on procedures of *Kavala* and *Gandoosha* as described in *Ayurvedic Samhita*.

Various definition of *Kavala* and *Gandoosha* are described by different *Acharya*'s.

Gandooshs is a process of holding liquid drug in the mouth with complete restriction of movement inside and *kavala* is a process of holding *kalka* in the mouth without restriction of movement inside.^[3]

Gandoosha means holding a mouthful of medicine /liquid for some time and *Kavala* is just rinsing the oral cavity with *kalka*. etc.

DIFFERENT TYPES OF KAVALA/GANDOOSHA^[4]:

Gandoosha /*Kavala* are of four types such as.

1. *Snaihik Gandoosha* (fatty /oil)
2. *Shaman Gandoosha* (palliative)
3. *Shodhana Gandoosha* (cleaning gandoosha)
4. *Ropana Gandoosha* (healing)

According to *Acharya Sharangdhar*, *gandoosha* is of two types.

1. Snaihika Gandoosha

तिलकक्कोदकं क्षीरं स्नेहो वा स्नेहिके हितः।

(शा. स. उत 10/8)

Gandoosha with a *kalka* of *tila* mixed with water or milk and oil.

Indication: *Vataja rogas*.

2. Shamana Gandoosha

वैश्वं जनयत्यास्य संध्याति मुखव्रणां |

दाहतृष्णाप्रशमनं मधुगण्डूषधारणं ||

(शा. स. उ. खण्ड 10/10)

a) *Gandoosha* with *madhu*.

Indication: *Asya vaisadyam, mukha vrana sandhana, daha prashamana, trishna prashmana*.

b) *Gandoosh* with *ghrita*.

Indication: *Visha, Kshara daghda, Agnidagha*.

3. Shodhana Gandoosha

शोष मुखस्य वैरस्य गण्डूषः काञ्जिको जयेत् |

(शा. स. उत 10/11)

a) *Gandoosha* with *kanjika*.

Indication: *Mukhashosha, Asya vairasyam*.

त्रिफला मधुगण्डूषः कफासृतिपतनाशनः |

(शा. स. उत 10/12)

b) *Gandoosha* with the paste prepared from *saindhava lavana, trikatu, rajika* and *ardraka*.

Indication: *Kaphaja mukha rogas*.

4. Ropana Gandoosha

दावीं गुडुवि त्रिफला द्राक्षा जात्याश्च पल्लावाः |

यवासथीति तत्त्ववाथः षठांशक्षोदसंयुत |

शीतो मुखे हन्यानमुखपाकं त्रिदोषजम् |

(शा. स. उत 10/13-14)

a) *Gandoosha* with decoction prepared from *darvi, guduchi, triphala, draksha, jatipallava* and *yavasa* mixed with $1/6^{\text{th}}$ part of *madhu*.

Indication: *Tridoshaja mukha paka*.

COMMON DRAV/DRAVYA USED IN KAVALA /GANDOOSHA^[5]

Oily preparations like *ghrita*, cow milk, honey, *mansarasa*, medicinal decoction, *mutra* etc. are used. They are used in powder form or paste form or in liquid form according to the diseased condition.

According to *Acharya Sharandhara*, *Gandoosha* is done with liquids and *Kavala* is done with *kalka* or paste.

DRAVYAS USED IN KAVALA^[6]: *Tripahala churna, vacha churna* etc are prepared as *kalka* and then after mixed with either one of the liquids like *taila, sura, mutra, ksharodaka, madhu* etc.

PRE REQUISITIES/MATERIAL REQUIRED FOR GANDOOSHA AND KAVALA

1. Table with chair
2. Oil for *mukhabhyanga*
3. *Swedana yantra*
4. *Aushada dravya* for *kavala/gandoosha*.

PURVA KARMA^[7]

Firstly the individual should be comfortably sitted in *nirvaat sthana* (an area devoid of air). Then *abhayanga* and *swedana* are given in the area of forehead, cheeks, throat and adjoining areas.

PRADHANA KARMA

After *abhayanga* and *swedana*, the *aushadha drav* has to be filled in mouth according to *Uttam, Madhya* and *Heena matra*.

For *Gandoosha*, *one kola drav* has be filled in mouth and the *aushadha drav* has to be retained in mouth.^[8]

For *Kavala*, the *aushadha drav* will be *one karsha* and *Acharya Vagbhatta* has advice that the movement should be upto the level of *kantha*.

PASCHAT KARMA/KAVALA & GANDOOSHA DHARANA KAALA

The *gandoosha/kavala* is to be held inside the mouth cavity till there is uncontrolled salivation.

There will be secretions from of mucus & thin watery discharge through the nose and eyes.

QUANTITY(MATRA) OF GANDOOSHA/KAVALA TO BE HELD IN MOUTH^[9]

1. *Shreshtha Matra*: the best quantity is $1/2$ part of mouth/oral cavity.
2. *Madhyama Matra*: quantity which fill one third of mouth/oral cavity.

3. *Heena Matra*: fulling one forth of the mouth is *heena matra*.

AGE CRITERIA FOR KAVALA /GANDOOSHA^[10]

Kavala/Gandoosha can be done from the age of five years.

SAMYAK YOGA LAKSHANA^[11]

1. *Vyadhi apchaya* (immediate relief from disease)
2. *Tushti* (appeasement)
3. *Vaishadya* (clearness in mouth)
4. *Vaktralaghav* (lightness in mouth)
5. *Indriya prasadana* (proper functioning of sense organs)

HEENA YOGA OF KAVALA /GANDOOSHA

1. *Mukha jadtta* (heaviness in mouth)
2. *Prasek* (excess salivation)
3. *Kaph utklesh* (increase mucus)
4. *Mukhalep* (stickiness of mouth)
5. *Ras agyaan* (tastelessness)
6. *Aruchi* (anorexia)

Treatment for heena yoga: Again hold *Gandoosha /Kavala* in mouth.

ATIYOGA OF KAVALA/GANDOOSHA^[12]

1. *Mukha paka* (ulcers in mouth)
2. *Shosha* (dryness in mouth)
3. *Trishna* (increase thirst)
4. *Aruchi* (anorexia)
5. *Klama* (tiredness)

Treatment of ati yoga of kavala/gandoosha

1. For *mukha paka* – In *mukha paka sira karma, shirovirechana, kaya virechana, mutra, taila, madhu, ghrita & milk kavala* in indicated.
2. For *Shosha*: *Ghrita paan* after meal *Nasya prayoga Madhur, snigdha & sheetal mansrasa* use.
3. For *Trishna*: Use of *endra jala Trin panchmoola sadhita jala* use *Sheetal jala sparsha*.
4. For *Aruchi*: *Kavala graha Mukha prakshalana Mano anukool bhojana*.
5. For *Klama*: *Vamana Langhana, pachana, shodhana*.

Probable mode of action of Gandoosha/Kavala^[13]

- 1) Increased mechanical pressure inside the mouth.
- 2) It stimulates the salivary gland which in turn stimulates salivary secretions.
- 3) Increases the vascular permeability.
- 4) It maintains the oral pH.

Specific Gandoosha/Kavala for different mukha roga's.

S. No	Kavala and Gandoosha	Effects
1.	Mulethi & Tila siddha milk Gandoosha ^[14]	Dantharsh, Dantbheda
2.	Kshiri vriksh kwatha gandoosha	Paridar
3.	Pippalyadi kavala ^[15]	Paridar
4.	Sneha gandoosha	Krimidant
5.	Dashmoola siddha gandoosha	Dantchaal
6.	Sheet gandoosha	Vidarbh
7.	Vachadi kavala	Jihva roga
8.	Draksha parushaka kwatha kavala	Pittaja rohini
9.	Amla dravya gandoosha	Taalu shosha
10.	Jatipatradi gandoosha	Mukhapaka

Preventive Gandoosha for health preservation

Oil gandoosha: Either oil or medicated oil can be used.

Til taila is the best among all.

Like oil, ghrita can also be used.

ADVANTAGES OF GANDOOSHA^[16]

Good for lips, keep them moist, and does not allow cracking. It is also very useful for gums and teeth.

CONCLUSION

After reviewing all the points, it has been concluded that *Kavala* and *Gandoosha* both helps in maintaining the general hygiene and strength of oral cavity.

Also, it helps in curing the diseases by its absorption through the buccal mucosa. So, it is clear that *Kavala* and *Gandoosha* both act as preventive and curative measures.

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