

## KAVALA for Oral Hygiene W.S.R. to TUNDIKERI

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### ABSTRACT

Tonsillitis refers to inflammation of the pharyngeal tonsils (glands at the back of the throat, visible through the mouth). The clinical features of Tundikeri can be compared with tonsillitis. In acute tonsillitis we may find throat pain, dysphasia, malaise, anorexia, fever and body ache. The tonsils appear to be swollen and congested. Chronic tonsillitis may be a complication of acute tonsillitis.

Tankana Bhasma is a commonly available alkali appreciated as Kshara Raja or Kshara Shresta. It has got Katurasa, Ushna and Teekshna properties. It is Vrana Ropaka as well as Vatakapha Shamaka. So, Tankana Bhasma has been used as treatment of Tonsillitis in the form of Kavala.

**Keywords:** Tundikeri, Tonsillitis, Tankana Bhasma, Kavala.

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### INTRODUCTION

In Ayurveda, Kavala(Gargling) and Gandusha(Oil pulling) are the procedures described in Dinacharya i.e. the daily regimen and are useful in prevention of the diseases of the mouth, teeth and the gums. 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 Gandusha. Gandusha has been used to prevent decay, oral mal odour, gum bleeding, dryness of throat, cracked lips and for strengthening the teeth, gums and the jaw. It is a simple daily regimen, which, when done routinely, enhances the senses, brings about a feeling of freshness and maintains clarity in the voice. After adopting this procedure properly, one feels lightness and clarity in the mouth. It also relieves pain and discomfort. Gandusha is to be hold oil/decoction inside the oral cavity till there is uncontrollable salivation, secretions of tears from the eyes or mucous/watery discharge through the nose.

On the other hand, Kavala is a procedure of holding comparatively small quantity of liquid in the mouth; make it move briskly inside and spitting out quickly. Decoction of Khadira or Kshirivriksha has like Nyagrodha, Udumbara etc. may be used daily for Kavala. It removes loss of appetite, bad taste, dirt and excess salivation from the mouth<sup>1,2</sup>.

### Tundikeri

The word Tundikeri is made up of two words i.e. Tundi and Keri. Tundi means mouth and Keri means location. So in total Tundikeri refers to the disease that occurs in the region of mouth. It is defined as“*Tundikeri Karpasyam Vanakarpasi-Phalm*” which means Tundikeri resembles *Vanakarpasika Phalam* (Fruit of *Thespesia lampus*).

### Clinical features:

- Swelling in throat region (inflammation of the pharyngeal tonsils)
- Pricking pain
- Burning sensation
- Tendency of suppuration
- Dysphagia
- Malaise
- Fever
- Anorexia
- Body ache
- The tonsils appear to be swollen and congested
- Oedema of uvula and soft palate along with enlarged and tender jugulodigastric lymph nodes

### **Ayurveda Aspect:**

In Sushruta Samhita and Ashtang Hridaya, Tundikeri is characterized by <sup>3-7</sup>:

- Shoola (painful swelling)
- Shotha (hard swelling)
- Toda (pricking pain)
- Daha ( Burning sensation)
- Prapaki (undergoes suppuration)
- Avarodha ( obstructive for respiration and deglutition)

### **Kshara and its general properties**

Kshara is considered superior to all the Shastra Karma (surgical measures) and Anu-Shastra Karma (para-surgical measures) because Ksharas or alkalis perform the work of incision, puncture, and scarification so as to relieve the derangements of Tridosha. They uniformly affect the diseased part or parts to which they are applied <sup>8,9</sup>.

According to Sushruta, Kshara possesses the below mentioned qualities:

**Tridoshaghna** – Pacifies or destroys all the morbid Doshas

**Soumyata** – Pleasant or mild nature (owing to their white colour)

**Dahana** – Burns, corrodes (owing to its burning nature)

**Pachana** – Brings about maturity, ripens the wounds (owing to its digestive capability)

**Darana** – Bursts or breaks open the wounds (owing to the Agneya or fiery nature of the herbs used in the composition)

**Katuka** – Pungent (owing to its pungent taste)

**Ushna** – Hot (owing to its heat producing nature)

**Teekshna** – Intense (because of its irritant nature)

**Vilayana** – Liquefies (because of its liquefaction property)

**Shodhana** – Cleanses (owing to its cleansing property)

**Ropana** – Heals, improves granulation (owing to its healing property)

**Shoshana** – Dries (owing to its nature of absorption)

**Stambhana** – Arrests, stops (owing to its arresting or stopping nature)

**Lekhana** – Scraps (owing to its scraping nature)

**Krimighna** – Kills microbes and germs (owing to its antimicrobial action)

**Shukraghna** – Causes sterility when used in excess

Expels and destroys **Ama** (metabolic toxins)

Destroys morbid **Kapha**

Destroys **Visha** or poisons

Destroys **Meda** (excess, morbid fat)

Cures **Kushtha** (skin diseases, leprosy)

**Laghu** – Light in nature (by Charaka)

**Bhedana** – Splits open (by Charaka)

In classics, treatment principle for Tundikeri is similar to that of Galashundika. Sushruta have importance to Kshara karma in Tundikeri as Kshara does Chedana, Bhedana, Lekhana, Darana, Shothahara and Ropana Karma simultaneously without the help of Shastra Karma.

### **Tankana Bhasma**

Tankana Bhasma is also called as Kshara Raja or Kshara Shresta. It is useful in productive cough, breathing problems, wheezing, bronchitis, abdominal pain, menstrual pain, dandruff, bad breath and foul-smelling urine.

### **Properties of Tankana Bhasma:**

Rasa- Katu, Lavana

Guna- Ushna, Teekshna, Laghu, Ruksha

Virya- Ushna

Vipaka- Katu

Prabhava- Expectorant

Karma- Vrana Ropaka

Doshagnata- Vatakapha Shamaka

### **Method of Preparation**

Tankana Bhasma – Prepared from Sodium borate  $\text{Na}_2[\text{B}_4\text{O}_5(\text{OH})_4] \cdot 8\text{H}_2\text{O}$ – It is heated to remove moisture, then further heated to get white dry powder.

## Use

Around 3gms of Tankana Bhasma is dissolved in 50 ml of Luke warm water and the patients of Tundikeri are told to do Kavala with this for 2 minutes.

It should be done twice a day after food for 15 days.

Internal administration of Triphala Guggulu during the course of Kavala also helps in alleviation of Tundikeri.

Therefore, Tankana Bhasma has been used as treatment of Tonsillitis in the form of Kavala.

## Side Effects

The long term use (more than 4 weeks) is not advisable. Its long-term use in low dosage and short-term use in high dosage can result in following side effects<sup>10</sup>.

- Indigestion
- Loss of appetite
- Nausea & Vomiting
- Debility
- Hair fall
- Swelling

## CONCLUSION:

Tankana Bhasma has both bleaching and antiseptic properties which eradicate pathogens. It also has properties like wound healing, analgesic, anti Inflammatory and antiseptic. It helps in removal of debris and to inhibit the growth of bacteria. It shows highly significant results in the symptoms of Tundikeri like redness, dysphagia and pain.

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