

(REVIEW ARTICLE)

A review on ancient process of oral hygiene

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Abstract

Oral hygiene plays an important role in keeping the body healthy. Oral cavity is in direct contact with the external environment, due to which it is natural to have bacterial growth in the mouth, but by adopting the measures of oral hygiene, bacterial growth can be easily prevented and keep body healthy. In *Ayurvedic* classical texts *Kawal* & *Gandoosha* are described under the heading of *Dincharaya*, which not only keep oral cavity disease free but also healthy too. These procedures are essential for maintaining and promoting oral hygiene. By seeing these benefits, Government of India include *Kawal* (oil pulling) in the National Ayurveda Protocol for the management of covid-19.

Keywords: Ayurveda, Oil pulling, National Ayurveda Protocol, Covid 19, Oral hygiene, health

1. Introduction

Oral hygiene is an integral part of our health. If oral hygiene is taken care of, we can avoid many diseases but it is not possible by brushing the teeth only. A common person comes in contact with the external environment each day and thousands of bacteria enter the body through mouth which is not visible to anyone with naked eyes. This is why in this time of covid-19, use of mask is compulsory and gargles; oil pulling or swishing is advised. Apart from this, some people play with their health by consuming cigarettes, cold drinks, tobacco etc. Therefore, using procedures like *Kawal* and *Gandoosha* mentioned in the classical text books of *Ayurveda* as prevention or treatment can be minimize the adverse effects of these bad habits. In *Ayurveda*, *Acharyas* described these measures not only as preventive but also for different oral diseases too. By using these measures, oral hygiene can be regained and growth of bacteria can be prevented.

In *Kawal* process the medicated oil or *kwatha* is filled in the mouth and swish, where as in *Gandoosha* process the medicated oil or *kwatha* prepared by various herbs is filled in the mouth to the maximum bearing quantity and hold it for some time, there should be no space to shake the liquid and gargle it in the mouth [1, 2, 3]. *Gandoosha* is a liquid substance and if powder is to be added to it, a quantity of *Kola* (half *karsha* or half *tola*) should be put in the mouth [4].

1.1. *Dharana Kala* [9](duration)

Gandoosha and *Kawal* should be used after the age of 5 year. These can be used three, five, seven times or till balancing of *doshas*.

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Table 1 Depicting types of *Gandoosha*

S. No.	Acharya	Types
1	Vagbhatta [5]	<i>Snigdha</i> <i>Shaman</i> <i>Shodhana</i> <i>Ropana</i>
2	Sharangdhara [6]	<i>Snaihika</i> <i>Shaman</i> <i>Shodhana</i> <i>Ropana</i>

Table 2 Depicting types of *Kawal*

S. No	Acharya	Types
1	Susruta[7]	<i>Snehi kawal</i> <i>Prasadi kawal</i> <i>Shodhan kawal</i> <i>Ropan kawal</i>
2	Chakrapani [8]	<i>Snaihik kawal</i> <i>Prasadhan kawal</i> <i>Samshodhan kawal</i> <i>Ropan kawal</i>

2. Effects of the Procedures

2.1. *Samyak Yoga Lakshana* [10,11] (proper effects)

Vyadherpachaya (palliation of diseases or illness), *tushti/ santosh* (freshness of oral cavity), *vaishadhyam /nirmalta* (cleaning of mouth), *vaktralaghavam*(lightness of mouth), *indriyanam prasada* (sense organs tend to their work)

2.2. *Heena Yoga Lakshana* [12,13] (inadequate effects)

Kaphotklesh (excessive salivation), *rasaagyana* (improper functioning of taste buds), *aruchi* (anorexia), *jadata* (stiffness)

2.3. *Atiyoga Lakshana* [12,13] (excessive effects)

Mukhapaka (mouthulcers), *mukha shosha*(dryness of mouth), *trishna* (thirst), *klama* (feeling of exhaustion)

3. Various types of *Gandoosha* and *Kawal* according to diseases

<i>Gandoosha / Kawal</i>	Effects
Lukewarm or cool <i>tilakalkodaka</i> [14]	<i>Dantharsha</i> (Odontitis), <i>Dantchala</i> (loose teeth), <i>Vataj Mukhroga</i>
<i>Taila or mansrasa</i> [14]	For Healthy person
<i>Ghrita</i> or cold milk [14,15]	Burning sensation in mouth ulcer, <i>agantuja kshata</i> (injury),burning due to <i>visha</i> (poison), <i>kshara</i> (caustics) or <i>agni</i> (fire)

<i>Madhu Gandoosha</i> [14,15]	<i>Daha</i> (burning sensation), <i>trishnaprashamana</i> (suppresses excessive thirst), cleaning of mouth, <i>mukhavrana</i> (mouth ulcers)
Luke warm water [14]	<i>Vaktralaghavam</i> (enhances lightness in mouth)
<i>Taila saindhav gandoosha</i> [15]	<i>Dantachala</i> (loose teeth)
<i>Kanji Gandoosha</i> [15]	<i>Mukhashosha</i> (dryness in mouth), <i>mukhavairasya</i> (tastelessness)
<i>Saindhav, trikatu, raji (rai), aadraka</i> [15]	<i>Kapha nashaka</i>
<i>Triphala madhu gandoosha</i> [15]	<i>Kapha, rakta and pitta nashaka</i>
Repeatedly cold water <i>Gandoosha</i> [16]	Decreases excess amount of phlegm (<i>Kapha</i>), thirst and food debris. Mouth is purified by this <i>Gandoosha</i> .
Luckwam water [16]	Beneficial in <i>kapha</i> (phlegm), <i>aruchi</i> (anorexia), <i>dantjadaya</i> (tooth inertia) and feeling of lightness in mouth
<i>Bijora neembu, kesar, saindhav, kali mirch kalka dharan as Kawal</i> [15]	Removes <i>jadata</i> (stiffness), <i>kapha-vaatjanitaruchi</i> (anorexia)

3.1. Benefits of *Gandoosha* and *Kawal* [17, 18]

It strengthens the jaw and improves quality of voice & muscle mass, clears the tongue so that appetite and sense of taste improves, prevents dryness of throat and prevents chapped lips. It strengthens the teeth and gums & also prevents sensitivity of teeth. It also seen effective in diseases like spondylitis, headache, maintaining the eyesight, dryness of mouth and rhinitis and many more supra clavicular diseases.

4. Discussion [19, 20, 21]

Drugs first enter in the body through its administration route and disintegrate by drug metabolizing enzymes in the intestine and liver. At the end of the process metabolite of drug absorbed and distributed all over the body through blood circulation. In some administration route like sublingual, transdermal or parental, this presystemic (first-pass) metabolism can be avoided that means drugs without going to gut and liver reach directly in the blood circulation and distributed. *Gandoosha* and *Kawal* process are the procedures which follow sublingual route. So in *Gandoosha* and *Kawal* are the procedure in which medicated decoction, ghrita, oil, honey etc directly absorbed by systemic circulation. The *Gandoosha* and *Kawal* process also increases the mechanical pressure in the buccal cavity which is helpful to increase secretion of salivary glands. Saliva works as a local antibiotic which contains IgA, IgM and lysozyme. Saliva also gives protection against bacterial invasion's wound due to contain coagulation factor 8, 9 and 10. Some toxic substances, debris and bacteria mixed with that medicated or normal *Gandoosha* and *Kawal* liquid and spitted out through this process. It maintains the pH of oral cavity. The pH of buccal cavity is neutral or non-acidic. If there is some pathological condition arises then pH of oral cavity converts from non-acidic or neutral to acidic pH. So *Gandoosha* and *Kawal* prevents from oral diseases by maintaining the pH of mouth.

5. Conclusion

Oil pulling method can be co-related with *Gandoosha* and oil swishing can be associated with *Kawal*. These have been quite popular these days and have lots of benefits including- oral hygiene, lustrous skin, healthy eyes etc. It is also included in *Dinacharya* in *Ayurveda* for maintain the oral hygiene and prevent growth of bacteria in mouth. It also gives strength to facial muscles which can appear as anti-aging impact in beauty. It also plays an important role to prevent as well as cure oral diseases without having any side effects. It is easy and simple procedure which can also performed in daily routine at any time simply by filled mouth with normal water till secretions are not come out from nose and eyes.

Compliance with ethical standards

Disclosure of conflict of interest

All authors declare that no conflict of interest is exist.

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