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ARKA FOR GANDUSHA WITH REFERENCE TO ARKA PRAKASHA

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ABSTRACT

Ayurveda pharmaceuticals deals with designing of formulations that are in varied dosage forms. Various dosage forms are mentioned in Ayurveda are intended for both internal administration and external application. One dosage form that is not much into practice is Arka. Arka is a liquid preparation obtained by distillation of certain liquids or drugs soaked in water using the Arkayantra or any convenient modern distillation apparatus. In the treatise Arka Prakasha, usage of arka in various forms is mentioned and one way of using is as Gandusha unlike the perception that Arka or distillates is used only for internal administration as paana. Arka as a gandusha is mentioned in diseases like Dantakrimi (dental caries), Arochaka (loss of appetite), Masurika (measles), Taluroga (disease of palate), Mukhapaka (mouth ulcer) and excess salivation. Gandusha is a process where medicated liquids are held in the mouth for a specific period of time without any movement. It is mainly indicated in diseases of oral cavity. Gandusha with taila are usually in practice and not arka (distillates). The focus of the article is to put light on arka mentioned in arkaprakasha to be used as gandusha.

Keywords: Arka, Arka Prakasha, Diseases, Gandusha, Oral cavity

INTRODUCTION

Gandusha is the process of “holding any medicated liquid in the mouth to its full capacity for a specific time without allowing any movement inside the mouth”. It aids in

maintaining and promoting the oral hygiene by exerting the cleansing action and by increasing the defense mechanism in the oral cavity [1].

Practice of Gandusha helps in preventing the conditions like mukhavairasya, durgandha (bad odour), shopha (swelling), jadya and strengthens the teeth. A person practicing taila (oil) Gandusha regularly is said that he will not suffer from kantashosha (dryness of mouth), oshtasphutana (cracking lips), dantakshaya (loss of teeth), dantashula

(dental pain) and dantaharsha (sensitivity) [2].

A review on Arka Prakasha a treatise of Ayurveda pharmaceuticals puts light on a few arka for the management of various oral disorders viz., dental caries, loss of appetite, diseases of palate, etc.

Arka is a liquid preparation obtained by distillation of certain liquids or drugs soaked in water using the Arkayantra or any distillation apparatus [3].

Table 1: Arka for oral disorders as Gandusha

S. No.	Name of the Arka	Ingredients	Indications
1	Dantarogaharo yoga [4]	Neela (<i>Indigo feratinctoria</i>), Katutumbi (<i>Lagenaria siceraria</i>), Kakajangha (<i>Peristrophe paniculata</i>)	Dantakrimi (dental caries)
2	Aruchighno arka [5]	Ajamodamula and patra (root and leaf of <i>Apium graveolens</i>) to be soaked in Tintidi rasa (juice of <i>Rhus parviflora</i>) and arka is extracted	Arochaka (loss of appetite)
3	Masurikanashaka yoga [6]	Nimba (<i>Azadirachta indica</i>), parpata (<i>Fumaria indica</i>), pata (<i>Cyclea peltata</i>), patola (<i>Trichosanthes dioica</i>), katurohini (<i>Picrorhiza kurroa</i>), shweta chanadana (<i>Santalum album</i>), rakta chandana (<i>Pterocarpus santalinus</i>), shirisha (<i>Albizia lebbek</i>), dhatri (<i>Phyllanthu semblica</i>), vasa (<i>Adhatoda vasica</i>), duralabha (<i>Fagonia cretica</i>)- arka extracted from the said drugs	Masurika (measles)
4	Taluroganashako arka [7]	Vacha (<i>Acorus calamus</i>), ativisha (<i>Aconitum heterophyllum</i>), pata (<i>Cyclea peltata</i>), rasna (<i>Alpinia galanga</i>), katakichurna- soak in nimbaarka and used as kavala or gandusha	Taluroga (disease of palate)
5	Mukhapakaharo arka [8]	Jatipatra (<i>Jasminum grandiflorum</i>), amruta (<i>Tinospora cordifolia</i>), draksha (<i>Vitis vinifera</i>), daruharidra (<i>Berberis aristata</i>), triphala (<i>Terminalia chebula</i> , <i>Terminalia bellirica</i> , <i>Embllica officinalis</i>)- extract arka- used with madhu as gandusha	Mukhapaka (mouth ulcer)
6	Neelotpala arka [9]	Arka of neelotpala (<i>Nymphae astellata</i>) with madhu (honey)	Excess salivation

DISCUSSION

Gandusha is a form of drug administration into the oral cavity in which the active ingredients and chemical constituents of the

drugs are absorbed through the buccal mucosa and reach the blood stream. It is having both local and systemic action but generally more in situ effect [10].

The medicated Gandusha balances the pH and get absorbed by increasing vascular permeability in oral mucosa. Thus it will help to reduce the inflammation and improve the disease healing process and there by cures oral cavity disorders (Mukharoga) [11]. The six arka yoga mentioned in arkaprakasha are mentioned for oral diseases viz. Dantakrimi (dental caries), Arochaka (loss of appetite), Masurika (measles), Taluroga (disease of palate), Mukhapaka (mouth ulcer) and excess salivation.

CONCLUSION

Arka or distillates are said as secondary kalpana in Ayurveda pharmaceuticals. Though the dosage is mainly used as pana (or internal administration) its use as gandusha (gargle), lepa (anointment), etc. are also mentioned in the treatise ArkaPrakasha. Six arka indicated in diseases of the oral cavity are highlighted. Though the preparations said are simple with easily available herbs that are simple to prepare, they are not into practice. Thus, it opens avenue for research on working on use of arka for the purpose of gandusha.

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