



Current scenario of ayurvedic mouthwash in India

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Abstract

In ayurveda acharyas has mention the use of mouthwash in the form of kaval and gandush in dincharya. With the increase in the awareness towards ayurvedic medicine, people have become accustomed to the use of ayurvedic products. For the maintenance of daily oral health, we use kaval and gandush daily for both physiological and pathological purposes. When sufficient amount of medicated fluid is taken inside the mouth such that the mouth cannot be moved is called gandush. When a lesser amount of fluid is taken in the mouth such that the mouth can be moved easily is called kaval. People are aware with the concept of herbal mouthwash but not the ayurvedic kaval and gandush. And researches have shown the efficiency of herbal mouthwash in the long term as a therapeutic usage.

Keywords: gandush, kaval, ayurvedic mouthwash

Introduction

Oral cavity is the entry point to digestive and respiratory tracts. The gastrointestinal tract also starts from the mouth. For the assurance of the healthy digestion, good oral health is a must for everyone. Filling the mouth in the morning with oil or medicated water daily and holding for a few minutes without moving it inside the oral cavity is called gandush¹. On the other hand kaval is a procedure of holding comparatively small quantity of liquid in the mouth, make it move briskly inside and spitting out quickly².

Literature review

Acharya charak has mentioned the snehagandusha procedure in the dincharya³.

He has mentioned the following benefits of snehagandush:

Hanvobal, swarabal, vadan upchaya, rasagyan, ruchi,

Prevent the kanthshosha, othasfutan, danta kshaya, shool & dantaharsh⁴.

According to sushruta, there are 4 types of kaval⁵.

In vataprakopa, snigdha & ushna snehik kaval; in Pitta, Madhura & sheetal prasadan kaval; in kapha, katu, amla, lavan, ruksha & ushna shodhan kaval intake has been mentioned⁶.

In ashtang hrudaya, 4 types of gandush are given⁷:

Snigdha: swadu, amla, patu

Shaman: tikta, kashya, Madhur

Shodhan : tikta, katu, amla, patu & ushna

Ropana: Kashaya, tikta

He has also a detailed list of dravyas which can be used as gandhush dravya⁸

1. Sneha
2. Ksheer
3. Madhudkam
4. Shukta
5. Madya
6. Rasa
7. Mutra
8. Dhanyamla

The liquids maybe mixed with kalka or cooked or raw & should be comfortable to touch and to hold in the mouth⁹.

Further he has mentioned tilkalkodaka in the following conditons; dantaharsh, dantchal & vataj mukhrog¹⁰.

For daily use, either til tail or mansa rasa is recommended. Beside 8 dravyas he has mentioned ghrita, ksheer, madhu, dhanyamla, ksharambu, sukhoshnaudak as option¹¹.

Procedure¹²:

1. The person should sit in a place devoid of breeze but in sunlight.
2. His shoulders should be massaged and fomented, keeping his face slightly lifted up.
3. The liquid should be held in mouth till the mouth gets filled with kapha or till the nose and eyes start secreting liquid.

Intake of kaval prevent & cures the following, manyashira, karnamukhakshi roga, prasek, kantha rog, vaktrashosha, hrilasa, tandra, aruchi and peenas¹³.

Concept of mouthwash

Mouthwash market in India registered a positive compound annual growth rate (CAGR) of 15.41% during the period 2015 to 2020. The fastest growing segment of the mouthwash market in India between the year 2015 and 2020 was medicinal mouthwash market in India between the year 2015 & 2020 was medicinal mouthwash medicinal mouthwash which registered a CAGR of 20.65 %. In modern medicine mouthwash serves various purposes, such as antibacterial, antiplaque, cosmetic rinses¹⁴.

Recent researches around the herbal mouthwash

In a study between a herbal mouthwash & chlorhexidine, it was found that microbial colonies were reduced better in chlorhexidine group on the day 7 whereas, on day 14, greater reduction was observed in the herbal group in both gender groups with high statistical significance ($P < 0.001$)¹⁵.

Results of the study showed that *O. sanctum*, *A. vera* and chlorhexidine are equally effective in reducing plaque, gingival, and bleeding indices at 30-day interval. However, no significant reductions in PI, GI and BI in 15-day interval in group 1 and group 2 when compared with chlorhexidine were evident¹⁶.

The triphala group showed a 17% and 44% reduction, while the chlorhexidine group showed 16% and 45% reduction at the end of 48 h and 7 days ($P < 0.001$). The reduction in CFUs/ml seen in triphala group closely paralleled that of chlorhexidine group¹⁷.

A study was done to evaluate the efficacy of Triphala and Bakul in comparison with chlorhexidine as an adjunct to non surgical periodontal therapy. Following conclusions were drawn from the above study¹⁸:

- In the study it was found that oral hygiene status improved significantly in all groups as compared to baseline.
- The gingival index did not differ significantly among the three groups during the entire study period. Thus it may be inferred that Triphala and Bakul have comparable effect on gingival inflammation as that of chlorhexidine.
- The plaque index did not differ significantly among the three groups during the entire study period. Thus, it may be inferred that Triphala and Bakul have comparable effect on plaque accumulation as that of chlorhexidine.
- In the present study the gingival papillary bleeding improved significantly in all the three groups as compared to baseline. The gingival papillary bleeding did not differ significantly among the three groups during the entire study period. Thus, it may be inferred that Triphala and Bakul have comparable effect on gingival papillary bleeding as that of chlorhexidine.

Discussion

In ayurveda gandush and kaval has been advised for both purposes, i.e., swasthya rakshanam as well as roga prasanam. Acharya charak has explained the snehagandush procedure which has to followed daily. Acharya sushrut has explained the 4 types of kaval for therpaetic purposes. Similarly vagbhata has explained the 4 types of gandush and a detailed explanation of its procedure, dravya used & the benefits it holds. A lot of researches has also been conducted which eventually proves the effectiveness of ayurvedic mouthwash. Even though results take time, but shows a marked improvement. Chlorhexidine till date is the proven most effective anti-plaque agent. Its efficiency can be attributed to its bacteriostatic and bactericidal properties¹⁹. However, its side effects like staining of the teeth and tooth colour restoration, alteration in taste sensation and increased calculus formation precludes its long term use²⁰.

Conclusion

With the increase in the awareness among the ayurvedic products, the commercialisation of the ayurvedic products need to be explored. Ayurveda is already a great market for the cosmetic industry as well as therapeutic industries. Similar commercialization need to be introduced in the field of gandush and kaval. Not many kaval & gandush products are seen in the market, neither there is any awareness among people in relation to gandush and kaval. Even though people are aware of the concept of herbal products, but that doesn't fulfil the need of kaval and gandush. Both are different procedure related to oral cavity.

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