



**KAVALA & GANDUSHA**

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**ABSTRACT**

Each and everybody are practicing Kavala or gandusha since the development of the civilization. After leaving bed, prior and after any meal we are doing Kavala without knowing its medicinal values; only the sense of hygiene acts in our mind to direct us to do this job regularly. But it is a matter of fact that many of the diseases may be cured only by this procedure and in many diseases it is also a part of treatment.

**KEYWORDS:** kavala, gandusha, oral hygiene

**INTRODUCTION**

Kavala and Gandusha are more or less same. The only difference is the amount of the drugs used in it and the 'Kalpana' adopted. It is the process in which the medicine is filled in mouth and then ringing of mouth done. According to Susruta, the amount of medicines used in Kavala is lesser than Gandusha. The amount of

Gandusha dravya should be as much as the ringing process cannot be performed.<sup>[1]</sup> As per Sharngadhara, liquid is used for Gandusha where as Kalka for Kavala.<sup>[2]</sup>

**Classification:** Classification of Kavala and Gandusha with their implication is shown in the table 1 & 2

**Gandusha as per Astanga Hridaya.<sup>[3]</sup>**

NAME OF GANDUSA	USED IN	DRUG USED
Snigdha	Vata	Madhur, amla, lavana rasa sadhita sneha dravya
Samana	Pitta	Tikta, kasaya and madhura rasa sadhita draya
Sodhana	Kapha	Takta, katu, amla, lavana and ushna virya dravya
Ropana	Vrana ropana	Kasaya and tikta dravya

Generally ghrita, taila etc as senha along with dugdha, madhu, jala, shuktamadya, mamsarasa, gomutra and

dhanyamla are used with appropriate kalka either processed or unprocessed in warm or cold condition.

**KAVALA AS PER SUSHRUTA<sup>[4]</sup>**

NAME OF KAVALA	USED IN	DRUG USED
Snehi	Vata	Snigdha, ushna
Prasadi	Pitta	Svadu, shita
Shodhi	Kapha	Katu, amla, lavana, rukshma, ushna
Ropana	Vrana ropana	Kasaya, tikta, madhura, katu, ushna

**PROPERTIES OF KAVALA & GANDUSHA<sup>[5]</sup>**

1. It gives strength to the Hanu (mandible joint)
2. Svara (voice) becomes strong
3. Badanopachaya (healthy face)
4. Rasagnana (sense of tastes) improves
5. Uttama ruchi (good appetite)
6. No appearance of Kantha Shosha (dryness in throat)
7. No appearance of osthosphutana (cracks in lips)
8. Teeth become strong and do not fall
9. Gums become strong

10. No pain in teeth
11. Danta harsa disappears after taking some foods
12. Teeth become able to bite even hard food materials

**MODE OF ACTION OF KAVALA AND GANDUSHA**

The drugs used for kavala and gandusha having the specific doshagna properties which act locally on the Sthanika vyadhi as per pralepa, pradeha, parisheka etc. So it is used mainly in the Mukhagata Rogas. But it has

also specific action on manya, mastaka, karna, netraroga, mukha praseka, kantha roga, hrillasa, tandra, aruchi, pinas etc.<sup>[6]</sup> It is by the reflex action.

Kavala and Gandusha increase salivation. It is seen that sour substances (amla dravya) elicit copious secretion of saliva and it is often 8-20 times more than normal salivation. Smooth objects (snigdha, mridu) also increase marked salivation where as rough substances (ruksha, kathina) inhibit salivation even up to complete stoppage. The drugs used in Kavala & Gandusha thus interfere in Salivation. Salivation itself dilates the blood vessels. As a result more nutrition is supplied to the mouth, which is beneficial to fight against disease. Moreover Kallikrien secreted by activated salivary cells in turn forms bradykinin, which is a strong vasodilator.<sup>[7]</sup> If vaso dilation takes place, more polymorphs and macrophages come to the field to combat infections.

Saliva is also important to maintain local hygiene- as it contains lysozyme that attacks bacteria and helps thiocyanate ion (which also stays in saliva) to enter into bacteria for bactericidal effect. It also contains protein, antibodies which are beneficial to kill oral bacteria. Some of those bacteria are responsible for dental caries.

Profuse salivation washes out the oral bacteria. The hidden food particles, which are the metabolic supplier to those bacteria, are also washed out both by saliva and Kavala-Gandusha.

Salivation center is situated at the juncture of Pons and medulla.<sup>[8]</sup> Kavala and Gandusha may have distant effect on it.

Principally 3 glands namely Parotid, Sublingual and Submandibular glands perform salivary secretion. There are also many buccal glands secreting mucus. Parotid gland secretes mainly serous type of secretions that contain Ptyalin. It is a starch-digesting enzyme. The rest two secrete both the serous type and mucus. Mucus contains mucin, which is lubricant and surface protective. Kavala and Gandusha rejuvenate these glands to secrete proper ptyalin and mucin, which is supportive to the food digestion. Mukha osha kantha shosha, osha sphutana is combated due to the sneha guna of Kavala and Gandusha.

#### **PURVAKARMA OF KAVALA AND GANDUSHA**

Vagbhatta in Astanga Hridaya has advocated kavala and gandusha after Dantadhavana, Anjana, Nasya karma in Dinacharya.<sup>[9]</sup>

He has advised to perform Gandusha in place, which is well lighted by sunshine and free of airflow. Then Abhyanga, Sveda, Mardana should be performed. Then patient is asked to sit keeping his face slightly upward and then take medicine.

#### **PROCEDURE**

Patient is asked to rinse his mouth with the medicine in Kavala and just to hold them in mouth in Gandusha until the secretion from nose, eyes and mouth takes place.

#### **SAMYAKA LAKSHANA (features of appropriate medication)**

1. Vyadhinasha (decrease in disease condition)
2. Mukha prasannata (freshness in mouth)
3. Nirmalata (free from dirt)
4. Indriya Prasada (clarity in sense organs)

#### **HINA LAKSHANA (features produced in under medication)**

1. Jadya (tastelessness of the tongue)
2. Kapha utklesha
3. Rasagnana hinata (inability to differentiate different tastes)

#### **ATIYOGA LAKSHANA (features produced in excessive medication)**

1. Mukha paka (stomatitis)
2. Shosha (dryness in mouth)
3. Trishna (thirst)
4. Aruchi (anorexia)
5. Klama (fatigue)

Saliva contains large quantities of  $K^+$ . So when excessive salivation occurs due to atiyoga of Kavala and Gandusha, hypokalaemia takes place. As a result lethargy, muscular weakness even paralysis, mental confusion, anorexia, constipation, distension of abdomen etc may result.<sup>[10]</sup> Trishna is due to intra cellular acidosis, which is the consequence of hypokalaemia. Mukhapaka may be due to excessive use of lavana rasa.

#### **Indications of Kavala and Gandusha in Samhitas**

In **Jwara** - Kavala, Gandusha - to elevate Pratishtaya, Shiroroga, Kantha roga, Mukha vairasya.<sup>[11]</sup>

To treat **Aruchi in jwara** - Matulunga, ghreeta, saindhava or amlaki, draksha, sharkara, kalka for Kavala.<sup>[12]</sup>

**Kaphaja jwara** - Saindhava, trikatu, sarashapa, adraka, swarasa for Kavala (Bhab prakash)

In **Rajyakshma - Arochaka**: Kavalagraha.<sup>[13]</sup>

- i) Twaka, mustaka, ela, dhanya (dhania) powder
- ii) Musta, amlaki, twaka
- iii) Twak, daruharidra, yamani
- iv) Pippli and chabika
- v) Yamani, tintiri powder.

In **Shwayathu - Mukha Shotha**: Kavala by the shotha nashaka drugs.<sup>[14]</sup>

In **Trishna - Talushosha**: Ksheera, ikshurasa, gudodaka, sitopala, Kshoudra, sidhu, madhwika, tintiri, matulunga- for Gandusha.<sup>[15]</sup>

In **Mukharoga** – Pippali, aguru, daruharidra, twaka, yavakshara, rasanjana, patha, tejovati, haritaki powder along with honey for Kavala.<sup>[16]</sup>

**Kaphaja osharoga:** Kavala dharana.<sup>[17]</sup>

**Shitad** (Dantamulogata): Gandusha by sunthi, sarshapa, triphala, mustaka to prepare kwatha added with rasanjana.<sup>[18]</sup>

**Dantavesta:** Gandusha by kwatha of Ksheeri briksha with madhu, ghreeta and sarkara.<sup>[19]</sup>

**Shaishira:** Gandusha by vatadi panchaksheeri kwatha.<sup>[20]</sup>

**Upakusha:** Kavala by pippali, shweta sarshapa, sunthi, niachula phala pasted with warm water.<sup>[21]</sup>

**Adhimamsa:** Kavala by madhu and pippali.<sup>[22]</sup>

**Dantaharsha:** Kavala by luke warm sneha.<sup>[23]</sup>

**Krimidanta:** Gandusha by sneha.<sup>[24]</sup>

**Pittaja jihvakantaka:** Gandusha by madhuragana.<sup>[25]</sup>

**Kaphaja jihvakantaka:** Kavala by water mixed with shwetasarshapa and saindhava.<sup>[26]</sup>

**Upajihvva:** Gandusha.<sup>[27]</sup>

**Galashundi:** Kavala by kwatha of vacha, ativisha, patha, rasna, nibatwaka.<sup>[28]</sup>

**Sadhya rohini:** Gandusha.<sup>[29]</sup>

**Vataja rohini:** Kavala of luke warm oil.<sup>[30]</sup>

**Pittaja rohini:** Kavala of draksha kwatha and parushaka kwatha.<sup>[31]</sup>

**Kaphaja rohini:** kavala by sweta aparajita, vidanga, danti saindhava, dugdha, taila after proper cooking.<sup>[32]</sup>

**Adhijihva:** like upajihva.<sup>[33]</sup>

**Vataja sarvasara:** kavala by vataghna siddha taila.<sup>[34]</sup>

**kaphaja sarvasara:** gandusha by kaphagnadravya.<sup>[35]</sup>

**Sarva mukharoga:** kavala by dugdha, ikshurasa, gomutra, dadhimastu, amla, kanji, taila, ghrita according to Dosha involved.<sup>[36]</sup>

In **Mukhapaka:** Mutra, taila, ghreeta, kshaudra, ksheera for Kavala.<sup>[37]</sup>

In **Arochaka**<sup>[38]</sup>. **Vataja:** Kustha, sourbachchala, krishna jeeraka, Sharkara, maricha, bitlavana for Kavala.

**Pittaja:** Amlaki, ela, padmakastha, ushira, pipul, nilotpala, raktachandana for Kavala.

**Kaphaja:** Lodhra, tejovati, haritaki, trikatu, Yavakshara for Kavala.

**Sannipataja:** Krishna jeera, adraka, dadima niryasa, sharkara for Kavala.

In **pratishyaya-Pakva pratishyaya:** kavala.<sup>[39]</sup>

**Pittaja pratishyaya:** kavala by draksha, madhulika, srivestaka, sarjarasa, rakta chandana, priyangu, madhu, sharkara, shreeparni, goji, gambhari and yastimadhu.<sup>[40]</sup>

**Sannipatika pratishyaya:** kavala by musta, tejovati, patha, kat phal, vacha, sarshapa, pippali moola, saindhava, ajmoda, tuttha, karanjabeeja, devdaru kasaya.<sup>[41]</sup>

In **shiro roga** - Kaphaja: kavala by kaphanashaka dravya.<sup>[42]</sup>

Some other indications are also mentioned in Astanga Hridaya. They are as follows.<sup>[43]</sup>

1. In danta harsha, danta chala & Vatika mukha roga: kavala by cold or luke warm water according to disease with tila kalka.

2. Daily Gandusha: Taila and mamsa rasa.

3. Ushna daha yukta mukha paka, agantuja kshata, visha, kshara, agnidagdha: Gaandusha by ghee or dugdha.

4. Daha, trishna, mukha kshata, mukha vaishadya: Madhura Gandusha.

Dhanyamla in Gandusha destroys mala, daurgandha, and vairasya of mouth. If dhanyamla is used with out salt, it becomes Shita Viryya and mukha sosha nashaka.

Gandusha by water, containing kshara, destroys Shleshma sanchaya immediately.

Gandusha by luke warm water causes mukha laghava.

It may be used judiciously in any disease.

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