

STANDARD OPERATING PROTOCOL OF GANDOOOSHA & KAVALA

Chhaya Bhakti¹

Bhogayata Kamlesh²

Mer Raksha³

¹Associate Professor, Dept. of Shalakyatantra, Sheth J.P.Govt.Ayurved College, Bhavnagar-364001 (Gujarat)

²Assistant Professor, Dept. of Dravyaguna, Sheth J.P.Govt.Ayurved College, Bhavnagar-364001 (Gujarat)

³Assistant Professor,Dept. of Kayachikitsa, Sheth J.P.Govt.Ayurved College, Bhavnagar-364001 (Gujarat)

ABSTRACT :

Oral health touches every aspect of our lives. Our Ayurvedic procedure *Gandoosha* and *Kavala* are very useful for oral cavity as preventive aspect as well as curative aspect. These are very simple procedure. If we do *Gandoosha* and *Kavala* in proper way, we definitely get better results. So, in this article effort has been made to establish the standard operating protocol of *Gandoosha* and *Kavala*. Whole procedure is divided in to three parts 1 *Aushdhi Yoga Nirmana*, 2 *Aushadhi Matra Nirdharana*, 3 *Gandoosha-kavala vidhi*. For ideal results from *Gandoosha* and *Kavala* procedures using *Kwath*, *Kalka*, *Churna* or *Sneha Kalpana*, all the *Aushadha*, *Drava*, *Prakshepa*, etc should be used according to our classical reference. Always *Madhyam Paki Sneha* should be used for *Gandoosha* and *Kavala*. Dosage of *Gandoosha* and *Kavala* vary from patient to patient. *Gandoosha & Kavala* are very simple procedure, but we should take standard procedure in a proper way for getting better result.

Keywords : *Gandoosha, Kavala, Standard operating protocol*

INTRODUCTION: Oral health touches every aspect of our lives but is often taken for granted. Your mouth is a window into the health of your body. Whether you are 80 or 8, your oral health is important. Our ayurvedic procedure *Gandoosha* and *Kavala* are very useful for oral cavity as preventive aspect as well as curative aspect. Our Acharyas have mentioned *Gandoosha* and *Kavala* in *Dincharya* as preventive aspect and in treatment of oral disease as curative aspect.¹ These are very simple procedure. If we do *Gandoosha* and *Kavala* in proper way, we definitely get better results.

AIMS: To establish the standard operating protocol of *Gandoosha* and *Kavala*

OBJECTIVES: To standardize the *Aushadhi Yoga Nirmana* for *Gandoosha* and *Kavala*.

- To standardize the *Aushadhi Matra Nirdharana* for *Gandoosha* and *Kavala*.
- To standardize the *Vidhi* of *Gandoosha* and *Kavala*.

MATERIAL AND METHOD: 200 Volunteers are selected, attending the Government Tapibai Ayurved hospital, Bhavnagar for decide the dosage of *Gandoosha* and *Kavala*. Volunteers are divided in 4 groups according to age. There are 50 volunteers in each group.

- Group A - 05 to 10 yrs
- Group B - 10 to 15 yrs
- Group C - 15 to 20 yrs
- Group D - >20 yrs

Defination of Gandoosha and Kavala: In present era, definition of *Gandoosha* and *Kavala* is useful especially in *Matra Nirdharan*. All the Acharyas have mentioned all most same definition. That is “Holding

Types of Gandoosha and Kavala:

All most same type of *Gandoosha* have been mentioned by different Acharyas.

Ashtanga Hridaya ⁶	Ashtanga Samgraha ⁷	Sushruta Samhita ⁸	Effect on Doshas
<i>Snigdha</i>	<i>Snaihik</i>	<i>Snehana</i>	<i>Vata</i>
<i>Shamana</i>	<i>Shamana</i>	<i>Prasadana</i>	<i>Pitta</i>
<i>Shodhana</i>	<i>Shodhana</i>	<i>Shodhana</i>	<i>Kapha</i>
<i>Ropana</i>	<i>Ropana</i>	<i>Ropana</i>	<i>Vrana</i>

Standard operating protocol of Gandoosha & Kavala

It is divided into three parts.

- 1 *Aushdhi Yoga Nirmana*
- 2 *Aushadhi Matra Nirdharana*
- 3 *Gandoosha-kavala Vidhi*.

1 Aushdhi Yoga Nirmana: There are so many *Yoga Kalpana* like *kwath*, *Kalka*, *Churna*, *Sneha* are mentioned in our classical text for *Gandoosha* and *Kavala*. But only Acharya Sharngdhar has mentioned all the minute detail about all *Aushadhi Kalpana*. So we should take all the reference from *Sharangdhar Samhita* for making *Gandoosha & Kavala Yoga*.

- **Kwath Kalpana^{9,10}** According to Acharya Sharangdhar , take 1 part (1 Pala-48 gms) of *Churna*, add 16 part (786 ml) of water, boiled in earthen pot on mild fire and reduced to 1/8 part, i.e. 102 ml. *Sharkara* should be added to *Kwath* in the proportion of 1/4, 1/8, 1/16 part for *Vata*, *Pitta*, *Kapha* disorder respectively. *Madhu* should be added in reverse order. The dosage of addition of *Kshara*, *lavana*, *Trikatu* is 1 *Shana* (03 gms) and *Dugdha*, *Ghrita*, *Taila* etc should be added in dosage of 1 *Karsha* (12gms).

- **Example¹¹** - *Kshiri Vriksha Kwath* with *Madhu*, *Ghrita* and *Sharkara* is mentioned in *Danta Veshtaka* disease by

the liquid full of mouth cavity not permitting any movement inside is *Gandoosha*, whereas *Kavala* is otherwise means allowing the movement of liquid inside.”^{2,3,4,5}

Acharya Sushrut. So On the basis of *Sharangdhar Samhita*’s *Kwath kalpana*, we should take 1 part (1 Pala-48 gms) of *Kshiri Vriksha Churna*, add 16 part (786 ml) of water, boiled in earthen pot on mild fire and reduced to 1/8 part, i.e. 102 ml. We should use *Madhu* 1/8 part (12.75 gms), *Ghrita* 1 *Karsha* (12 gms) and *Sharkara* 1/8 part (12.75 gms) for standardize the *Kwatha Yoga Nirmana*.

- **Kalka Kalpana^{12,13}** – A green or dried drug convert into paste form by rubbing on a stone with little quantity of water called *Kalka*. *Madhu*, *Ghrita*, *Taila* should be added 2 times of quantity ok *Kalka*, while *Sharkara* and *Guda* should be added equal quantity and *Drava* should be added 4 times of quantity of *Kalka*.

- **Example¹⁴** - *Tilkalkodaka* is used in *Vataja Mukh Roga* According to *Ashtang Samgraha Samhita*. We should add 4 times (80 ml) water in 1 part (20 gms) of *Tilkalkodaka*.

- **Churna Kalpana¹⁵** – Nicely powdered dry drug, filtered through cloth is called *Churna*. In *Churna*, *Guda* should be added in equal quantity, *Sharkara* should be added 2 times and *Kwata*, *Jala*, *Dugdha* should be added 4 times of quantity of *Churna*.

- **Example¹⁶** - According to *Sushrut Samhita*, *Gaur Sarshapa Saindhava Churna* is used in *Kaphaja Jihva Rog*. We should add water 4 times (80 ml) in 1 part (20 gms) of *Gaur Sarshapa Saindhava Churna*.

- **Sneha Kalpana¹⁷** – In *Sneha Kalpana*, 1 part *kalka*, 4 parts *ghrita* or *Taila* and sixteen parts of any *Drava* should be used. We always should use *Madhyampaki Sneha* for *Gandoosha* and *Kavala* according to *Acharya Sarangdhar*.

- **Example¹⁸** - *Trivrita Ghrita* is used in *Danta Harsha* according to *Acharya Sushrut*. We should use 1 part *Trivita Kalka* (20 gms) add 4 times (80 ml)

Group	Age range	Rangr of holding capacity of liquid in mouth	Days
A	05-10 year	20 ml to 50 ml	7
B	10-15 year	50 ml to 80 ml	7
C	15-20 year	60ml to 100 ml	7
D	>20 year	60 ml to 130 ml	7

Gandoosha Kavala: The Dosage of *Kavala* is mentioned only in *Ashtanga Samgraha*.¹⁹ *Pravara Matra* – 1/2 of the capacity of holding liquid in mouth of the person. *Madhyama Matra*-1/3 of the capacity of holding liquid in mouth of the person.

Avara Matra – 1/4 of the capacity of holding liquid in mouth of the person.

So we can say that if any volunteer's capacity is 100 ml for holding the liquid fully in the mouth. So his *matra* for *Gandoosha* is 100 ml, *Pravara Matra* for *Kavala* is 50 ml (1/2), *Madhyama Matra* for *Kavala* is 34 ml (1/3) and *Avara Matra* for *Kavala* is 25 ml (1/4).

Gandoosha and *Kavala* are advocated after the age of five years.²⁰

3 *Gandoosha-kavala Vidhi* ^{21,22,23,24}

It is divided into three parts

- *Purva Karma*
- *Pradhana Karma*

Ghrita and 16 times (320 ml) *Jala* for making *Madhyam Paki Trivrita Ghrita*.

2 Aushadhi Matra Nirdharana : There is no description for exact dose of *Gandoosha* and *Kavala* in our classical texts. All the Acharyas have mentioned the quantity of *Gadoosha-Kavala Drava* in definition. But in present era, we can see that the capacity of holding the liquid in mouth is differ from person to person. We divided the 200 volunteer in 4 groups according to the age, means 50 volunteer in each group in our hospital.

The holding capacity of liquid in mouth of each volunteer is observed.

- *Pashchata Karma*

Purva Karma: In *Purva Karma*, All these points should be kept in our mind like *Aushadhi Nirmana*, Atmosphere of procedure room, equipments etc.

- All the procedure is done in *Nivata-Satapa Sthana* means devoid of air but direct sunlight is there.

- Preparation of *Aushadhi Yoga* which will be used in *Gandoosha* or *Kavala* – As said earlier.

- Collection of equipments like *Taila* for *Snehana*, *Nadi Swedana Yantra*, Measuring glass, Napkin, sinks etc.

- Then Patient should be massaged over his forehead, cheek, throat, neck and shoulder.

- Then patient should be given fomentation on his forehead, cheek, throat, neck and shoulder by *Nadi Swedana yantra*.

- Position – Patient should be sited and concentrate his mind on treatment.
- **Pradhana Karma:** Give the proper dose of *Aushadha* for *Gandoosha* or *Kavala* to the patient.
- In *Gandoosha*, Patient is not to be allow for any movement inside the mouth, but allow the patient for movement of *Drava* towards the two cheeks and through in *Kavala*.
- Instruct the patient do not swallow the liquid inside the mouth and keep his face slightly lifted up.
- Then ask the patient to hold the liquid in mouth till mouth gets filled with *Kapha* or till the nose and eye become secretory. Every time fresh liquid should be used.
- Repeat this procedure 3, 5, or 7 times per day according to disease.
- **Pashchata Karma²⁵:** Only Acharya *Vriddha Vagbhata* has mentioned for massage and fomentation again after *Gandoosha* and *Kavala* procedure. So, remained *Kapha Dosha* enters into the mouth and it should be split out.

DISCUSSION: Definition of *Gandoosha* and *Kavala* is useful especially in *Matra Nirdharan*. That is “Holding the liquid full of mouth cavity not permitting any movement inside is *Gandoosha*, whereas *Kavala* is otherwise means allowing the movement of liquid inside.” Acharya *Sharngdhar* has mentioned all the minute detail about all *Aushadhi Kalpana*. So we should take all the reference from *Sharngdhar Samhita* for making *Gandoosha* & *Kavala Yoga*. Always *Madhyam Paki Sneha* should be used in *Gandoosha* & *Kavala* procedure. *Gandoosha* and *Kavala* are advocated after the age of five years. In age of 5 years minimum dose for *Gandoosha* liquid is 20

ml, where, maximum dose is 130 ml for above 20 years of age. Dosage of *Gandoosha* & *Kavala* varies from patient to patient. If any volunteer’s capacity is 100 ml for holding the liquid fully in the mouth. So his *Matra* for *Gandoosha* is 100 ml, *Pravara Matra* for *Kavala* is 50 ml (1/2), *Madhyama Matra* for *Kavala* is 34 ml (1/3) and *Avara Matra* for *Kavala* is 25 ml (1/4). All *Acharyas* have mentioned almost same method for *Purva Karma* and *Pradhana Karma*. *Pashchata Karma* is only mentioned by Acharya *Vriddha Vagbhata*.

CONCLUSION: All *Gandoosha* & *Kavala* Yoga should be prepared as per *Sharangdhar Samhita*. Always *Madhyamapaki Sneha* should be used for *Gandoosha* & *Kavala*. Holding the liquid full of mouth cavity not permitting any movement inside is *Matra* for *Gandoosha* whereas the *Pravara*, *Madhyama* and *Avara Matra* of *Kavala* are $\frac{1}{2}$, $\frac{1}{3}$ and $\frac{1}{4}$ of *Gandoosha Matra* respectively. Massage and fomentation should be given before and after the procedure of *Gandoosha* & *Kavala*. These are very simple procedure, but we should take standard procedure in a proper way for getting better result.

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Corresponding Author: Dr. Bhakti Chhaya, Associate Professor, Department of Shalayatantra, Sheth J.P. Govt. Ayurved College, Bhavnagar-364001 (Gujarat)

Email: havyblk2013@gmail.com

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