

Review of Different Formulations Described in Mukhroga Chikitsa

Vd. Snehal Jadhav¹, Vd. Shailaja Chondikar²

PG Scholar, S. S. A. M. & H. Nasik

Email: snehal86jadhav[at]gmail.com

HOD, Professor, S. S. A. M. & H., Nasik

Abstract: The aim 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 does not appear again. Oral health is very important in our daily routine. According to Ayurveda Mukh is one of the complex structures which consists of 7 different parts like Oshtha, Dantamoola, Danta, Jivha, Talu, Gala & Sarvasara (complete Mukha). Due to so many causative factors like tobacco chewing, smoking, stress, vitamin deficiency and trauma enhances imbalance in Dosha & produce 65 Mukharogas. Among the different treatments of Ayurveda, Panchkarma & Upkarma. Some upkarma are effectively employed for promotion of health, prevention of disease as well as eradication of the disease. Among these Kavala, Gandush and pratisarana are used for achieving both the aims i.e. for prevention of Mukhrogas and also to preserve oral health and to maintain oral hygiene. In present study an attempt is made to review the different formulations described in mukhroga chikitsa.

Keywords: Kavala, Gandusha, Pratisarana

1. Introduction

Globally, oral illnesses continue to be a serious health issue. The oral cavity performs the functions of the first segment of the digestive system and a secondary respiratory conduit. The mastication and swallowing of food are significantly influenced by the digestive process, which starts in the oral cavity. Bad breath, tooth decay, and gum infection can all be avoided with excellent oral and dental hygiene. According to research, maintaining proper oral hygiene lowers your risk of developing major health problems. On the other side, poor oral health is linked to a range of health issues.

Because of our busy schedule we often ignore taking care of our oral hygiene; oral hygiene in Ayurveda is considered to be an important part of dinacharya. The western medicine has had only limited success in the prevention of periodontal disease and in the treatment of a variety of oral diseases. Hence the search for alternative treatment continues and ayurvedic medicines are considered to be good alternative to synthetic chemicals and natural phytochemicals isolated from plants used in it. In the present study we describe in detail the different formulation used in Mukha Rog chikitsa.

According to Shalya Tantra and Shalakya Tantra (one of the branches of Ayurveda) 65 varieties of oral diseases can arise in 7 anatomic locations.

Sr. No.	Anatomic location	Numbers
1.	Oshthagat	8
2.	Dantmulgat	15
3.	Dantgat	8
4.	Jivhagat	5
5.	Talugat	9
6.	Kanthgat	17
7.	Sarvsar	3

For the treatment of these diseases Ayurveda advocate procedure such as oral cleansing, extractions, excisions, flab

surgeries etc. Along with treatment of orofacial diseases, Ayurveda recommends some daily use therapeutic procedures for prevention of and maintenance of oral health these include –

Kaval
Gandusha
Pratisarana

Kavala-

मुखं संचार्थते या तु मात्रा स कवलः स्मृतः । सु.चि.40/62

Procedure of holding oil or decoctions in the buccal cavity followed by gargling for a certain period is known as Kavala.

Medicines used in Kavala have both local and systemic effect. Medicines having qualities like vyavayi and Vikasi tend to get absorbed in to the blood and then get distributed in the body.

More over mucous membrane of buccal cavity is one of the local routes of drug administration. Lipid soluble drugs are said to get absorbed rapidly through the mucous membrane.

According to Sharanghara the Kalka mixed with little quantity of water can be used for kavala.

The quantity of medicine which provides easy movement in the mouth in order to facilitate the rotation of the entire oral cavity.

Vagbhata has advised that the movement of kavala graha should be up to the label of kantha.

It may be compared with gargle.

Dose- If the Kalka is used in Kavala graha then its dose should be 1 karsha as per Sharangadhara.

Type of kavala -

In accordance with the variation in therapeutic effect there are four types of Kavala.

चतुर्धा कवलः स्नेही प्रसादी शोधि रोपणा।

-सु.चि.40/58-59

- 1) Snehi
- 2) Prasadi
- 3) Shodhi
- 4) Ropana



Formulation mainly use for Kavala-

Arimedadi Taila**Ingredients-**

S. No.	Name of Ingredients	Quantity
1	Irimeda Tvak	4800gms
2	Water	12, 288gms
3	Tila taila	1536gms
4	Irimeda tvak	12gms
5	Lavanga	12gms
6	Gairika	12gms
7	Agaru	12gms
8	Padmaka	12gms
9	Manjishta	12gms
10	Lodhra	12gms
11	Madhuka	12gms
12	Laksha	12gms
13	Nyagrodha	12gms
14	Musta	12gms
15	Tvak	12gms
16	Jatiphala	12gms
17	Karpura	12gms
18	Kankola	12gms
19	Khadirasara	12gms
20	Patranga	12gms
21	Dhataki pushpa	12gms
22	sukshma ela	12gms
23	Nagkesara	12gms
24	Katphala	12gms

Method of preparation -

Prepare the kvatha of katha dravyas with water by boiling reducing up to 1/4th and filter it through cloth. Then add tila taila to the filtered liquid followed by Kalka prepared with Kalka dravyas. Then it should be subjected to taila paka. On completion of paka it should be filtered and stored in glass bottles. This preparation is known as Irimedadi takla.

Indication-

Mukha divas such as dushtamansa of dantas, palita dantas, sirna danta, saushira, shyavadanta, praharsha, vidradhi, krimi danta, danta sphutana, daurgandhya and jivha, talu, oshta ruja.

Method of Administration-

It is administered externally for kavala graha, nasya and shirodharana.

Gandusha-

असंचार्या तु या मात्रा गण्डूषः स प्रकीर्तितः।।

सु.चि.40/62



Procedure of holding oil or decoctions in the buccal cavity for certain period is known as gandusha. Ayurvedic principles of pharmacokinetics state that by virtue of rasa the drugs can exhibit their local effects within the buccal cavity. Examples of local effect of drug in the mouth explain in charak Sanhita.

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 Gandusha can show systemic pharmacological action. This principle is best utilized in the formulations of Gandusha therapy. The medicines that are placed in the mouth have definite local action and therefore it is useful in the diseases of the buccal mucosa, tongue, teeth as well as gums.

Types of gandusha

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

Formulation mainly use for Gandusha-

Jatyadi Kashayam-

Ingredients and their quantity

S. No.	Name of the ingredients	Quantity
1	Haritaki	10gms
2	Vibhitaki	10gms
3	Amalaki	10gms
4	Patha	10gms
5	Draksa	10gms
6	Jati pallava	10gms
7	water	240gms

Method of preparation-

Yava kuta churna of all ingredients should be mixed with water and subjected heat till it reduced to 1/4th part and filtered through clean cloth. This filtrate is known as Jatyadi Kashayam.

Method of Administration-

It should be mixed with Madhu and used for mukhs dharana

Properties-Tikta and shita

Indications- Mukha vrana sodhana, ropana.

Pratisarana-

Application of kalka or Churna form of the medicine with tip of the finger inside the mouth is done with drug advised for gandusha and Kaval is known as Pratisaran.

Types-

Acharya susruta has mentioned that pratisarana is of four types

Sholk

कल्को रसक्रिया क्षौद्र चूर्णं चेति चतुर्विधम्।

अङ्गुल्यग्रणीतं तु यथास्व मुखरोगिणम्।।

सु.सू.४०



- 1) Kalka
- 2) Rasakriya
- 3) Madhu
- 4) Churna

Acharya sharangadhara has mentioned pratisarana is of 3 types.

- 1) Kalka
- 2) Avaleha
- 3) Churna

Formulation mainly use for pratisarana_

Kushtadi Pratisarana-

Sr.No.	Ingredients	Quantity
1.	kushta	10gms
2.	Darvi	10gms
3.	Samanga	10gms
4.	Patha	10gms
5.	Tikta	10gms
6.	Pitika	10gms
7.	Tejani	10gms
8.	Musta	10gms
9.	Lodhra	10gms

Method of preparation-Churna method

Method of Administration- pratisarna

Indications- Raktasruti, danta pida, dant Shotha, danta daha

Benefits of Kavala, Gandusha and Pratisarana-

- 1) Remission of the illness.
- 2) Freshness of the mouth.
- 3) Clarity of the oral cavity.
- 4) Feeling of lightness in the mouth.
- 5) Normal functioning of the sense organs.

Yogas explained in Mukhroga-

S. No.	Mukha roga	Yoga
1	Kafaj and medoj oshtarog	Kavala dharan
2	Medoj oshtarog	priyangvadi churn pratisaran
3	Sheetad	shunthiparpatak kwath gandusha kasisadi churna pratisarana
4	Dantpupputak	panchlavan kshar pratisaran
5	Dantveshta	lodhradi pratisarana kshirivruksh kwath gandusha
6	Saushir	Kshirivruksh kwath gandusha
7	Chal dant	Sahacharadi tail kavala Kanadi churna pratisarana
8	Dantvrana	Jirakadya churna pratisarana
9	Paridar, Upkush	Kakodumber patra gharshan, Vyoshadi churna pratisarana
10	Adhimansa	Pippalya kwath kavala
11	Sarv dantrog	Koshna tail kavala
12	Krimidant	vat nashak sneh gandusha
13	Dantharsh	Koshna sneh kavala dharana

2. Discussion & Conclusion

Shalakya is one of the branches of Ayurveda that provides a detailed explanation of mukhrog.

Mukhrog Chikitsa recommends both internal and external medicine.

Kavala, Gandusha, and pratisarana are employed in the treatment of exterior ailments.

The first line of treatment for mukhroga is these three.

When treating oral disorders, kavala, gandusha, and pratisaran are crucial therapeutic techniques as well as a successful detoxification technique.

By exerting a cleansing action and strengthening the defence mechanisms in the oral cavity, they will maintain and promote oral hygiene.

If they are done consistently, they have both therapeutic and preventative effects.

They are always carried out under a doctor who practises ayurveda.

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