



A REVIEW LITERATURE ON GANDUSHA: IN MUKHAROGAS

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ABSTRACT

The *Mukha* i.e. oral cavity works as a reflector of the body health by acting as a gateway of the alimentary canal & in that way it is considered to be one of the most important parts of the *Urdhwajatru*. Oral cavity is constantly exposed to external environmental toxins which causes bacterial invasion in the oral cavity and leads to increase risk of oral diseases. Hence, to prevent bacterial invasion, *Gandusha* is very important to maintain a good oral hygiene. *Ayurveda* recommend *Gandusha* as a specialized therapy for good oral hygiene. *Gandusha* act by exerting the cleaning action and by increasing the defense mechanism in the oral cavity. *Gandusha* is used for both prevention and treatment of oral diseases. The present review article highlights how the *Gandusha* therapy will act as a basic tool for good oral hygiene.

KEYWORDS: *Gandusha*, *Mukharoga*, Oral diseases, Oral hygiene.

INTRODUCTION

According to *Yogaratanakara* oral cavity is made up of 7 parts. These are lips teeth gums palate pharynx and all parts as a whole. Oral cavity is a part of our body which is easily and constantly get exposed to exogenous risk factors. Through contaminated food drinks junk food and addiction of gutakha tobacco smoking and alcohol etc. external risk factors, bacteria get entered into oral cavity. If these habits get continued, these toxins get accumulated into oral cavity. Bacteria invading these toxins leads to oral diseases. Ultimately resulting in bad oral hygiene. It may lead to various oral diseases.

In order to remove these toxins ayurvedic therapeutics are more useful. E.g. *dantadhavana*, *gandusha*, *mukhapratisarana*, *kawala* etc. among these *Gandusha* safely removes toxins from oral cavity. The *mukha* i.e. oral cavity works as a reflector of body health by acting as an get way of alimentary canal. Therefore it is considered as a most important part of *Urdhwajatru*. By eliminating toxins *gandusha* helps to maintain oral cavity clean and healthy.

In *Ayurveda* *gandusha* is considered as a part of daily regiments (*dincharya*) which ultimately suggest its

importance. *Gandusha* has curative as well as preventive properties. Therefore it can be performed by healthy as well as diseased persons. According to different disease conditions specific *gandusha* can be performed with decoction *taila*, *ghrita* etc. for healthy person it can be done by using *tila taila*. By maintaining healthy condition of oral cavity *gandusha* will improve local defense mechanism.

Definition of *Gandusha*

“Holding any decoction, oil, *ghruta* or any liquid in mouth to its full capacity for specific time without any movement inside mouth.”

It can also be performed with *Sneha* (*taila*, *ghruta* etc.), milk, honey, honey water, *mansarasa*, wine, urine of animals, sour liquids, *dhanyaamla*, *Kashaya* (decoction), *ushanoadaka* (hot water) etc. according to vitiated *doshas*.

Types of *Gandusha*

Depending upon *doshaghata* (vitiation of *doshas*) and *karmukata* (therapeutic effects) *Ayurveda* has classified *gandusha* into 4 types.

<i>Shushruta</i>	<i>Vagbhata</i>	<i>Sharangdhara</i>	<i>Ashtangasanghara</i>	<i>Yogaratanakara</i>
<i>Snehana</i>	<i>Snaihika</i>	<i>Snigdha</i>	<i>Snigdha</i>	<i>Snehana</i>
<i>Prasadana</i>	<i>Shamana</i>	<i>Prasadhana</i>	<i>Shamana</i>	<i>Prasadhana</i>
<i>Shodhana</i>	<i>Shodhana</i>	<i>Sanshodhana</i>	<i>Shodhana</i>	<i>Shodhana</i>
<i>Ropana</i>	<i>Ropana</i>	<i>Ropana</i>	<i>Ropana</i>	<i>Ropana</i>

1. *Snigdha gandusha*

In this type of *gandusha* oil or oily substances like *ghrita*, *mansarasa*, *tila kalka*, milk etc. are formulated with sweet, sour or salty tested drugs also with *Ushana* properties, are used in warm form for the purpose of *gandusha*. All above mentioned properties are 'Vataghana' therefore it is used in *vataja* diseases. E.g. dryness or roughness of mouth.

Ideally 'milk and *taila kalka*' can be used for *snigdha gandusha*.

2. *Shaman gandusha*

In this type of *gandusha*, *swarasa* of serpent gourd, margosa tree, *jambu*, mango, spanish jasmine or decoction of lotus, liquorice, which are formulated with drugs having bitter, astringent, and sweet taste and cool potency. After mixing with honey, milk, or *ghruta* these are used as *shamana gandusha*. As all the properties which are mentioned above are 'pittaghna', so it is used in *pittaja* diseases. It reduces irritation due to pitta *dosha* and also has soothing effect in oral cavity i.e. diseases with burning sensation of mouth.

3. *Shodhana gandusha*

As the name suggests it is purificatory type of *gandusha*. For this *gandusha* decoction (*kwatha*) is prepared from herbal drugs with *katu* (pungent), *amla* (sour), *lavana* (salty), taste and drugs having *Ushana virya* i.e. hot potency. In this drugs belongs to *shirovirechana gana* are involved. This *gandusha* induces excessive oropharyngeal secretions and eliminate this secretions along with morbid 'kapha dosha' into oral cavity. Therefore it is used in kaphaja rogas in mouth region. i.e. diseases associated with excessive salivation, heaviness, stickiness of mouth.

4. *Ropana gandusha*: (healing *gandusha*)

In this *gandusha* decoction (*kwatha*) is prepared from herbal drugs with *Kashaya* (astringent), *tikta* (bitter), *madhura* (sweet), taste and with cool potency (*shita virya*). these properties gives it capacity of ulcer healing (*mukha vrana ropana*) therefore it is used in mouth ulcer healing.

Procedure of *Gandusha*

1. *Purvakarma*

The individual should be made to sit in the room with less airflow and in comfortable and erect posture. *Swedana* (fomentation) and *Mardana* (massage) should be applied on shoulders, throat, cheeks and forehead.

2. *Pradhan karma*

Medicinal preparation of *gandusha* is asked to kept in his mouth with its full capacity, without doing any movement inside the mouth, with concentrated mind. Face should be kept in slightly lifted position. It shouldn't be engulfed by individual. He should be advised to hold it until the mouth gets filled with oropharyngeal secretions (*kapha*). Watery discharge appears

from nose and eyes (*jalasrava* from *netra* and *nasa*) then it should be spat out. And relax.

Same procedure should be repeated for 3, 5, 7 times. *Gandushadharana* can be done to get rid of *doshas* till the appearance of signs and symptoms of proper (*samyaka gandusha lakshane*) of *gandusha* therapy.

Dosages

Quantity of *gandusha* differs in each individuals because capacity of oral cavity differs.

1. According to *Sharangdhara*

A mouth full of liquid is the dose of *gandusha*. For liquid (*drava*) and power (*dravya*) *gandusha* dose should be 1 kola (i.e. 6 gms)

2. According to *vagbhata*: (A.S.S. 31-10)

3 *matras*

- *Vara matra*- about ½ capacity of oral cavity is filled with *gandusha* liquid.
- *Madhya matra*: about 1/3 capacity of oral cavity is filled with *gandusha* liquid.
- *Avara matra*: about 1/4 capacity of oral cavity is filled with *gandusha* liquid.

Among these two, *sharangadhara* dosage is more appropriate according to definition of *gandusha*.

Duration

Medicinal preparation has to be kept in mouth until individuals develops following symptoms.

- Filling of throat with oropharyngeal secretions (*kaphapurnaashyata*)
- Watery discharge from nose and eyes (*kanthasrava* and *akshisrava*)

Assessment of *Gandusha* Procedure

A) Symptoms indicating proper effects (*shuddha gandusha lakshana*)

- Relief in signs and symptoms of disease. (*vyadhi upachaya*)
- Feeling of freshness (*tushti*)
- Feeling of cleanliness in mouth (*vaishadya*)
- Feeling of lightness in mouth (*vaktra laghava*)

B) Symptoms indicating inadequate effects: (*Heena ayoga of gandusha*)

- Heaviness of mouth (*jadya*)
- Excessive salivation (*kaphotklesha*)
- Tastelessness (*arasadnyata*)

C) Symptoms indicating excessive effects (*Atiyoga of Gandusha*)

- Ulceration in mouth (*mukhapaka*)
- Dryness of buccal cavity (*shosha*)
- Feeling of thrust (*trushna*)
- Tastelessness (*aruchi*)
- Feeling of exhaustion (*klama*)

Treatment for *atiyoga lakshana*

- 1) In case of *shodhana atiyoga, snehana gandusha* should be performed.
- 2) In case of *snehana Atiyoga, shodhana gandusha* should be performed.

Shamana and *ropana gandusha* should be continued until the disease get cured.

3. Pashchat karma

After performing *gandusha karma*,

- 1) Gentle massage (*mardana karma*)
- 2) Fomentation (*swedana*) is performed again.

Contraindications

Gandusha karma should not be advised to a person, who is

- Poisoned (*vishaprayoga*)
- Unconsciousness (*murchha*)
- Weak / emaciation (*shoshi*)
- Bleeding disorder (*raktapitta*)
- Conjunctivitis (*kupitaakshita*)
- Children less than 5 years of age
- Anorexia (*aruchi*)
- Who has received *nasya* therapy
- Sleeplessness
- Chronic / carcinogenic ulceration in oral cavity

According to *Yogaratanakar*

- Rhinitis (*pinasa*)
- Indigestion (*Ajirna*)
- Lock jaw (*hanugraha*)

Indications

- *Shiroroga* (diseases of head), *karnaroga* (diseases of ear), *mukharoga* (diseases of oral cavity), *netrarogas* (diseases of ophthalmology), *kanthagata rogas* (diseases of throat).
- Excessive salivation
- Stiffness of neck (*manyastambha*)
- Dryness of mouth (*mukhashosha*)
- Nausea (*hrullas*)
- Sleeplessness (*tandra*)

According to *Vagbhata*

- Tastelessness (*Aruchi*)
- Rhinitis (*pinasa*)

Benefits of *Taila Gandusha*

Regular practice of *taila* (oil) *gandusha* is explained in following benefits

In *dincharya* and *swasthavrutta*

- It strengthens the jaw and mandible (*Hanvobala*)
- It strengthens the voice (*swarabalam*)
- It provides nourishment to mouth and make face healthy and beautiful by giving exercise to facial muscles and increases motor function of these muscles. (*vadanopachaya*)

- Improves test perception (*rasadnyanam annach ruchiruttamam*)
- Prevent dryness of mouth and throat (*nachakanthaasyashosha*)
- Prevent cracking of lips (*na oshthayo sphutana bhedanam*)
- It strengthens teeth by giving strength to root of teeth. (*dhrudhamula*)
- Prevent dental caries (*krumidanta*), toothache and dental hypersensitivity by providing nourishment to nerve and nerve endings (*dantaharsha, dantashula*)

Probable mode of action

- Exert increased mechanical pressure
- Stimulates salivary glands
- Increases the vascular permeability
- Maintains oral PH.

Importance of *gandusha* in *mukharoga*

Gandusha is indicated in following diseases

1. *Kaphaja oshtaparakopa*
2. *Dantaharsha*
3. *Dantachala*
4. *Krumidanta*
5. *Dantasharkara*
6. *Sheeta danta*
7. *Dantaveshtaka*
8. *Saushira*
9. *Danta vaidarbhya*
10. *Dantanadi*
11. *Dushta jivha*
12. *Upajivha*
13. *Galashundi*
14. *Galavidradhi*
15. *Mukhapaka*
16. *Sadhya rohini*
17. *Kaphaja mukharoga*

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