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Kaval Gandoosh in oral health: review on *Kaval* and *Gandoosh*

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ABSTRACT: -

Ayurveda includes Dentistry as a subject Shalaky Tantra. Various studies have proven that chewing sticks described in ancient Ayurveda texts have medicinal and anti-cariogenic properties. The practice of oil pulling (*Kaval, Gandush*) is said to cure oral ailments. Oral cavity is one of the nine opening of physical body according to Ayurveda these opening is opening to impurities since various secretion pass through them day and night and oral cavity exposed to external environmental pollution, cold drinks, tobacco chewing, smoking, alcohol intake etc. So, Ayurveda suggest cleansing them frequently and regular. The Ayurvedic texts mentions *kaval gandoosh* regular use improved in all oral cavity disorders, excessive salivation tastelessness, nausea etc. For respiratory pathogens oral cavity is a reservoir, and patients with periodontal disease are more prone to develop hospital acquired pneumonia than healthy people.

Keywords: Oral health, COVID-19, *Ayurveda, Kaval, Gandoosha*, traditional medicine for oral health.



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INTRODUCTION

Oral health is an important element of general health and has an impact on quality of life that goes beyond the oro-facial complex's functions. Oral and dental diseases are a serious public health concern around the world. Dental caries and periodontal diseases are considered as the most important oral health problems globally, other conditions like oral and pharyngeal cancers and soft tissue lesions are also occur in significant number. It is well established that there is a relation between oral diseases and the microbiological activity inside the mouth ^[1]. Coronavirus SARS-CoV-2 is a strain of the severe acute respiratory syndrome-related coronavirus (SARr-CoV), which belongs to the Corona viridae family and is the cause of 2019 coronavirus disease (COVID-2019) ^[2]. Anti-microbial agent used, to alter the oral microbial environment has significant side effects like diarrhea, vomiting, tooth staining and the most increased Salivary calculi are a type of calculus found in the mouth.

The virus is mostly transmitted by contact with the mucous membranes of the eyes, nose, and mouth. The SARS-CoV-2 virus has a glycoprotein structure on its exterior, generating spicules, via which it connects to human cells, and is known as a corona virus because of its unusual appearance. It contains a double layer of lipids in its lower section that provides this protective role in order to protect its genetic contribution. The ACE2 receptors are widely distributed throughout the upper respiratory tract (therefore the lung lesions it causes in affected persons) and the epithelial cells lining the ducts of the salivary glands, which are early targets of infection for the SARS-CoV-2 virus. They can also be found in the mouth, primarily on the tongue, which is a significant risk factor ^[2]. To

lower the viral load in the oral cavity, teeth brushing, interproximal hygiene, and tongue cleansing are required. In order to avoid cross-contamination, it's also a good idea to keep tooth brushes from the same family out of the same container. Standard drugs have a little success in the prevention of periodontal disease and in the treatment of a variety of oral diseases. So, search for alternative medicinal products has an importance and natural chemicals obtained from various parts of plants used in traditional (alternative) medicine are considered as a good alternative to the drugs. Ayurveda Is considered as the primitive system for health care. It takes care with the view as a complete man, and his health and remedies. Treatment consists of use of alternative medicines, diet control, and practicing certain activities like yoga, and asana. This 5000-year-old system of medicine recommends treatment with specific herbs and minerals to cure and control various diseases. Plants are considered as safe and are with fewer side effects through thousands of years in use. Bacterial infections are considered as causative factors in most of the dental diseases, and it has been well-documented that Ayurvedic medicamentosas produce considerable antibacterial activity against microorganisms including bacteria responsible for, periodontitis and dental caries ^[3]. Dental Sciences hardly have a few researches in this field. Hence integration of professional dental treatment modalities (current concept) and complementary alternative medical (CAM) systems is required to provide the best and unique part of each system to patients as a comprehensive therapy or an alternative choice of treatment. In ancient India, problems such as deformities of the oral cavity, plaques and infections, dental caries had been managed and even cured.

DISCUSSION

Ayurveda and Concept of Oral Health

Ayurveda has the Sushruta Samhita and the Charaka Samhita assist earliest principal texts. In Ayurveda, dental health (*danta swasthya* in Sanskrit) is held to be very individualistic, varying with each person's constitution (*prakriti*), and climatic changes resulting from solar, lunar and planetary influences (*kalaparinama*). The body constitution is classified based on the predominance of one or more of the three doshas, *Vata, Pitta and Kapha*. The dominance doshas in both the individual and nature determines health care in Ayurveda, including dental health.

Periodontal Diseases

Danta moola roga ^[4](diseases of gums)

1. *Sheethada* (scurvy, gingivitis)
2. *Danthapupputaka* (gingival abscess, periapical or dentoalveolar abscess)
3. *Danthavestak* (periodontal abscess)
4. *Upakusha* (periodontitis)
5. *Danthavydarbha* (allergic gingivitis)
6. *Vardana* (supernumerary tooth)
7. *Adhimamsa* (pericoronitis)
8. *Saushira*.
9. *Mahashushira*.
10. *Paridhara*.
11. *Vataj danthanadi* (sinus, fistula, osteomyelitis =DANTHA NADI)
12. *Pittaj danthanadi*.
13. *Kaphaj danthanadi*.
14. *Sannipathaj danthanadi*.

Alternative management and prevention procedure

Ayurveda advocates procedures such as oral prophylaxis, extractions, excisions, flap surgeries etc. Along with the treatment of oro facial diseases, Ayurveda also recommends some daily use therapeutic/preventive procedures for the

prevention and maintenance of oral health.

1. *Dant Dhavan* ^{[5], [6], [7]}, (Brushing).
2. *Jivha Lekhana* ^{[8],[9],[10]}, (Tongue scrapping).
3. *Gandoosha* (gargling) or oil pulling.
4. Tissue regeneration.

Gandoosha And Kaval

Ayurveda gives specialized therapy *Kaval and Gandoosha* to maintain oral hygiene. Taking sufficient amount of medicated fluid inside mouth such that the mouth cannot be moved is called *Gandoosha*. When lesser amount of fluid is taken in the mouth such that the mouth can move easily it is called *Kaval* ^[11].

Types of *kaval* ^[12]

4 Types -

1. *Snehana Or Singda Gandoosh* which uses lipids including oils ghee.
2. *Shaman gandoosh* prepared with decoctions of herbs and basically bitter, sweet, cold.
3. *Sodhana gandoosh* consist of mouth wash with highly potent medication consist of alcohol acid and alkali.
4. *Ropan gandoosh* are prepared with mild and wound healing medication. They are used for ulceration in mouth or stomatitis.

■ Procedure

The drug should be kept in the mouth or swished up until the cough accumulates in the mouth lacrimation, then spat out ^[13].

Plants associated with improved oral health

According to the literature, there are several Ayurvedic medications that can be used to prevent and treat oral disorders. Here are some of the most often used plants, along with their qualities.

1. *Amala* has antioxidants as well as astringent properties that have been shown to help with toothaches, gingival inflammations, and aphthous stomatitis.

2. *Launga oil* is frequently used to alleviate toothache. The active ingredient, eugenol, is commonly used in root canal therapy, tooth abscess, temporary fillings, and a variety of gum illnesses.
3. Dentin formation is a characteristic of *Gritakumari*.
4. *Nimbu/Lemon* solution, which has a pH of 1.68, is a natural source of citric acid. A freshly produced lemon solution is recommended as a root canal medicament due to its antibacterial properties.
5. *Amra leaf* - Ascorbic and phenolic acids are found in Amra leaf. Mango leaves have antibacterial properties against anaerobic microflora and can be used as an adjuvant to improve oral hygiene.
6. *Neem* - Neem has been shown to have antibacterial, antifungal, antiviral, analgesic, immunostimulatory, and antioxidant properties. It contains antiplaque compounds that are both mechanical and chemotherapeutic. Periodontitis can be effectively treated with a mouth rinse made from neem leaves. *Triphala* has antiplaque and anticaries properties. It's also used to irrigate root canals and strengthen gums.
7. *Triphala* ^[14] has shown anticaries and antiplaque property. It is also used for strengthening the gums and root canal irrigate.
8. *Tulsi* extract in a 4 percent mouth rinse successfully lowers the number of salivary streptococcal mutations.
9. **Turmeric extract** can be used to treat sores in the mouth that are potentially cancerous. It efficiently inhibits melanoma cell metastasis and could be utilized to deactivate carcinogens found in cigarette smoke and tobacco chewing.
10. *Kantakari* seeds. Due to chemical elements such as solanocarpine, carpesterol,

solanocarpine, solasonine, and solasodine, *dhoopan* has been utilised in the treatment of dental caries.

11. **Sesame oil** ^[15] -In the treatment of plaque-induced gingivitis, tila/sesame oil is recommended.

CONCLUSION

The oral micro biome or the microbial flora of the mouth was explored its connection with COVID-19 complication of COVID-19 seen among those with poor oral health and periodontal disease Oral diseases are one of the most common problems in public health and are on the rise in developing countries. The preceding overview of Ayurveda oral health practices and scientific studies demonstrates that Ayurveda health-promoting modalities have a strong scientific foundation, which could justify their inclusion in modern oral health treatment. The majority of oral disorders are caused by bacterial infections. Because of the existence of possible bioactive components, materials utilized in Ayurvedic daily oral health care methods, such as medicinal plants, have antibacterial activity against a variety of microorganisms. These aids in the reduction of bacterial load in the mouth, preventing plaque, dental cavities, ulcers, and other issues. Anti-inflammatory, analgesic, and anti-ulcerative effects are found in several Ayurvedic herbal plants. Herbal brushes are recommended and required by Ayurveda. As a means of preventing oro-dental disorders, *Kaval And Gandoosh* can be a useful alternative to the toothbrush. Several systemic disorders are said to be cured with the *Kavala and Gandoosh* methods. These techniques and herbs are inexpensive, have a wide range of medical characteristics, and are commonly accessible.

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