ABSTRACT:
Oral health touches every aspect of our lives. Our Ayurvedic procedure Gandoosha and Kavala are very useful for oral cavity as preventive aspect as well as curative aspect. These are very simple procedure. If we do Gandoosha and Kavala in proper way, we definitely get better results. So, in this article effort has been made to establish the standard operating protocol of Gandoosha and Kavala. Whole procedure is divided in to three parts 1 Aushdhi Yoga Nirmana, 2 Aushadhi Matra Nirdharana, 3 Gandoosha-kavala vidhi. For ideal results from Gandoosha and Kavala procedures using Kwath, Kalka, Churna or Sneha Kalpana, all the Aushadha, Drava, Prakshepa, etc should be used according to our classical reference. Always Madhyam Paki Sneha should be used for Gandoosha and Kavala. Dosage of Gandoosha and Kavala vary from patient to patient. Gandoosha & Kavala are very simple procedure, but we should take standard procedure in a proper way for getting better result.

Keywords: Gandoosha, Kavala, Standard operating protocol

INTRODUCTION: Oral health touches every aspect of our lives but is often taken for granted. Your mouth is a window into the health of your body. Whether you are 80 or 8, your oral health is important. Our ayurvedic procedure Gandoosha and Kavala are very useful for oral cavity as preventive aspect as well as curative aspect. Our Acharyas have mentioned Gandoosha and Kavala in Dincharya as preventive aspect and in treatment of oral disease as curative aspect. These are very simple procedure. If we do Gandoosha and Kavala in proper way, we definitely get better results.

AIMS: To establish the standard operating protocol of Gandoosha and Kavala

OBJECTIVES:
- To standardize the Aushadhi Matra Nirdharana for Gandoosha and Kavala.
- To standardize the Vidhi of Gandoosha and Kavala.

MATERIAL AND METHOD: 200 Volunteers are selected, attending the Government Tapibai Ayurved hospital, Bhavnagar for decide the dosage of Gandoosha and Kavala. Volunteers are divided in 4 groups according to age. There are 50 volunteers in each group.
- Group A - 05 to 10 yrs
- Group B - 10 to 15 yrs
- Group C - 15 to 20 yrs
- Group D - >20 yrs
Defination of Gandoosha and Kavala: In present era, definition of Gandoosha and Kavala is useful especially in Matra Nirdharan. All the Acharyas have mentioned all most same definition. That is “Holding the liquid full of mouth cavity not permitting any movement inside is Gandoosha, whereas Kavala is otherwise means allowing the movement of liquid inside.” 2,3,4,5

Types of Gandoosha and Kavala:

All most same type of Gandoosha have been mentioned by different Acharyas.

<table>
<thead>
<tr>
<th>Ashtanga Hridaya</th>
<th>Ashtanga Samgraha</th>
<th>Sushruta Samhita</th>
<th>Effect on Doshas</th>
</tr>
</thead>
<tbody>
<tr>
<td>Snigdha</td>
<td>Snaikh</td>
<td>Snehana</td>
<td>Vata</td>
</tr>
<tr>
<td>Shamana</td>
<td>Shamana</td>
<td>Prasadana</td>
<td>Pitta</td>
</tr>
<tr>
<td>Shodhana</td>
<td>Shodhana</td>
<td>Shodhana</td>
<td>Kapha</td>
</tr>
<tr>
<td>Ropana</td>
<td>Ropana</td>
<td>Ropana</td>
<td>Vrana</td>
</tr>
</tbody>
</table>

Standard operating protocol of Gandoosha & Kavala

It is divided into three parts.

1 Aushdhi Yoga Nirmana
2 Aushadhi Matra Nirdharana
3 Gandoosha-kavala Vidhi.

1 Aushdhi Yoga Nirmana: There are so many Yoga Kalpana like kwath, Kalka, Churna, Sneha are mentioned in our classical text for Gandoosha and Kavala. But only Acharya Sharngdhar has mentioned all the minute detail about all Aushadhi Kalpana. So we should take all the reference from Sharangdhar Samhita for making Gandoosha & Kavala Yoga.

- **Kwath Kalpana**9,10 According to Acharya Sharangdhar, take 1 part (1 Pala-48 gms) of Churna, add 16 part (786 ml) of water, boiled in earthen pot on mild fire and reduced to 1/8 part, i.e. 102 ml. Sharkara should be added to Kwath in the proportion of 1/4, 1/8, 1/16 part for Vata, Pitta, Kapha disorder respectively. Madhu should be added in reverse order. The dosage of addition of Kshara, lavana, Trikatu is 1 Shana (03 gms) and Dugdha, Ghrita, Taila etc should be added in dosage of 1 Karsha (12gms).

- **Example**11 - Kshiri Vriksha Kwath with Madhu, Ghrita and Sharkara is mentioned in Danta Veshtaka disease by Acharya Sushrut. So On the basis of Sharangdhhar Samhita’s Kwath kalpana, we should take 1 part (1 Pala-48 gms) of Kshiri Vriksha Churna, add 16 part (786 ml) of water, boiled in earthen pot on mild fire and reduced to 1/8 part, i.e. 102 ml. We should use Madhu 1/8 part (12.75 gms), Ghrita 1 Karsha (12 gms) and Sharkara 1/8 part (12.75 gms) for standardize the Kwatha Yoga Nirmana.

- **Kalka Kalpana**12,13 – A green or dried drug convert into paste form by rubbing on a stone with little quantity of water called Kalka. Madhu, Ghrita, Taila should be added 2 times of quantity ok Kalka, while Sharkara and Guda should be added equal quantity and Drava should be added 4 times of quantity of Kalka.

- **Example**14 - Tilakalkodaka is used in Vataja Mukh Roga According to Ashtang Samgraha Samhita. We should add 4 times (80 ml) water in 1 part (20 gms) of Tilakalkodaka.

- **Churna Kalpana**15 – Nicely powdered dry drug, filtered through cloth is called Churna. In Churna, Guda should be added in equal quantity, Sharkara should be added 2 times and Kwata, Jala, Dugdha should be added 4 times of quantity of Churna.
- **Example** - According to *Sushrut Samhita*, Gaur Sarshapa Saindhava Churna is used in Kaphaja Jihva Roga. We should add water 4 times (80 ml) in 1 part (20 gms) of Gaur Sarshapa Saindhava Churna.

- **Sneha Kalpana** – In Sneha Kalpana, 1 part kalka, 4 parts ghrita or Taila and sixteen parts of any Drava should be used. We always should use Madhyampaki Sneha for Gandoosha and Kavala according to Acharya Sarangdhar.

- **Example** - Trivrita Ghrita is used in Danta Harsha according to Acharya Sushrut. We should use 1 part Trivita Kalka (20 gms) add 4 times (80 ml) Ghrita and 16 times (320 ml) Jala for making Madhyam Paki Trivrita Ghrita.

2 **Aushadhi Matra Nirdharana** – There is no description for exact dose of Gandoosha and Kavala in our classical texts. All the Acharyas have mentioned the quantity of *Gadoosha-Kavala Drava* in definition. But in present era, we can see that the capacity of holding the liquid in mouth is differ from person to person. We divided the 200 volunteer in 4 groups according to the age, means 50 volunteer in each group in our hospital. The holding capacity of liquid in mouth of each volunteer is observed.

<table>
<thead>
<tr>
<th>Group</th>
<th>Age range</th>
<th>Range of holding capacity of liquid in mouth</th>
<th>Days</th>
</tr>
</thead>
<tbody>
<tr>
<td>A</td>
<td>05-10 year</td>
<td>20 ml to 50 ml</td>
<td>7</td>
</tr>
<tr>
<td>B</td>
<td>10-15 year</td>
<td>50 ml to 80 ml</td>
<td>7</td>
</tr>
<tr>
<td>C</td>
<td>15-20 year</td>
<td>60 ml to 100 ml</td>
<td>7</td>
</tr>
<tr>
<td>D</td>
<td>&gt;20 year</td>
<td>60 ml to 130 ml</td>
<td>7</td>
</tr>
</tbody>
</table>

**Gandoosha Kavala**: The Dosage of Kavala is mentioned only in *Ashtanga Samgraha*. Pravara Matra – 1/2 of the capacity of holding liquid in mouth of the person. Madhyama Matra-1/3 of the capacity of holding liquid in mouth of the person. Avara Matra – 1/4 of the capacity of holding liquid in mouth of the person.

So we can say that if any volunteer’s capacity is 100 ml for holding the liquid fully in the mouth. So his matra for Gandoosha is 100 ml, Pravara Matra for Kavala is 50 ml (1/2), Madhyama Matra for Kavala is 34 ml (1/3) and Avara Matra for Kavala is 25 ml (1/4). Gandoosha and Kavala are advocated after the age of five years.

3 **Gandoosha-Kavala Vidhi**

It is divided into three parts

- **Purva Karma**
- **Pradhana Karma**
- **Pashchata Karma**

**Purva Karma**: In Purva Karma, All these points should be kept in our mind like Aushadhi Nirmana, Atmosphere of procedure room, equipments etc.

- All the procedure is done in Nivata-Satapa Sthana means devoid of air but direct sunlight is there.
- Preparation of Aushadhi Yoga which will be used in Gandoosha or Kavala – As said earlier.
- Collection of equipments like Taila for Snehana, Nadi Swedana Yantra, Measuring glass, Napkin, sinks etc.
- Then Patient should be massaged over his forehead, cheek, throat, neck and shoulder.
- Then patient should be given fomentation on his forehead, cheek, throat, neck and shoulder by *Nadi Swedana yantra*. 
- **Position** – Patient should be sited and concentrate his mind on treatment.
- **Pradhana Karma**: Give the proper dose of *Aushadha* for *Gandoosha* or *Kavala* to the patient.
- In *Gandoosha*, Patient is not to be allow for any movement inside the mouth, but allow the patient for movement of *Drava* towards the two cheeks and through in *Kavala*.
- Instruct the patient do not swallow the liquid inside the mouth and keep his face slightly lifted up.
- Then ask the patient to hold the liquid in mouth till mouth gets filled with *Kapha* or till the nose and eye become secretary. Every time fresh liquid should be used.
- Repeat this procedure 3, 5, or 7 times per day according to disease.
- **Pashchhata Karma**²⁵: Only Acharya Vriddha Vagbhatta has mentioned for massage and fomentation again after *Gandoosha* and *Kavala* procedure. So, remained *Kapha Dosha* enters into the mouth and it should be split out.

**DISCUSSION:** Definition of *Gandoosha* and *Kavala* is useful especially in *Matra Nirdharan*. That is “Holding the liquid full of mouth cavity not permitting any movement inside is *Gandoosha*, whereas *Kavala* is otherwise means allowing the movement of liquid inside.” Acharya Sharangdhar has mentioned all the minute detail about all *Aushadhi Kalpana*. So we should take all the reference from Sharangdhar Samhita for making *Gandoosha & Kavala Yoga*. Always Madhyamapaki Sneha should be used in *Gandoosha & Kavala* procedure. *Gandoosha* and *Kavala* are advocated after the age of five years. In age of 5 years minimum dose for *Gandoosha* liquid is 20 ml, where, maximum dose is 130 ml for above 20 years of age. Dosage of *Gandoosha & Kavala* varies from patient to patient. If any volunteer’s capacity is 100 ml for holding the liquid fully in the mouth. So his *Matra for Gandoosha* is 100 ml, *Pravara Matra* for *Kavala* is 50 ml (1/2), *Madhyama Matra* for *Kavala* is 34 ml (1/3) and *Avara Matra* for *Kavala* is 25 ml (1/4). All Acharyas have mentioned almost same method for *Purva Karma* and *Pradhana Karma*. *Pashchhata Karma* is only mentioned by Acharya Vriddha Vagbhatta.

**CONCLUSION:** All *Gandoosha & Kavala Yoga* should be prepared as per Sharangdhar Samhita. Always Madhyamapaki Sneha should be used for *Gandoosha & Kavala*. Holding the liquid full of mouth cavity not permitting any movement inside is *Matra for Gandoosha* whereas the *Pravara*, *Madhyama* and *Avara Matra of Kavala* are ½, 1/3 and ¼ of *Gandoosha Matra* respectively. Massage and fomentation should be given before and after the procedure of *Gandoosha & Kavala*. These are very simple procedure, but we should take standard procedure in a proper way for getting better result.

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