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RESEARCH ARTICLE

ANIRVEDO VAARTA LAKSHANAM-WSR TO ORAL HYGIENE

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ABSTRACT

Oral hygiene is the practice of keeping one's mouth clean and free from disease and other problems (e.g. bad breath) by regular brushing (dental hygiene) and cleaning between the teeth. The most common types of dental disease are tooth decay (cavities, dental caries) and gum diseases, including gingivitis, and periodontitis. Gandoosha & Kavala procedures are used with both the aims e.g., for the prevention of the mouth disease including the diseases of the teeth and the gums; which is described in 'Dina Charya' and 'Ritu Charya' e.g., the daily regimen and the seasonal regimen respectively.

INTRODUCTION

WHO defines oral health as "a state of being free from chronic mouth and facial pain, oral and throat cancer, oral infection and sores, periodontal (gum)disease, tooth decay, tooth loss, and other diseases and disorders that limit an individual's capacity in biting, chewing, smiling, speaking, and psychosocial wellbeing" Procedures like Danta Dhavana, Jivhanirlekha, Kavala, Gandusha etc are useful for dental hygiene. Among these Gandusha & Kavala have more known efficacy in maintaining the oral hygiene and curing the oral diseases. Improper Danta Dhavana, not doing Gandooshaa and Kavala are mentioned as Nidana of Mukha Roga. Under "Swastha Chatuska" and "Matrashitiyaadhyaye," Acharya Charaka gives a description of Gandooshaa. In his "Anagatabhadapratishedha," Acharya Sushruta discussed maintaining good dental health. Sharangadhara describes Kavala as Chalanasheela and Gandooshaa as *Asanchara Mukhapurna*. He further explains that holding Drava Dravya in Mukha is known as Gandusha, while holding Kalka in the mouth is known as Kavala.

AIMS & OBJECTIVES: To assess the importance of oral hygiene in oro-dental diseases. To propagate the importance of Gandusha Vidhi & Kavala in maintaining oral hygiene. To create awareness in society.

GANDUSHA: There are numerous definitions of "Gandusha" available. Few are like.

- The *Gandusha* technique is effective for treating illnesses of the mouth and teeth.
- *Gandusha* - Keeping mouth full of medicine which will not permit to turn around or moved inside the mouth.
- The term "*Gandusha*" refers to holding a mouthful of medicinal decoction for a while.

KAVALA: The only distinction between Kavala and Gandoosha is in the dosage and method of administration. In Gandusha, liquid medication is entirely inserted into the oral cavity, held there for a set amount of time until lacrimation and nasal discharge occur, and then spit out. Typically, it takes 3 to 5 minutes. In Kavala Graha, a comfortable amount of medicinal fluid (about 3/4 full) is held in the mouth with the lips closed for a predetermined amount of time (around 3 minutes), gargled, and then spit out.

DIFFERENT TYPES OF GANDUSHA

Gandusha are of four types, such as:

- Snaihika Gandusha Oily - or Fatty Gandusha.
- Shamana Gandusha- Palliative Gandusha.
- Shodhana Gandusha Clearing - Cleaning Gandusha.
- Ropana Gandusha -Wound healing Gandusha.

Snaihika Gandusha: An emulsion which is made with the help of water and oily / fatty substances like the meat juices, edible oil seed

pastes, which are sour, sweet, salty and which are luke warm in nature are called as Snaihika Gandusha. Indications: These are basically used for the Vata Rogas viz: Danta Chala and Danta Harsha. Contra Indications: Kaphaja Mukha Rogas, where in there is lot of sticky saliva.

Shamana Gandusha: The fresh juices of the plants or their leaves or the fruits or the barks like Neem, Mango, Jaamun. The fresh juice, the finely ground paste (Kalka) or the aqueous decoction of these materials is used. The taste of these preparations is bitter, astringent and their ultimate effect is a subjective feeling of 'Cooling' (Sheeta Veerya). Hima and Phanta preparations are also used by soaking the plant materials in cold water overnight (Hima preparation) or pouring the boiling water over the plant materials and covering immediately with a lid and allowing the mixture to come to room temperature is an 'infusion' or (Phanta preparation).

Indications: Vataja Mukha Roga, Mukhapaka (inflammatory lesions and septic lesions, burn cases (alkaly or chemical burns).

Shodhana Gandusha: It is prepared from the gruels or the sound from the medicinal materials usually obtained from the plants. They can be such substances as Cow's fresh urine, or even the home-made wines. These Gandusha materials are pungent, sour, salty to taste and they are better used in luke warm state. Indication: Used in loss appetite and loss of taste sensations, excessive salivation and an unpleasant sticky sensation in the mouth.

Ropana Gandusha : Ropana Gandusha is advocated in the conditions where rapid healing is required. The materials selected are 'SheetaVirya' type and the taste of the Gandusha is usually astringent. The Sheeta Virya ingredients are transformed into many types of dosage forms such as decoction, paste, Hima, Phanta, etc. Indications: Mouth ulcers of various types, Alkaly burns, heat induced ulcers or physical burns and an unpleasant sticky sensation in the mouth.

Gandusha according different Doshas: Vataja Mukha Rogas: In these conditions the mouth is dry. An oily or fatty Gandusha is advocated. An emulsion like milk is ideal. Pittaja Mukha Roga: In this condition the mouth is inflamed and is painful. Make use of a 'Shodhan' Gandusha, like a thin gruel (Kanjee) or a Hima or a Phant by using 'Pitta Shamaka herbs. Kaphaja Mukha Roga: Make use of Ropana Gandusha. The mouth is sticky and there an accumulation of this viscus saliva. Mucolytic astringent, salty and bitter substances are useful, from these types of herbs a suitable Gandusha preparations is made. The following signs and symptoms will appear after correct Gandusha procedure. There is an immediate relief from the pain and other discomforts and there is an immediate feeling of the 'differences'. The mouth feels light and clear and there is freshness in the mouth. What are the signs of an in adequate Gandusha procedure?. There is lethargy and lack of enthusiasm. There is excess salivation and there is a sticky and thick feeling in the mouth. The application of Gandusha should be done where there is no breeze but there is sunlight. Before application of Gandusha, his shoulders and neck should be massaged till sweat is formed. His face should be slightly lifted up and he must not gulp down the Gandusha.

ADVANTAGES OF GANDHOOSH& KAVALA: Good for lips, keeps them moist and does not allow 'cracking'. Gandusha is also very good for teeth and gums. Gandusha is very beneficial for the maintenance of voice which is so important to singers and the speakers.

It could be practiced by teachers who must speak hours during the day. Gandusha can also be helpful in maintaining overall strength of teeth and avoiding tooth decay. In case if there is a history of teeth problems, one should always practice Kavala & Gandusha. It can be used to clean the oral cavity in those cases where brushing is contraindicated because the medicines will provide anti-microbial action along with cleaning. Especially Kavala can help more in cases like these.

MATERIALS AND METHODS

Ayurveda classics, commentaries, modern literature, other recently published books and research journals were thoroughly studied.

RESULT AND DISCUSSION

The review of above Ayurveda oral health practice and scientific research indicates that Ayurveda health promoter, modalities have sounded scientific base and this scientific validation could justify their incorporation into modern oral health care. Most of the oral diseases are due to the bacterial infections. Material used in daily oral health care modalities of Ayurveda including medicinal plants have anti-bacterial activity against various microorganisms due to the presence of potential bioactive compounds. These helps to reduce bacterial load in the oral cavity and thus prevent the formation of plaque, dental caries, ulcers and other problems. Many Ayurvedic herbal plants also possess anti-inflammatory, analgesic, anti-ulcerative properties.

CONCLUSION

Gandoosha & Kavala procedures are claimed to cure several systemic diseases All the Ayurvedaic medicines and local remedies are easily available in the rural areas where socioeconomic condition of the people is not good enough to buy costly toothpaste or curative medicines.

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