

A choice for oral health; Sapthachadadi Kashayam (Gandoosham)

Abstract

Oral health is now considered an important and integral part of general health because poor oral health causes pain, discomfort, affects speech, ability to eat, sleep, self-esteem and confidence. Oral disorders may also result in increased morbidity and mortality, disfigurement and ultimately reduce the quality of life of the affected individual. Sapthachadadi Kashaya is a poly herbal formulation mentioned in Ashtangahrudayam uttarasthanam mukha roga prathisheda. The diseases of oral cavity ie, oshta, ganda, dantha, danthamoola, jihva, gala etc are comes under mukharoga. Sapthachadadi kashaya is specially mentioned for mukha paka in which the patient may exhibit symptoms like pyria, tongue crack, mouth ulcers, sensitivity of tongue etc. This kashaya can be used internally and mainly as gandoosha for diseases pertaining to oral cavity.

Key words

Mugapaka, oral hygiene, gandoosha, Sapthachadadi Kashaya

Introduction

Oral health is now considered an important and integral part of general health because poor oral health causes pain, discomfort, affects speech, ability to eat, sleep, self-esteem and confidence. Oral disorders may also result in increased morbidity and mortality, disfigurement and ultimately reduce the quality of life of the affected individual. Oral cavity is a part of our body which is easily and constantly get exposed to exogenous risk factors. It can be contaminated through food, drinks, junk food and addiction of tobacco, smoking, alcohol etc. If these habits get continued, toxins may get accumulated into the oral cavity. Bacteria invading these toxins leads to oral diseases. Ultimately resulting in bad oral hygiene

and may lead to various oral diseases.

In Ayurveda literature, there are two methods of practice followed for oral hygiene, Kavala (Gargling) and Gandoosha (Holding fluid inside the mouth/ Oil Pulling). Kavala is a procedure of holding comparatively small quantity of liquid in the mouth; make it move briskly inside and spitting out quickly. Gandoosha Filling the mouth with oil or medicated water daily and holding for a few minutes without moving it inside the oral cavity. Hold the liquid in mouth till mouth gets filled with phlegm or till secretions from nose/ eyes begins. Kavala and Gandusha are the procedures described in Dincharya.

The mukha i. e. oral cavity works as a reflector of body health by acting as a gateway of alimentary canal. Therefore it is considered as a most important part of Urdhwajatru. By eliminating toxins Gandoosha helps to maintain oral cavity clean and healthy. Depending upon the therapeutic effect and dosha dominance there are few types of Gandoosha recommended in the texts. Among them sapthachadadi kashaya is used as ropana gandoosha where kashaya is used as the media for gandoosha karma.

Many mouthwashes that are available in the market contain fluoride, which has been known to cause some gastric distress. Sapthachadadi kashaya is orally safe, palatable and does not destroy any digestive juices and is presently known to have antimicrobial, antiviral, anti-inflammatory, antioxidant, anticancer, anti-adherent, and anti ulcer properties in various published biomedical researches. The wound healing and cellular immune responsive action would have contributed to the observed therapeutic role in radiation-induced oral mucositis¹.

The cumulative effect of below mentioned ingredients suggest that this formulation can be effectively promoted as a supporting aid for preventing the complication of

microbial attack and also it prevents infections of the oral cavity including stomatitis, tonsillitis etc. During the pandemic situation, we have seen the benefit of kabala and gandoosha as supportive therapy. The selected product 'sapthachadadi kashaya' is a good drug of choice for oral health by considering the phytochemical properties of ingredients and clinical experience.

saptachat usheera, patola, musta-
hareethaki tiktaka rohinibhihi
yashthyaahva raajadruma candana sca
kvaatam pibhet pakaharam mukhasya

Mukharogapratishedam, 21/101

The ingredients of Sapthachadadi kashaya are *Alstonia scholaris*, *Vetiveria zizanioides*, *Trichosanthes dioica*, *Cyperus rotundus*, *Terminalia chebula*, *Solanum xanthocarpum*, *Picrorhiza kurroa*, *Glycyrrhiza glabra*, *Cassia fistula*, and *Santalum album*. The water soluble extractive of these ingredients provides antimicrobial action towards oral cavity disease. This kashaya can be administered internally and also as gandoosha.

The probable mode of action of Sapthachadadi kashaya- gandoosha may be because of the increased exerted mechanical pressure, stimulation of salivary glands, increased vascular permeability and by maintaining the oral PH.

Phytoconstituents and its actions.

Alstonia scholaris having blood purification action. The studies showing that the active constituent like echitamine² contains bacteroside action which protects the oral mucosa from infections. It is reported to contain various iridoids, alkaloids, coumarins, flavonoids, leucoanthocyanins, reducing sugars, simple phenolics, steroids, saponins and tannins. It has been reported to possess antimicrobial, antiamebic, antidiarrheal, antiplasmodial, hepatoprotective, anticancer, antiasthmatic, free radical scavenging, analgesic, anti-inflammatory, antiulcer, antifertility and wound healing activities. Studies show that *Alstonia scholaris* induces cellular immune response³.

Vetiveria zizanioides aromatic, astringent, antioxidant, antifungal⁴, and possess cooling property, and blood purification properties.

Trichosanthes dioica is having antibacterial, anti-inflammatory⁵, wound healing, antiulcer⁶ Studies have been shown that the active constituent like Trichosanthin⁷ is exhibiting antiviral properties.

Cyperus rotundus has antifungal, astringent, analgesic, antimicrobial, and antioxidant⁸. It enhances the healing of ulcers and also helps to pacify the pain due to oral infection and sore throat. Antifungal⁹ activity of Cyperone has been studied.

Terminalia chebula contains chebulic acid which is a powerful antioxidant. Therapeutic benefits like antifungal¹⁰, wound healing, antimicrobial, antiadherent¹¹ were studied.

Solanum xanthocarpum is having therapeutic benefits like antitussive, antifungal¹², anti-inflammatory, antimicrobial, and analgesic¹³.

Picrorhiza kurroa contains Kutkin having antibacterial, antifungal, antiulcer¹⁴ activity.

Glycyrrhiza glabra, recent research suggests that licorice and its bio active ingredients such as glycyrrhizin, glabridin, licochalcone A, licoricidin, and licorisoflavan A possess potential beneficial effects in oral diseases. Licorice constituents on both the oral microbial pathogens and the host immune response involved in common oral-dental diseases^{15,16,17} (dental caries, periodontitis, candidiasis, and recurrent aphthous ulcers).

Cassia fistula is having antifungal¹⁸ and antimicrobial activities. Studies against some pathogenic fungi were shown positive results..

Santalum album having anti-inflammatory, antiseptic, astringent, antiviral, and anticancer¹⁹ therapeutic actions.

The cumulative phytochemical properties and the studies towards all the drugs provide an antimicrobial activity. This formulation may be beneficial to oral mucositis, ulcers, diseases of gastric mucosa etc.

Ingredients

Sapthachada, Usheera, Patola, Mustha, Hareethaki, Kantakari, Rohini, Yashtimadhu, Aragwadha, Chandana.

Usage

10 ml kashaya with equal quantity of water or honey need to be gargled 2-3 times in a day.

Dosage

Quantity of gandoosha differs in each individual because capacity of oral cavity differs.

According to Sharangdhara: A mouth full of liquid is the dose of gandoosha.

Ingredients specifications

Ingredients	Botanical name	Rasa	Guna	Veerya	Vipaka	Karma	Parts used
Sapthachada	Alstonia scholaris	Tiktha Kashaya	Laghu Snigdha	Ushna	Katu	Tridishahara Dipana	Stem bark
Ramacha	Vetiveria zizanioides	Tiktha Madhura	Ruksha Laghu	Sheeta	Katu	Kapha-pithahara Pachana	Root
Patola	Trichosanthes dioica	Tiktha Katu	Laghu Ruksha	Ushna	Katu	Kapha-pithahara Dipana	plant
Mustha	Cyperus rotundus	Tiktha Katu Kashaya	Laghu Ruksha	Sheeta	Katu	Kapha-pithahara Dipana, Pachana	Rhizome
Hareethaki	Terminalia chebula	Lavana varjitha Pancha rasa	Laghu Ruksha	Ushna	Madhura	Tridosahara Lekhana	Fruit
Kantakari	Solanum xanthocarpum	Tiktha Katu	Laghu Ruksha Tikshna	Ushna	Katu	Kapha vatahara Dipana Pachana	Root
Rohini	Picrorhiza kurroa	Tiktha	Ruksha Laghu	Sheeta	Katu	Kapha-pithahara Dipana	Root
Yashtimadhu	Glycyrrhiza glabra	Madhura	Guru Snigdha	Sheeta	Madhura	Tridosha	Root
Aragwadha	Cassia fistula	Madhura	Mrudu Guru Snigdha	Sheeta	Madhura	Kapha-pithahara	Stem bark
Chandana	Santalum album	Tiktha Madhura	Laghu Ruksha	Sheeta	Katu	Kapha-pithahara	Heart wood



Alstonia scholaris



Vetivera zizanioides



Cyperus rotundus



Terminalia chebula



Glycyrrhiza glabra



Cassia fistula



Solanum xanthocarpum



Picrorhiza kurroa



Santalum album



Trichosanthes dioica

In this gandoosha, decoction (kwatha) is prepared from herbal drugs with tikta (bitter), kashaya (astringent), madhura (sweet), taste and with cool potency (sheeta virya). These properties gives it capacity of ulcer healing (mukha vrana ropana) therefore it is used in mouth ulcer healing.

Experience from physician's desk

1. Oral diseases which are associated with pus and burning sensation (pitta vitiation) - 30 ml saphthachadadi kashaya along with triphala and yashtimadhu kashaya - twice or thrice daily for kabala.
2. Fungal infections of mouth saphthacchadadi Kashayam 30 ml mixed with 100 ml triphala kashaya and 5 gm saindava lavana for kabala - twice or thrice daily

3. In aruchi saphthachadadi kashaya 30 ml with 100 ml decoction made aamrapallavam - twice or thrice daily for kabala.
4. In oral diseases where there is dryness associated with burning sensation: Saphthachadadi kashaya 30 ml with 1 tsp tikthaka ghruta for kabala - twice or thrice daily
5. In conditions like gastric ulcer and peptic ulcer, 15 ml saphthachadadi kashaya with 1 tsp tiktaka ghruta, 1/2 tsp honey with 60 ml warm water twice daily 20 minutes before food for kabala.

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