

PREVENTION AND TREATMENT OF DISEASES OF MOUTH BY GANDOOSH AND KAVALU

SUJATA SOORYAVANSHI and B. R. MARDIKAR

Bharati Vidyapeeth's College of Ayurveda, Erandwane, Pune – 411 038, India.

Received: 27 February, 1992

Accepted: 2 May, 1992

ABSTRACT: *Gandoosh and Kavalu are two therapeutic measures described in Ayurveda. The salient features of these measures are described in this article.*

INTRODUCTION

The aim and objectives of Ayurveda is to preserve the health of a healthy and normal person and also to treat and cure the sick person in such a way that the disease is nipped in the bud and does not appear again.

The Kavalu and Gandoosh procedures are used in Ayurved for achieving both the aims i.e. for the prevention of the mouth disease including the diseases of the teeth and the gums, which is described in 'dina Charya' and 'Rutu Charya' i.e. the daily behaviour and the seasonal behaviour respectively.

Ayurved has given a lot of importance to the mouth hygiene and the care of the teeth and the gums right from the intrauterine life of ripe old age. Today, I shall restrict my talk to Kavalu and Gandoosh and I am sure that my colleagues will cover the rest of the topics from Ayurved regarding the other areas.

DEFINITION OF GANDOOSH

There are many definitions of Gandoosh available but the following ones are more explanatory:

1. A procedure which is useful for the treatment of mouth and teeth diseases is Gandoosh.
2. The full mouth with the medicine in it, so much that it cannot be turned or moved about around inside the mouth cavity is Gandoosh.
3. Gandoosh means holding a mouthful of medicated liquid for some time.
4. Holding such a (large) quantity inside the cavity of mouth which cannot be turned or moved around that quantity is known a Gandoosh.

DIFFERENT TYPES OF GANDOOSH

Gandoosh are of four types, such as :

1. Snaihik Gandoosh Oily / or Fatty Gandoosh
2. Shaman Gandoosh Palliative Gandoosh
3. Shodhan Gandoosh Clearing / Cleaning Gandoosh
4. Ropan Gandoosh Wound healing Gandoosh

Snaihik Gandoosh: 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 Snaihik Gandoosh.

Indications : These are basically used for the Vaat Rogas viz: Danta Chaal and Danta Harsh.

Contra Indications: Kaphaja Mukha Rogas, wherein there is lot of sticky saliva.

Shaman Gandoosh : 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 Phant 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 (Phant preparation).

Indications : Vaataj Mukha Rog, Mukha paak (inflammatory lesions and septic lesions, burn cases (alkaly or chemical burns).

Shodhan Gandoosh : 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 Gandoosh 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.

Ropan Gandoosh : Ropan Gandoosh is advocated in the conditions where rapid healing is required. The materials selected are 'Sheeta Veerya' type and the taste of the Gandoosh is usually astringent. The sheet verrya ingredients are transformed into many types of dosage forms such as decoction, paste, hima, phant, etc.

Indications: Mouth ulcers of various types, Alkaly burns, heat induced ulcers or physical burns and an unpleasant sticky sensations in the mouth.

Gandoosh according different doshas:

Vaataj Mukha Rogas: In this conditions the mouth is dry. A oily or fatty gandoosh 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' Gandoosh, like a thin gruel (Kanjee) or a hima or a phant by using 'Pitta Shamak herbs'.

Kaphaja Mukha Roga: Make use of Popan Gandoosh. 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 gandoosh preparations is made.

Procedure to 'hold' gandoosh: First of all the fore head, the cheeks, the throat and adjoining areas of the face are given a steam treatment with the help of a 'Nadi yantra' (i.e., steam is transferred from a hollow tube towards these parts from a distance of about 6 to 10 inches taking care that the facial

parts are not scalded. The steaming of the facial parts is continued till there is sweating of the skin. Mop off the sweat and do not allow the patient to get exposed to the cold wind draught. Direct wind over the sweated parts must be avoided. Ask the patient in a protected area and then give him a proper gandoosh.

How long to hold the gandoosh?

A gandoosh is to be held inside the mouth cavity till there is uncontrollable salivation (This is the patient knows as the quantity of the liquid inside the mouth cavity increases which the patient feels by himself). The second criteria is that there are secretions of mucus and thin watery discharge through the nose and the eyes. Thirdly, the 'strength' or the 'potency' of the medicated gandoosh is reduced because of the time factor and also by the dilution of the gandoosh by the addition of the saliva to it. The strength of the gandoosh or the potency changes (reduction) is appreciated by the diminishing 'taste' of the gandoosh material.

How much quantity of gandoosh (Maatra) one should hold at a time in mouth?

1. **Shreshtha Maatra** : (Most ideal quantity) : The best quantity is the 'half full mouth'.
2. **Madhyama Maatra** : This is the quantity which will fill one third of the mouth cavity.
3. **Heen Maatra** : One fourth of the mouth full is said to be a heen or sub clinical maatra (dose).

What is the total capacity of the mouth to hold a gandoosh without discomfort?

It will vary from person to person but can be judged from the quantity of water one can hold. This can be done by first asking the patient to hold as much water as possible in the mouth and measuring that quantity after spitting the same in a measuring glass.

The criteria or the signs of a correctly carried out gandoosh procedure (Vidhi) : The following signs and symptoms will appear after correct gandoosh 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 inadequate gandoosh procedure?

There is lethargy and lack of enthusiasm. There is excess salivation and there is a sticky and thick feeling in the mouth.

What are the signs of an overdone gandoosh?

There is dryness of mouth and there is thirst. There could be inflammation and loss of appetite. There could be a 'ringing noise' in the ears (tinnitus).

Treatment of 'Over doing of gandoosh'

This is according to the signs and symptoms and mainly palliative in nature.

Specific Gandoosh for different Mukha Rogs :

For 'Dant Chaal' and Vaataj Mukha Rog, and Dant harsh (hyper sensitive tooth make use of Tila Kalka (paste of gingili seeds).

How to make a paste of tila and also how to make a tilakalka water?

First fine, clean, white seeds of sesamom are obtained and they are roasted over a low fire in a iron shallow pan (Kadhai). They are ground to a fine paste with the help of warm water. Then about a lemon size of the paste is mixed thoroughly in ½ litre of boiled and warm water and it is used.

Properties of Tila Kalkodak : It cures and controls the Vaataja Mukha Rog as til is ushna veerya and snigdha.

In a condition like ‘Dant Chaa;’ there is a disturbed and vitiated vayu, this is brought under quick control by tilakalkodaka.

Kshara Dagdha: In this condition the mouth mucosa is burned due to the action of some alkalies (Kshaar). There is ‘burning’, pain, inflammation, and may be ‘necrosis’. In this condition gandoosh is prepared from cow’s milk and cow’s ghruta (ghee or clarified butter). Properties of this gandoosh is that it is madhur (sweet) in nature, it is comforting (sheetveerya) and cooling and it remains sweet till the gandoosh is abundend.

Mechanism of action. Because of the madhura ingredients and the emulsion nature of the gandoosh, the wounds heal quickly and the inflammation is reduced. Pitta dosha is brought back to its normal physiological level.

Trushna and Shosha: Excessive thirst and dryness of mouth is another side effect of over doing of gandoosh. For the treatment of this side effect one can make use of pure honey or the ingredients having madhur (sweet) and astringent (Kashay) taste and

which are ‘ushna veerya’ in nature. Because of the ushana veerya nature and because of madhurras thirst and shosh are brought under control.

KSHARAMBU GANDHOOSH

This is used when the mouth is sticky due to excessive viscus and sticky mucus which clings to the mouth cavity. The main ingredient is salt (usually sea salt). The taste is salty and the nature of the gandoosh is ‘ushna’. Due to these two properties the stickyness of mouth is reduced due to the liquefaction of the mucus (Kapha).

PREVENTIVE GANDHOOSH FOR HEALTH PRESERVATION

Oily gandoosh : Til oil is the best. Either oil alone or medicated oil can be used. Alternatively ghee is used either alone or medicated.

Khadira gandoosh : This is basically an astringent gandoosh. This helps to reduce the stickyness of the mouth due to the liquefaction of mucus which accumulates even normally.

ADVANTAGES OF GANDHOOSH

Good for lips, keeps them moist and does not allow ‘cracking’. Gandhoosh is also very good for teeth and gums.

Gandoosh is very beneficial for the maintenance of voice which is so important to singers and the speakers. It could be practiced by teachers who have to speak hours during the day.