



KAVALA & GANDUSHA FOR ORO DENTAL CARE

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ABSTRACT

Oral diseases are among the most prevalent non-communicable diseases, affecting almost half of the world's population so there is a need for urgent action to improve oral health globally. Ayurvedic procedures for oral care is facilitated by routinely performing Gandusha and Kavala as part of our everyday routines. Guaranteed thorough dental care can be implemented by practicing these natural oral health habits into our daily routine. Kavala & Gandusha kriya is considered as a component of Dinacharya (daily regimen) in Ayurvedic texts. These can be practiced by both healthy and sick people because it has both therapeutic and preventative qualities. Different disease conditions can be treated with different Kavala & Gandusha benefits for oral health.

KEYWORDS: Kavala, Gandusha, Oral health, Oral hygiene, Preventive measures.

INTRODUCTION

Oral diseases are the most common non communicable diseases & affects half of the world's population. Good oral health is vital for overall well-being. It allows individuals to eat, speak, and smile without pain or discomfort. Oral health is also linked to general health, as infections in the mouth can potentially spread to other parts of the body. So, it is important to maintain good oro dental care.

Dental problems arise from a combination of factors including poor oral hygiene, dietary habits, and other lifestyle choices. Specifically, inadequate brushing and flossing allow plaque to build up, increasing the risk of tooth decay and gum disease. Additionally, frequent consumption of sugary and acidic foods and drinks can erode tooth enamel. Other contributing factors include smoking, dry mouth, and certain medical conditions. By understanding these causes and practicing good oral hygiene, maintaining a balanced diet, and addressing lifestyle factors, individuals can significantly reduce their risk of developing dental problems.

Dinacharya, the daily Ayurvedic regimen, includes practices that promote oro-dental health. This includes Dantadhavana (tooth cleaning), Jivhanirlekha (tongue scraping), Kavala (rinsing the mouth), Gandusha (oil pulling), and Pratisarana (applying herbal pastes), all aimed at preventing oral diseases and maintaining good hygiene.

Kavala & Gandusha

Keeping mouth full of fluid without moving is called as Gandusha and moving the material easily in the mouth is named as Kavala.^[1] Here the fluid penetrates the oral mucosa and gums by pressure and exerts its action. Gargling can be done with Sheeta or Ushna Jala, Taila, Ksheera, Madhya, Sukta and Mamsa Rasa. Ushna Jala Kavala cleanses the oral cavity and provides fresh feeling to the mouth. Kavala with Sheeta Jala remove unwanted residues. Gargling with Taila strengthens the Jihwa, Danta Moola, Danta, Mukha and Shabda. Gargling with Kashaya of Khadhira (Acacia catechu), Lodhra (Symlocos racemosa), Arjuna (Terminalia arjuna) and Triphala makes the teeth strong, remove bad taste and excess salivation. Gandusha can be done with Tila Taila or Mamsa Rasa on daily basis to maintain the health of oral cavity. Kavala Dharana with oil is good for teeth, renders the mouth aromatic and it heals up lesions and regulate or holds back deterioration or decay in the mouth. In case of loose teeth and sensitive teeth Gandusha can be done with Lukewarm or cold water mixed with the paste of Tila. Both Kavala and Gandusha can be done with Ghrita or Ksheera. Madhu will generate clarity and soothes the mouth. Lipid soluble components which is present in Kavala and Gandusha will be absorbed to oral cavity through mucous membrane as it has the capacity to absorb lipid soluble drugs. Regular and appropriate practice of Kavala will help in proper movements of the jaw and facial muscles, which in turn help for speech and mastication. Curing of the disease, pleasantness, vividity

and lightness in the mouth and sense organs are the signs of properly performed Gandusha.

Classification of Gandusha^[2,3]

According to Astanga Hridaya	According to Sarangadhar Samhita	Effects
Snaihihik	Snigdha	Vatahara
Samana	Prasadana	Pittahara
Sodhana	Samsodhana	Kaphahara
Ropana	Ropana	Vrana ropana

Types of Gandusha based on Rasa, Guna & Virya^[4]

Types	Dravya	Rasa	Guna	Virya
Snehana	Sneha, Mamsa rasa, Tila kalka, Ksira, Taila	Madhura, Amla, Lavana	Snigdha	Ushna
Prasadana	Madhu, Ksira, Iksurasa, Ghrita	Madhura, Tikta, Kashaya	Sita	Sita
Sodhana	Sukta, Madya, Dhanyamla, Mutra	Katu, Amla, Lavana	Ruksha	Usna
Ropana	-	Kashaya, Tikta, Madhura, Katu	Ushna- Sushruta Sita- Vagbhata	Ushna- Sushruta Sita- Vagbhata

Types of Kavala^[5]

Sl.no.	Type of Kavala	Qualities	Effects
1.	Snehi	Snigdha, Ushna	Vatahara
2.	Prasadana	Madhura, Sita	Pittahara
3.	Sodhana	Katu, amla, lavana, ruksha, ushna	Kaphahara
4.	Ropana	Kashaya, tikta, madhura, katu, usna	Vrina ropana

Procedure of Kavala & Gandusha^[6]

Purva Karma

1. In a vatarahita sthana, patient is seated comfortably, face, neck, shoulders are given Abyanga & Swedan.
2. The medicated liquid or oil is warmed in a warm bath.

(in Kavala) till the mouth gets filled with Kapha and or till the eyes & nose becomes secretory.

3. The medicated liquid is to be spat out after holding for specified time.
4. The procedure is repeated for 3,5,7 times at a stretch.

Pradhana Karma

1. The patient is made to sit on a knee high chair with his arms resting on arm rest.
2. The medicated liquid is held mouthful without movement (in Gandusha) or with swiss movement

Paschat Karma

1. Medicated liquid is spat out.
2. Mouth is cleared b gargling with warm water.
3. Assessment of patient is done for Samak, Heena or Atiyoga.

Quantity of the liquid

Quality	Quantity of Medicine
Pravara (maximum)	Half of the oral cavity
Madhyama (moderate)	One third of the oral cavity
Avara (minimum)	One fourth of the oral cavity

Benefits of Gandusha^[7]

Gandusha dharana phala	Effect
Hanvor balam	Strengthens Mandible
Svarabalam	Improves voice
Vadanopachaya	Nourishes mucosal surface & face
Rasagyana param anne uttama ruchi	Improved taste perception, good appetite
Na asya sosa	Prevents dry mouth
Na kantha sosa	Prevents dryness of throat
Na ostayo sphutanat bhayam	Prevents cracked lip
Na ksaym yanti	Prevents dental caries, toothache, hypersensitivity. Stronger teeth
Na sulyante	
Na amlena hrsyante	
Paran bhaksyan	
Bhaksayanti	Stronger teeth
Drdhamula	
	Strong periodontia

Benefits of Kavala^[8]

Kavala graha phala	Effects/ cures
Manya, shir, kantha, mukha, akshi roga	Diseases of neck, head, ear, oral cavity & eye
Praseka	Hyper salivation
Kanthaamaya	Diseases of throat
Vaktra sosha	Dryness of mouth
Hrillasa	Nausea & palpitation
Tandra	Drowsiness
Aruchi	Loss of appetite
Pinasa	Running nose
Gala, talu, jihva, dantamula ashrita kapha haran	Expels kapha from gala, talu, jihva & dantamula
Swara prasadan	Pleasing voice

Difference between kavala & Gandusha in Sarangadhara^[9]

Attribute	Kavala	Gandusha
Movement	Absent	Present
Form of drug	Semisolid	Liquid
Quantity	Upto 1 karsha (12 gm)	Upto 1 kola (6 gm)

Acharya Sushruta recommended the form of drug in kavala as fatty substances, milk, honey, herbal juice, urine, acids, decoction or warm water. Selection should be based on dosa involvement of the disease condition or the patient.

Assesment of the procedures^[10]**Samyak yoga lakshana (Features of proper Kavala & Gandusha)**

1. Vyadhirapachaya- remission of the illness
2. Tusti- Freshness of the mouth
3. Vaisadya- clarity of oral cavity
4. Vaktra laghava- proper functioning of mouth
5. Indriya prasadana- healthy sense faculties

Ayoga lakshana (Features of inadequate Kavala & Gandusha)-

1. Jadya- Stiffness in the mouth
2. Kaphotklesa- excessive salivation
3. Arasajnata- improper taste perception

Atiyoga lakshana (Features of excess Kavala & Gandusha)

1. Mukhapaka- oral ulcers
2. Sosa- dryness in the mouth
3. Trishna- thirst
4. Aruchi- tastelessness
5. Hrid drava- palpitation
6. Swara sada- dull voice
7. Klama- exhaustion
8. Karna nada- ringing in the ear

Mode of action of Kavala & Gandusha

1. Mucous membrane of buccal cavity is one of the routes of drug administration.
2. Oral cleansing- stimulation of chemo receptors & mechano receptors of oral cavity by increased pressure which sends signals to salivary nuclei in the brain stem. They increase salivary secretion, which is predominantly watery. Metabolic waste, food

debris are dislodged along with infective microorganisms from mouth.

3. Salivary stimulation – gandusha stimulates salivary glands to secrete more saliva. The saliva contains defense factors like IgA, IgM, antibodies & lysozyme. It is also enriched with coagulation factors like VII, IX & X to protect wound from invasion of bacteria.
4. Vascular permeability- active ingredients of warm medicated liquid irritates oral mucosa to increase vascular permeability. This helps to reduce inflammation by rapid absorption both at local & systemic level.
5. Oral pH- the ingredients of gandusha will change the oral pH quickly from acidic to neutral or alkaline. The bacterial growth is reduced in this balance.
6. Anti bacterial- the bacterial cell wall destruction, bacterial enzymatic inhibition & extraction of bacterial lipopolysaccharides.
7. Lipid soluble drugs are absorbed rapidly through mucous membrane. They enter systemic circulation bypassing the liver & show pharmacological actions.

CONCLUSION

Gandusha and kavala vidhi are not just traditional oral hygiene practices; they are windows into an ancient understanding of holistic health. By incorporating these techniques into daily routine, we can potentially enhance oral hygiene, strengthen teeth and jaw, improve voice, throat, and mouth dryness, and much more. By embracing gandusha and kavala in daily routine, we can successfully embark on a journey toward holistic wellness and nurture our oral health.

More research regarding these methods would benefit the general population through progress in oral and overall health thus preventing oral disease. Some principle finding in the past studies shows the relevant application of different methods and materials in maintenance of oral health.

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