

A REVIEW ON ROLE OF GANDOOSHA IN ORAL HYGIENE¹Varsha*,² Sharma Anita,³Tripathy Sasmita¹PG Scholar, ²Professor, ³Lecturer,PG Dept. of Swasthavritta and Yoga, Govt.Ayurved College, Raipur (C.G.) 492001**ABSTRACT**

Oral health is related to general health of humans. Since inception of civilization oral diseases continue to be a major health problem world-wide. Mouth is a mirror of the general health. Oral cavity is constantly exposed to external environmental toxins which cause bacterial invasion in the oral cavity & leads to increase risk of oral diseases. Hence to avoid the chances of bacterial invasion, it is very important to maintain a good oral hygiene. *Ayurveda* recommends *Gandoosha* as a specialized therapy for good oral hygiene. The drugs having inherent qualities like *Vyavayi* and *Vikasi* gets absorbed from the mouth, and then gets distributed in the whole body. Therefore herbs used in the form of *Gandoosha* can be show systemic pharmacological actions. This principle is best utilized in the formulations of *Gandoosha* therapy. It will maintain & promote the oral hygiene by excreting the cleansing action and by increasing the defence mechanism in the oral cavity. *Gandoosha* is used for both prevention & treatment of oral diseases.

Keywords: *Gandoosha* & oral hygiene, prevention

INTRODUCTION: A main aim of *Ayurveda* is preserve the healthy person & also treat or cure the person.^[1] Procedure of holding oil or decoctions in the buccal cavity for certain period is known as *Gandoosha*. If plain or medicated oil is used in the procedure then it is referred as *Sneha Gandoosha*. Quite similar to the other procedures, *Gandoosha* is indicated in both healthy as well as diseased persons. Mucous membrane of the buccal cavity is one of the local routes of drug administration. The medicines that are placed in the mouth have definite local action. Therefore it is useful in diseases of the buccal mucosa, tongue, teeth as well as gums. The medicines given in the form of *Gandoosha* can produce systemic effect and that too with a short duration. The administered through this route have an additional benefit as the drugs directly enter into the systemic circulation by passing the liver. *Gandoosha* will maintain & promote the oral hygiene by exerting the cleansing

action & by increasing the defence mechanism in the oral cavity.

AIMS AND OBJECTIVE:

- 1) To assess about *Gandoosha* in oral hygiene.
- 2) To assess the composition of drugs used for *Gandoosha* in different oral diseases.

MATERIALS AND METHODS :

The ancient literature like *Sushruta* and *Charak Samhita*. Classical text books of *Ayurveda*, Text books of contemporary science, Published articles from journals and authentic websites.

GANDOOSHA-

Gandoosha are primary & effective oral cleansing techniques & specialized therapy to treat as well as to prevent oral diseases. The difference between the two is only in the composition of drugs, dosage & procedure of using the drug. In *Gandoosha* medicated fluid is held mouthful for a specific period until there is lacrimation &

nasal discharge and then the patient spits it out.^[2]

Type of Gandoosha-

- 1) *Snigdha Gandoosha*
- 2) *Shamana Gandoosha*
- 3) *Shodhana Gandoosha*
- 4) *Ropana Gandoosha*

1) ***Snigdha Gandoosha*** – In *Snigdha Gandoosha* oil used in the form of *Gandoosha* is processed with herbs having tastes sweet, sour and salt. Since unctuous medicine is used in the procedure of *Gandoosha*, this type of *Gandoosha* belongs to the category of *Snehana* treatment. *Snigdha gandoosha* is effective in correcting the imbalances of the *Vata Dosha* in the mouth as it counteracts the dryness & other detrimental effects of the vitiated *Vata Dosha*.^[3]

2) ***Shamana Gandoosha*** – Sweet & cool infusion or oil is used in the form of *Gandoosha* for the alleviation of morbid *Pitta Dosha* in the buccal cavity. This *Gandoosha* is referred by the name *Shamana Gandoosha*. This type of *Gandoosha* reduces the irritation due to the *Pitta* & has soothing effect in the buccal cavity. For the purpose of *Shamana Gandoosha* the liquid medicine is prepared from herbs having bitter astringent & sweet tasted.^[4]

3) ***Shodhana Gandoosha*** – It is purificatory type of gandoosha. Here, the decoction (*Kashaya*) is prepared from the herbal drugs which are having the taste (*Rasa*) of pungent (*Katu*), sour (*Amla*) & salt (*lavana*) & hot potency (*Ushna Virya*) drugs

of *Shirovarechana Gana*. This type of *Gandoosha* induces excessive oro-pharyngeal secretions. It is capable of eliminating the morbid *Kapha Dosha* along with the oropharyngeal secretions in the oral cavity & hence the name of *Shodhana Gandoosha*.^[4,5]

4) ***Ropana Gandoosha*** – Herbs may be used in the preparation of oil or infusion that are astringent as well as bitter in taste and are capable of healing the ulcer. Due to the astringent quality, the medicated oil promotes healing of ulcers in the mouth. When such a medicine is used in the form of *Gandoosha*, it is called as *Ropana Gandoosha*.^[6]

Gandooshavidhi –

- 1) The person should sit in a place devoid of breeze but in sunlight.
- 2) His shoulder, face & neck should be massaged & fomented.
- 3) Keeping his face slightly lifted up.
- 4) He should hold the liquid in his mouth till the mouth gets filled with *Kapha* or till the nose & eyes become secretory, after which it is spat out.^[7]

Duration Of Gandoosha – Early morning in every day (*Nityasevana*) medicated oil has to be kept in the mouth till the client develops following symptoms.

- *Kapha Purnasyata* – filling of the throat by oropharyngeal secretion.
- *Ghrana Srava* – watery discharge from the nose.
- *Akshi Srava* – watering of the eyes.

Table.1 Beneficial Effects of Gandoosha ^[8]

<i>Hanvorbalam</i>	<i>Gandoosha</i> improves the strength of mandible
<i>Svarabalam</i>	Voice becomes more effective & melodious
<i>Vadanopachaya</i>	<i>Gandoosha</i> nourishes the mouth
<i>Param Rasajnanam</i>	Capability of the tongue in perceiving the taste sensation is improved by the <i>Gandoosha</i>
<i>Nachasya-Kanthashoshah</i>	<i>Sneha Gandoosha</i> prevents dryness of the throat.

<i>Naoshthayoh Sputanadbhayam</i>	By the regular practice of <i>Gandoosha</i> , lips never develop cracks.
<i>Dridhamula Danta</i>	<i>Gandoosha</i> increases the stability of the teeth & gum and hence teeth do not fall even during the old age.
<i>Krimi Danta</i>	<i>Gandoosha</i> prevents dental caries.
<i>Nashulyante</i>	By the regular practice of <i>Gandoosha</i> one can prevent toothache.
<i>Nahrishyante</i>	By the use of <i>Gandoosha</i> there will not be any fear of developing dental hypersensitivity.
<i>Kharanbhakshyan Bhakshayanti</i>	Teeth become so strong to eat any hard food preparation.

Oral Health & Its Importance –

Ayurveda recognizes oral cavity as one of the nine openings of physical body. These openings are full of blemishes with their secretions throughout day & night, hence it suggests cleaning these openings frequently & regularly. Ayurveda prescribes Dinacharya modalities like *Dantadhavana* (brushing the tooth), *Kaval* & *Gandoosha* (gargling) to keep up oral cavity clean & healthy.^[9] The body constitution is classified based on the predominance of one or more of three *Dosha*, *Vata*, *Pitta* and *Kapha*. The dominance *Dosha* in both the individual & nature determines health cure in Ayurveda, including dental health.^[10]

Indication for *Gandoosha* –

- *Dantachala* (tingling of teeth)
- *Dantachala* (shaky teeth)
- *Mukha Roga Vataja* (disease of mouth caused by *Vata*).^[11]

Samyak Lakshana of *Gandoosha* –

Table .2 Common Drugs Used in *Gandoosha* (For Healthy Person)

<i>Goksheera</i>	<i>Grita</i>	<i>Tila Taila</i>	<i>Madhu</i>
<ul style="list-style-type: none"> • <i>Ojovardhaka</i> • <i>Dhatu vardhaka</i> • <i>Trishnagna</i> • <i>Jeevaneeya</i> • <i>Rasayana</i> • <i>Medhya</i> 	<ul style="list-style-type: none"> • <i>Cakshusyam</i> • <i>Vatapittagna</i> • <i>Snehamuttamam</i> • <i>Puranaghrita</i> • <i>Vranasodhana-Ropana</i> 	<ul style="list-style-type: none"> • <i>Teekshna Vyavayi</i> • <i>Krimighnam</i> 	<ul style="list-style-type: none"> • <i>Vrana Sodhana-Ropana</i> • <i>Chaksusyam</i> • <i>Trishnagna</i>

Rutucharya: Seasonal Routine:

During the spring, mucous secretions become more readily available for elimination. *Rutucharya* therefore recommends *Gandoosha*, or gargling with a warm saline solution, first thing in the morning to clear mucous from the nasal passages and throat. In addition, warm showers dilate the *Shrotas*, helping the body expel *Kapha*. Continue to dress warmly until the coolness in the environment subsides. In spring, airborne allergens grow abundant. To protect yourself from these irritants, apply ghee to the inside of the nasal passages to trap the allergens. *Kapha* gets vitiated during the spring. ^[15]

Contrainication :

- Unconsciousness (*Murcha*)
- Weak or emaciation (*Shoshi*)
- Bleeding disorders (*Rakta pitta*)
- Conjunctivitis (*Kupit Akshi*)
- Children less than 5yrs of age
- Person who is poisoned (*Visha*)
- Rhinitis (*Pinasa*)
- Indigestion(*Ajirna*)
- Lack jaw (*Hanugraha*)
- Anorexia (*Aruchi*)
- Loss of sleep due to awakening (*Jagara na*)
- Chronic or carcinogenic ulcer in oral cavity.^[16]

DISCUSSION:

Various procedures described above can be performed daily basis to maintain good oral health. The above mentioned procedure has additive effect on general health also. Daily practising those may add a further step in the life style of a healthy human being. Lack of scientific literatures and studies may be the obstacle for incorporating. Alternative traditional methods are suitable for oral hygiene practices, although the practice of different yoga posi-

tions cannot be recommended for the time being.

CONCLUSION:

Ayurveda explained *Gandoosha* as one of the daily routine procedure under the context of *Dinacharya* for maintenance of oral hygiene. It is one among the important therapeutic procedures as well as an effective detoxifying measure in oral diseases. Bioactive ingredients present in the drugs which we are commonly using for *Gandoosha* are having the property of anti-inflammatory, immune-modulatory and anti-oxidants etc. ^[17] Oral route is common way for entry of various micro-organism, that which are going to cause illness to oral area as well as the internal parts of the body. *Gandoosha* to prevent the entry of causative micro-organism and also cures the disease of oral as well as internal parts of the body. 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 & curative effect performed systematically. *Ayurveda* has given equal importance to oral hygiene & health. ^[18]

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