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“A REVIEW ON THERAPEUTIC PROCEDURE FOR ORAL DISEASES AND ORAL HEALTH IN AYURVEDA: GANDUSHA”

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ABSTRACT

Oral cavity is commonly and constantly exposed to external toxins which cause bacterial invasion in buccal cavity, increases risk of oral cavity diseases. hence to avoid bacterial invasion in the oral cavity, it is important to maintain good oral hygiene and avoid factors affecting oral health like contaminated food, tobacco chewing, soft drinks, junk foods, alcohol etc. Ayurveda recommends Gandusha as specialized therapy for good oral health. it specialized in maintaining and promoting oral hygiene by exerting cleansing action and in ceasing defence mechanism in oral cavity. It is important tool for prevention and treatment of oral diseases.

KEYWORDS: Gandusha, mukhrogas, oral hygiene, oral diseases.

INTRODUCTION

Oral diseases are one of the most common and most important problem in public health. It also reflects body health. Oral cavity is prone to be constantly exposed and has an increased risk of oral diseases due to junk food habits, addictions like smoking, gutkha chewing, alcohol soft drinks etc. This gradually results in accumulation of toxins in oral cavity and causes bacterial invasion leading to bad oral health. This results in oral diseases. Hence in order to avoid the chance of bacterial invasion it is important to remove these toxins from the mouth to maintain good oral hygiene. Gandusha is explained in ancient texts as one of the routine procedures as *dincharya*^{1,2} i.e. daily regimes for maintenance of good oral health. It is helpful for both healthy and diseased persons.

In a healthy person it is done by using plain sesame oil. A diseased person can apply the technique with using different medicated liquids or decoctions depending upon the condition of the disease and desired therapeutic effect. Gandusha will maintain and promote oral hygiene.

by exerting a cleansing action and by increasing the defence mechanism in the oral cavity. In Ayurveda Gandusha is also considered a part of daily routine.

Definition

Gandusha is the process of holding any

medicated liquid in the mouth to its full capacity for a specific time without allowing any movement inside the mouth^{3,4,5,6} we can do Gandusha with various things like fats (sneha), ghrta, tailam etc. and milk, honey (kshoudra), honey water (madhudaka), madya, mansarasa (meat soup) fermented grain wash (dhanyamla) and kashaya or ushnodaka etc. according to the specific dosha^{7,8}.

Classification

Depending on doshagnata (vitiation of dosha) and karmukta (therapeutic effect) many classical textbooks have mentioned four types of Gandusha in Ayurvedic science.

Types of Gandusha according to different Acharyas:

Sushrut ⁹	Vagbhata ¹⁰	Ashtang sangraha ¹¹	Sharangadhara ¹²
snehan	snaihika	snigdha	Snigdha
Prasada na	shamana	shamana	Prasada na
Shodhan	shodhan	shodhan	Sanshodhana
Ropana	Ropana	Ropana	Ropana

Snigdha Gandusha:

This Gandusha contains vataghna properties so is used in vata Vikaras in the mouth e.g. Dryness in mouth. In this, Snigdha

substances like oil (taila) or ghee (grita) are processed with herbs which have the properties like sweet taste (madhura rasa), sour taste (āmla rasa) and salt taste (lavana rasa) and hot potency (ushna virya)^{12,13}. taila kalkas are usually used for snaihih gandusha.

Shaman Gandusha:

In this dravyas having pittaghna properties are used, hence it is very useful in Pittaj vikaras in mouth i.e. burning in mouth. The decoction (kashāya) is prepared from the herbal drugs which are having the taste (rasa) of bitter (tikta), astringent (kashāya) and sweet (madhura) and cool potency (shīta virya)^{12,13}. This type of Gandūsha is beneficial for the alleviation of morbid Pitta dosha in the bucca lcavity.

Shodhana Gandusha:

Purificatory type of gandusha. Used in kapha rogas in mouth region ,works on vitiated kapha dosha .e.g.excessive salivation and stickiness in mouth.For this gandusha decoction(kwatha) is made up of herbal drugs with katu(pungent)amla(Sour) ,lavana (salty taste) and drugs having ushna virya.these drugs belongs to shirovirechan gana.Dravyas mainly involved.this gandush known to induces excessive oropharyngeal secretions and eleminate secretions with morbid kaph dosha in oral cavity.

Ropana gandusha:

It is healing type of Gandūsha. Here, the decoction (kashāya) is prepared from the herbal drugs which are having the taste (rasa) like astringent (kashāya), bitter(tikta) and sweet (madhura) and cool potency (shīta virya)^{12,13}. Since the drugs are used here are capable of healing ulcers (vrnās) and hence the name Ropana Gandūsha. This type of Gandūsha used in healing of ulcers in the mouth and hence useful in case of mouth ulcer.¹²

Kashay Gandusha

Sugar molecules remain in the mouth are the main source of food for the growth of oral bacteria. They cause inflammation in the oral cavity and produce oral problems like tooth decay and gingivitis,as the ingredients in kashay gandusha are water soluble this helps to remove toxins and sugar molecules by dissolving in water.and reduces the bacterial invasions.

Sneha Gandusha:

As Sneha has strong detoxifying effect it acts as cleanser . It contain lipid soluble drugs which removes lipid based toxins from the oral Cavity.

Procedure:^{9,14,15, 16}

The individual should be made to sit comfortably in erect posture in devoid of breeze in sunlight. His shoulders, throat,cheeks and forehead should be

massaged fomented. He should be asked to hold the medicated liquid in his mouth without doing any movement inside with face slightly lifted up. He should be advised not to drink the liquid and hold it until the mouth gets filled with oropharyngeal secretions (kapha) and watery discharge (jalasrāva) appears from the nose (nāsa) and the eyes (netra).then it should be spat out and relaxed.

same procedure should carried out for 3,7,5 times.

Gandusha is indicated in following mukhrogas:

- Dantaharsha
- Dantachala
- Danta sharkara
- Krimidanta
- Dantaveshtaka
- Saushirya
- Danta vaidarbha
- Dantanadi
- Galashundi
- Kaphaj mukhrogas
- Galavidradhi
- Mukhpaka

Gandush dharan should done up to the appearance of Samyak Gandusha

Lakshanas

Dosage:

Dose of gandusha differs in each individual according to the size of oral cavity of the individual.

According to Shārangadharā, a mouth full of liquid is dose of Gandūsha. And further, he states that one kola(6gm) by measure is the dose of either a liquid (decoction) or a powder for Gandūsha¹⁷

Vāgbhata states that a liquid is filled the mouth about ½ of capacity of the oral cavity (is pravara mātṛā), or 1/3rd of capacity of oral the cavity (is madhyamamātṛā) or

¼ of capacity of the oral cavity is (avara mātṛā)¹⁵.

Duration

Medicated preparation has to be kept in mouth until individual presents with following symptoms:

- 1) Oropharyngeal secretions filling the mouth(kaphapurnaasyata)
- 2) Watery discharge from nose and eyes(kanthasrava and akshisrava)

When aperson is treated with Gandusha ,he should be assessed for the therapeutic effect as follows^{18, 19}

A) Symptoms indicative of proper effects:

(Shuddha Gandūsha Lakshana):

A proper Gandūsha therapy brings about following symptoms if performed systematically and correctly.

1. Alleviation of illness or disease (vyādherapachayah)

2. Freshness of the mouth or feeling of contentment (tushtih)

Clarity of the oral cavity (vaishdyam)

3. Feeling of lightness in the mouth (vaktralāghavam)

4. Clarity or normal functioning of the sense organs (indriyaprasāda)

Symptoms indicative of inadequate effects:

(Heena Yoga Gandūsha Lakshana)

1. Stiffness of the mouth (jādyah)

2. Excessive Salivation (kaphotklesha)

3. Inability of the tongue to perceive taste properly (arasajnānah)

Symptoms indicative of Excessive effects:

(Ati Yoga Gandūsha Lakshana)

1. Ulceration in the mouth (mukhapāka)

2. Dryness of the buccal cavity (shosha)

3. Feeling thirsty (trushnā)

4. Tastelessness in the mouth (aruchi)

5. Sense of Exhaust

Treatment of atiyog Lakshnas:

1) In case of shodhana atiyoga ,snehana gandusha should be done.

2) In case of snehana atiyoga shodhan gandusha shuld be done. Shamana Gandush should be continued till the disease is cured.

After performing gandusha karma,gentle massage (mardan) and fomentation (swedana) is performed.

Contraindication²⁰

Gandusha should be avoided in:

Poisoned (visha), unconsciousness (murchā), weak or emaciation (shoshi), bleeding disorders(raktapitta), conjunctivitis (kupitākshi) and should not be administered to persons suffering from rhinitis (pīnasa), indigestion(ajīrna), lock jaw (hanugraha), anorexia(Aruchi), who has received Nasya therapy,and in case of loss of sleep due to awakening (jāgarana).

It is advocated after the age of five years.

Indication

Shiroroga (diseases of head),

karnarogas(diseases of ear),

Mukharogas(Diseases of oral Cavity

)Netrarogas (diseases of netras) kanthagat rogas (diseases of throat)

- Excessive salivation
- Manyastambha(neck stiffness)
- Nausea(hrullas)
- Sleepnessness(tandra)
- Rhinitis (pinasa)

- Tastelessness(aruchi)

Taila Gandush benefits²¹:

Gandūsha can be practiced daily to maintain good oral health.

Benefits:

1. It strengthens the voice (swarabalam) by supporting and promoting the vocal cords. It lubricates, reduces toxic load of the vocal cords.
2. It strengthens the jaws or mandible (hanurbalam) by lubricating and supporting.
3. It nourishes the mouth (vadanopachaya) and makes face healthy and beautiful by giving proper exercise to the muscles of cheeks, tongue, lips and soft palate.
4. It also increases motor functions of these muscles.
5. It improves taste perception by strengthening the taste buds. It also play role In clearing any fogg over the digestive fire.
6. It prevents dryness of mouth and throat (nachasyakanthashosha) by balancing pH of the oral cavity
7. It strengthen the teeth by giving strength to root of the teeth.

Help with dental hypersensitivity by providing nourishment to nerves.

Mode of action²²:

1. Increase vascular permeability
2. Stimulate salivary glands
3. Exerts increase mechanical pressure

4. Maintains oral PH

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- Krimidanta
- Dantaveshtaka
- Saushirya
- Danta vaidarbha
- Dantanadi
- Galashundi
- Kaphaj mukhrogas
- Galavidradhi
- Mukhpaka

Conclusion

Gandusha is one among the important therapeutic procedures as well as a effective Detoxifying measure in oral diseases. Ayurveda explains gandusha as the daily routine method. It will maintain and promote the oral hygiene by exerting the cleansing action and by increasing the defence mechanism in the oral cavity. It is having both preventive and curative effect .It should be followed under an advice of an Ayurvedic physician according to dosha dushti in the disease

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