

#### WHERE CLASSICAL WISDOM MEETS INTELLIGENT LEARNING

### Chapter 27. Gandusha

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.

<sup>©</sup> Ayurvite Wellness Pvt Ltd. All rights reserved. This PDF is for personal use only Unauthorized reproduction, distribution, or commercial use is strictly prohibited.





WHERE CLASSICAL WISDOM MEETS INTELLIGENT LEARNING

## **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).

<sup>©</sup> Ayurvite Wellness Pvt Ltd. All rights reserved. This PDF is for personal use only. Unauthorized reproduction, distribution, or commercial use is strictly prohibited.