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ROLE OF GANDUSH UPAKRAM IN DINCHARYA

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Abstract

Swasthavritta is branch of Ayurveda. Its main object is prevention of disease and promotion of Health. Ayurveda describing Mukhaswashya (oral health), Oral hygiene Practices like Dantdhavan (Tooth Brushing), Jivhanirlekhan (tongue cleaning), Kaval & Gandush upakram (gargling) are explained in daily routine under the heading of "Dincharya." Kaval & Gandush upkram are said to improve the oral hygiene & prevents various oral cavity disorders in mouth. So in management of oral health & Hygiene, Gandusha upkram is important to dincharya.

Key words- Swasthavritta, Dincharya, Gandush upkram.

INTRODUCTION

Ayurveda believes in the concept of prevention is better than cure. As stated by Charakacharya, Swasthaya swasthaya rakshanam aturasya vicar prashamanh |¹Cha.su.30/26

Considering this motto of Ayurveda, the subject Swasthavritta mainly deals with

prevention and promotion of every individual of their physical, mental and social health.

An unhealthy diet, habits like tobacco chewing alcohol uses, social determinants have increased incidence of disease pertaining to oral cavity. Ayurvedic treatment for oral health strongly recommends Gandush for the well beings

of an individual's so as to enjoy the fruit of natural well being and longevity.

In Swasthavritta, gandush upkram is recommends as a dincharya upkram for prevention & promotion of health.² Gandush upkram is believed to be the pulling out of toxins or the ama & also enhance the immunity and health of oral cavity.

Review of literature-

Ayurvedic classes mentioned not practicing dincharya procedures like Dantdhavan, gandush, tambulsevan will alter the normal oral cavity and lead poor mukha swasthaya.

An unhealthy diet, modern lifestyle, bad habits, smoking, alcohol uses, social determinants, poor oral hygiene etc.have increased incidence of disease pertaining to oral cavity.

AIM AND OBJECTIVES-

Aim- To study the role of gandush upkram in dincharya.

Objectives-

1. To study the role of gandush upkram.
2. To study the dincharya upkram.
3. To assess the role of gandush in the prevention of oral cavity disease & oral hygiene.

Materials and Methods-

To review Gandush upkram from available compendia, Ayurvedic samhitas, various

texts, journals and paper review, web series & modern literature.

Gandush

Nirukti-

The word Gandush is formed by Gandi +Gandesha which means mukha puranam i.e filling the mouth.

Ayurvedic treatment of gandush commends gargles with oil, herbs and warm water. Gandush dravya is filled in the mouth to the level that it cannot be moved in the mouth.³

Gandush is one of the Dincharya upkram it is the process of holding any medicated liquid / tail in the mouth with its full of capacity for specific time without allowing any movements inside the oral cavity.⁴

Classification-

According to doshghanata & karmukta the classics have mentioned different types of Gandush to different Ayurvedic acharyas.

According to sushruta⁵-1.Snehan

2. Prasadana
3. Shodhan.
4. Ropan.

According to vriddha vagbhat⁶-

1. Snigdha.
2. Shaman.
3. Shodhan
4. Ropan

According to vagbhat⁷- 1.Snehik

2. Shaman.
3. Shodhan.
4. Ropan

According to Sharangdhar⁸-

1. Snigdha.
2. Prasadana.
3. Samshodhan.
4. Ropan.

1. Snigdha⁴-

In this type of gandush oils, ghee or oily substances are used that are processed with medicines which have properties like sour taste, sweet taste. It is effective in imbalance of Vata dosha in oral cavity. e.g. mukhrog.

2. Shaman⁴-

It is palliative type of gandush. In this type of gandush drug is prepared with medicated drug which are having bitter taste & sweet taste. It is beneficial for pitta doshas like irritation of buccal cavity, ulcers in mouth & also burning in mouth. It has soothing effect in mouth.

3. Shodhan gandush⁴-

It is purificatory type of gandush. In this type of gandush drug prepared with medicated drugs which are having pungent, sour & salty taste. It induces excessive oropharyngeal secretions in the mouth hence it is called Shodhan gandush. It is beneficial for kaphaj dashas. e.g. Kaphaj mukhapak, excessive salivation, stickiness in the mouth.

Ropan gandush⁴-

This type of gandush helps in healing ulcers in the oral cavity. The medicines depends upon the cause of the

problems. The medicated drug which are used for this type of gandush are bitter, sweet & astringent taste. In this type of gandush promotes healing of mouth ulcers due to its cool potency hence it is beneficial for pitta dosha disease & mouth ulcers.

Gandush procedure⁹-

Purvakarama-

Ayurvedic treatment suggests that you need to give gentral massage to forehead prior to commencing to the procedure of gandush.

Pradhankaram-

- The person should be made to seat comfortably.

- Medicated liquid / drug is prepared & he should be asked to hold the drug / liquid in his mouth without doing any facial movement with concentrated mind, undisturbed without gargling for certain period.

- Medicine may be kept in the mouth comfortably for considerable period by tilting the head slightly backwards and resting on a head rest so that mouth faces upwards.

Cleaning the mouth-

After splitting out the drug/ liquid in the mouth may be cleaned by gargling with warm water.

Duration of gandush –

Medicated drug or liquid has kept in mouth till the symptoms develops-

- Kaphapurnasyata-filling of throat by oropharyngeal secretions.
- Ghran strava (kantha strava)-Watery discharge from nose.
- Akshi strava-Watery discharge from eyes.

Dosage of gandush-

The quantity or dosage for gandush upkram differs as individuals oral cavity According to sharangdhara, a mouthful of full of liquid/drug is dose of gandush.¹⁰

*** Beneficial effects of gandush upkram¹¹-**

- Hanuorbalam - Gandush improves the strength of mandible.
- Swarbalam - Voice becomes more effective and melodious.
- Vadanopchya - Gandush nourishes the mouth.
- Param rasanjanam - Capability of tongue in perceiving the taste sensation.
- Nasya-kanthya shoshah - Sneha gandush prevents dryness of throat.
- Krimidanta- Gandush prevents dental caries.
- Na oshthayoh sphutanadbhaya- By the regular practice of gandush, lips never develop cracks.
- Dridhmula danta – Gandush increases the stability of the teeth and gums and hence teeth do not fall even during the old age.
- Nashulyante - By the regular practice of gandush one can prevent toothache.

- Na hrishyante - by the use of gandush there will not be any fear of developing dental Hypersensitivity.
- Kharan bhakshyan bhakshayanti – Teeth become strong to eat any hard food Preparation.

Indications of Gandush upkram-

Gandush upkram should be done on a regular basis. There is no any pathya and no any fear of any side effect. It is beneficial for everyone to daily routine.

Contraindications of Gandush upkram-

- Individuals having chronic or carcinogenic ulcers from in the oral cavity avoid gandush.
- The person who is poisoned.
- Weak persons, Unconscious persons.
- The person who is suffering from anorexia, rhinitis, who is receiving nasya therapy in case of lock jaw, indigestion patients, insomnia or bleeding disorders like vatrakta.

Discussion-

Gandush upkram is used especially for urdhvajatrugat rogas, oral cavity disorders. It improves resistance against the oral cavity disorders, prevents disease like headache, throat, ear, nose, eyes. So gandush upkram is special in dincharya & Ayurvedic literature.

In gandush upkram medicated drug/liquid reaches the whole head through oral cavity & cures the disease.

Conclusion-

Ayurveda explains Gandush as one of the daily routine procedure under the context of Dincharya for maintenance of oral health & hygiene. It reduces the symptoms of increased kapha, vata & pittadoshas. It also increases the defence mechanism in the mouth/oral cavity.

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