



## Enhance Your Oral Health with Vedic Aroma

Where nature's wisdom meets modern dental science—for a smile that radiates health and vitality.

Experience the fusion of ancient Ayurvedic knowledge with modern dental science, curated by **Dr. med. dent. Christof Frey, MSc.** As a pioneering periodontist, researcher, head of the Certified Center for Periodontitis Prevention and Therapy, and ImplantSafe coach, Dr. Frey has partnered with **VEDIC AROMA** to develop a specialized product line—perfect for those who appreciate Ayurveda and holistic oral health.

Our journey began in German laboratories, where extensive research led to the development of unique formulas. These formulations contain **highly effective essential oils, scientifically proven to combat periodontal pathogens.** Through extensive microbiological analyses, we cultured bacteria, examined hundreds of patient samples, and developed **aromatograms**—a method for identifying the most effective essential oils against specific bacterial strains.

This innovative approach, combined with antibiotic resistance research, resulted in the development of two groundbreaking mouth rinses: **Kavala - FRAGRANT AROMA** and **Kavala - HERBACEOUS AROMA.**

In addition, we are excited to introduce our **Gandusha (oil pulling) products for oral health,** available in two varieties: **Gandusha - FRAGRANT AROMA** and **Gandusha - HERBACEOUS AROMA.**

These products provide a unique complement to daily oral health care. **Gandusha** has been revered in Ayurveda for centuries for its ability to strengthen the jaw muscles, enhance vocal clarity, and improve complexion. Regular use can also help prevent dryness in the mouth and throat, reduce the risk of cavities, and make teeth more resistant to acidic foods.

Originally tailored and produced for individual patients by specialized pharmacists, these formulas have now evolved into **ecologically certified Bio Cosmetics (Eco Control/NCS),** specifically designed to support gum health and overall oral hygiene.

### Scientific Support & Dr. Frey's Short Biography

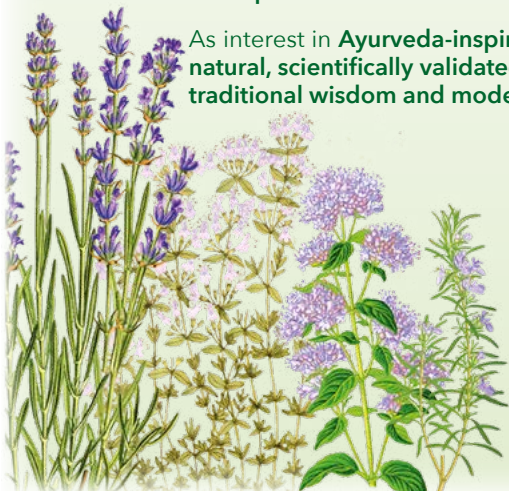
The latest **S3 guideline of the European Federation of Periodontology (EFP)** explicitly recommends the use of essential oils for oral health: *"If an antiseptic mouth rinse formulation is going to be adjunctively used, products containing essential oils are suggested."*

**Prof. Moritz Kebschull,** the current **President of the European Federation of Periodontology (EFP),** was Dr. Frey's mentor and trained him as a periodontist.

His academic journey began at the **elite university Charité - Universitätsmedizin Berlin,** where he studied dentistry, conducted research, and earned his doctorate in **tooth preservation.** As a **scholarship recipient** of the **German Chemical Society (Gesellschaft Deutscher Chemiker),** the **German National Academic Foundation (Studienstiftung des deutschen Volkes),** and the **German Society of Periodontology (Deutsche Gesellschaft für Parodontologie),** he deeply explored innovative approaches in dentistry.

Furthermore, he has been **repeatedly recognized by FOCUS magazine as a top physician in the field of tooth preservation.**

As interest in **Ayurveda-inspired oral health care** continues to grow, patients across Europe are seeking **natural, scientifically validated alternatives.** **VEDAROMA** bridges this gap, offering a perfect synergy of **traditional wisdom and modern innovation for optimal oral health.**





**AyurVeda—Art of Gandusha**  
**Oil Pulling for Oral Care with aromatic oils**  
**Herbaceous Aroma**

30 ml	€ 4,95
100 ml	€ 16,53
200 ml	€ ??,00

Sesame oil (*Sesamum indicum*) cold pressed (Togo)  
Thyme thymol (*Thymus vulgaris* Ct. *Thymol*) essential oil (Greece)  
Rosemary verbenone (*Rosmarinus officinalis* Ct. *verbenone*) essential oil (Greece)  
Oregano (*Origanum vulgare*) essential oil (Greece)  
Lavender Highland (*Lavandula angustifolia*) essential oil (Greece)

**Allergens:** Geraniol, linalool, limonene, linalylacetate, citral



**AyurVeda—Art of Gandusha**  
**Oil Pulling for Oral Care with aromatic oils**  
**Fragrant Aroma**

30 ml	€ 4,55
100 ml	€ 14,88
200 ml	€ ??,00

Sesame oil (*Sesamum indicum*) cold pressed (Greece)  
Peppermint (*Mentha piperita*) essential oil (Greece)  
Tea Tree (*Melaleuca alternifolia*) essential oil (Australia)  
Orange sweet (*Citrus sinensis*) essential oil (Greece)  
Lemongrass (*Cymbopogon flexuosus*) essential oil (India)

**Allergens:** Citral, geraniol, limonene, citronellol, eugenol, alpha-limonene, linalool, d-limonene, menthol, caryophyllene, alpha-pinene, piperitone, pulegone, phellandrene

**How to Use:** To be used once a day (ideally in the morning). Use 10-20 ml of the herbal oil, filling the mouth with the oil, and holding the oil inside the oral cavity. After 1-5 minutes, as comfortable, expel the oil. Do not swallow.

**Dr. Frey's recommendation:** To get the best results use interdental brushes once a day (dipped in the aromatic oil) before your oil pulling. Please use the correct size interdental brush as recommended by your dentist.

**ART of Gandusha:** Holding herbalised oil in the mouth to its full capacity. In AyurVeda, Gandusha is also called 'oil pulling' because the oils 'pull' the toxins from the oral cavity into the oil, strengthening teeth and gums. In AyurVeda this is an important part of daily routine benefitting overall health.

Both formulas combine oils with antibacterial, antimicrobial, immune stimulating, refreshing, revitalising properties found to be effective for maintaining healthy mouth, teeth and gums. The sesame oil in the Gandusha formulas has been ripened according to an AyurVedic process that allows the oil to more easily penetrate the tissues.

All products are energised for vitality and long shelf life through a natural whirlpool system. Contain no preservatives. Keep out of the reach of children.



### AyurVeda—Art of Kavala

#### Mouthwash for Oral Care with aromatic oils

##### Herbaceous Aroma

Bulgarian Rose (*Rosa damascena*) hydrolate (Bulgaria)  
Thyme thymol (*Thymus vulgaris* Ct. *Thymol*) essential oil (Greece)  
Rosemary verbenone (*Rosmarinus officinalis* Ct. *verbenone*) essential oil (Greece)  
Oregano (*Origanum vulgare*) essential oil (Greece)  
Lavender Highland (*Lavandula angustifolia*) essential oil (Greece)

**Solubiliser:** ORAMIX CG 110 (1% INCI Caprylyl/Capryl Glucoside)

**Allergens:** Geraniol, linalool, limonene, linalylacetate, citral

30 ml	€ 5,37
100 ml	€ 16,53
200 ml	€ ??,00



### AyurVeda—Art of Kavala

#### Mouthwash for Oral Care with aromatic oils

##### Fragrant Aroma

Bulgarian Rose (*Rosa damascena*) hydrolate (Bulgaria)  
Peppermint (*Mentha piperita*) essential oil (Greece)  
Tea Tree (*Melaleuca alternifolia*) essential oil (Australia)  
Orange sweet (*Citrus sinensis*) essential oil (Greece)  
Lemongrass (*Cymbopogon flexuosus*) essential oil (India)

**Solubiliser:** ORAMIX CG 110 (1% INCI Caprylyl/Capryl Glucoside)

**Allergens:** Citral, geraniol, limonene, citronellol, eugenol, alpha-limonene, linalool, d-limonene, menthol, caryophyllene, alpha-pinene, piperitone, pulegone, phellandrene

30 ml	€ 4,55
100 ml	€ 14,88
200 ml	€ ??,00

**How to Use:** This mouthwash can be used three times a day. Add 10-30 drops to 30 ml water and rinse the mouth for up to one minute. Then rinse with plain water. Do not swallow the solution.

**Dr. Frey's recommendation:** To get the best results use interdental brushes once a day (dipped in the diluted aromatic flower water) before your mouthwash. Please use the correct size interdental brush as recommended by your dentist.

**ART of Kavala:** Rinsing the Mouth. In AyurVeda, Kavala, rinsing the mouth with pure herbal waters is an important part of Dinacharya – daily routine – for the promotion and preservation of a healthy mouth, teeth and gums.

Both formulas combine oils with antibacterial, antimicrobial, immune stimulating, refreshing, revitalising properties found to be effective for maintaining healthy mouth, teeth and gums. The sesame oil in the Gandusha formulas has been ripened according to an AyurVedic process that allows the oil to more easily penetrate the tissues.

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## World Health Organisation

### World Oral Health Day 2024:

#### *Promoting Oral Health for a Happier Body*

World Oral Health Day is observed annually on March 20th to raise awareness about the importance of good oral health practices for overall well-being. This day aims to empower individuals with the knowledge, tools, and confidence to maintain good oral hygiene, emphasizing the impact of oral health on general health and quality of life.

#### **The impact of oral health goes far beyond the mouth.**

The FDI World Dental Federation said it best when they defined oral health as *'the ability to speak, smile, smell, taste, touch, chew, swallow and convey a range of emotions through facial expressions with confidence and without pain, discomfort and disease of the craniofacial complex'*. A dental professional, not only gives patients a smile to be proud of, but supports their overall well-being.

The importance of oral health to overall health is clear. Periodontitis alone has been linked to more than 57 non-communicable diseases.

*'No other disease group affects humanity across the life cycle and across all countries in the way that oral diseases do.'* – World Health Organization.

Altogether, a great responsibility is placed at the feet of dental professionals all around the world.

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*'Health of your mouth and teeth are important, and play a vital part in the overall state of our health.'* –President of the Swiss Dental Association.

*'By focusing on the reduction of risk factors and promotion of a healthy lifestyle in community settings, as well as on increasing access to oral health, we propose to shift the dental care paradigm from treatment to prevention.'* –Council of European Dentists in their White Paper on Prevention.

In the view of the Swiss Dental Association: *'Brushing your teeth is crucial. Oral hygiene is not only to keep your teeth healthy. Parents should check that their children brush their teeth at least twice a day in a careful manner'*.