

## Chapter 27. Gandusha

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Gandusha is a procedure in which medicated oil, decoctions, honey, ghee, or other liquids like **dhanyamla** are retained in the mouth without allowing any movement. This practice is beneficial for maintaining oral health and treating specific conditions.

### Types of Gandusha:

1. **Snigdha** (unctuous)
2. **Samana** (palliative)
3. **Shodhana** (purifying)
4. **Ropana** (healing)

### Indications:

Gandusha is indicated for conditions involving the vitiation of doshas in the mouth and oral ulcers.

### Commonly Practiced Gandusha Dravyas (Substances):

- Medicated oils
- Pasted sesame seeds mixed with lukewarm water
- Honey
- Ghee
- Milk
- Dhanyamla (fermented liquid)
- Hot water

### Infrastructure Facilities:

Gandusha can be performed on a bed or in a comfortable chair. Materials required include prescribed medicines, a glass, and a mug, handled by trained technicians.

### Pre-operative Procedures:

1. Mild massage of the neck and shoulders using medicated oil.
2. Local fomentation (application of heat) after the massage.

### Dietary Restrictions:

Diet should be tailored according to the patient's specific health condition.

### Examination of the Patient:

A routine physical examination should be performed before the procedure.

## Season and Time:

Gandusha is recommended on sunny days.

## Dosage and Method of Administration:

- Fill the patient's mouth with the prescribed medicated liquid without allowing any movement inside the mouth.
- Perform Gandusha until the mouth fills with **kapha** (mucus) or there are secretions from the nose and eyes.

## Signs and Symptoms of Proper Gandusha:

The appearance of desired effects, such as kapha secretion or relief in symptoms, indicates proper Gandusha.

## Effects of Gandusha:

This therapy is effective for treating disorders of the **manya** (neck), head, ears, mouth, eyes, and throat. It helps with conditions like dry mouth, stupor, anorexia, and rhinorrhoea (nasal discharge).

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