

A literature based study on *Jātipatrādi Gandūsha* for *Mukhapāka*

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Abstract

Gandūsha is a procedure of holding the medicinal decoction, or liquid or oil in the buccal cavity for certain period without movements and an effective method of treating the diseases of oral mucosa, gums, tongue and teeth. *Jātipatrādi Gandūsha* is a specially prepared medicated mouthwash recommended in the management of *Mukhapāka* as mentioned in *Cakradatta*. As the name indicates this formula is derived from *Jātipatra* (leaves of *Jasminum grandiflorum* Linn.) and comprised of other seven ingredients viz; *Jātipatra*, *Guduchi*, *Drākshā*, *yavāsa*, *Dāruharidrā*, *Triphalā* in decoction form mixed with *Madhu*. The aim of this study was to analyze the literature related to *Jātipatrādi Gandūsha* available in Ayurvedic texts and traditional texts and to demonstrate the differences between them and to analyze the pharmacological properties of the formula according to Ayurvedic principles. The primary sources used for this study included *Carakasamhitā*, *Ashtānga Hrdaya Samhithā*, *Cakradatta*, *Shārangadhara Samhitā*, *Bhāvaprakāsha*, Sanskrit *Yogarathnākara* and *Bhaishajya Rathnāvali*. As secondary sources, Sri Lankan traditional medical texts were used to verify the indigenous version of the formula and *Nighantus* were used to analyze the pharmacological properties of the ingredients. According to the pharmacodynamics study *Tikta* (89%), *Kashāyarasa* (67%), *Ushna Veerya* (78%), and *Madhura Vipāka* (67%) are most dominant in the formula. *Jātipatrādi Gandūsha* can be used as *Rōpana* types of *Gandūsha* according to the pharmacological properties of the ingredients. The ingredients used in this compound formula are commonly found in recipes of medicinal preparations prescribed in oral diseases and claimed to have *Vēdanāsthāpana*, *Vranarōpana*, *Vranashōdhana* activities. In texts of Sri Lankan indigenous medicine, the same formula is mentioned where *Yavāsa* (*Alhagi camelorum*) and *Dāruharidrā* (*Berberis aristata*) are substituted with *Welkahambiliyā* (*Tragia involucrata*) and *Venivelgeta* (*Coscinium fenestratum*) respectively. According to Ayurveda and indigenous texts, *Jātipatrādi Gandūsha* was a common formula used in the management of *Mukhapāka* and two different formulas were identified from the study.

Keywords: *Jātipatrādi Gandūsha*, *Mukhapāka*, pharmacological properties

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