



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 formulations: **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."*

Dr. Frey's 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.

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.

Dr. Frey has been recognized by **FOCUS Gesundheit** magazine (2024 & 2025) as a top physician in the field of tooth preservation. **FOCUS-Gesundheit** is the professional health magazine for both medical professionals and the general public that focusses on the latest developments in healthcare. It is particularly well known for its doctor and hospital rankings which are based on extensive research – including recommendations from colleagues, patient reviews, and scientific publications.





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

30 ml	€ 8,00
100 ml	€ 21,00

Herbaceous Aroma

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

30 ml	€ 8,00
100 ml	€ 21,00

Fragrant Aroma

Sesame oil (*Sesamum indicum*) cold pressed (Togo)
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 10-15 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

30 ml	€ 8,00
100 ml	€ 21,00

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



AyurVeda—Art of Kavala
Mouthwash for Oral Care with aromatic oils

30 ml	€ 8,00
100 ml	€ 21,00

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

How to Use: This mouthwash can be used three times a day. Add 30 ml of warm water to 10-30 drops of Mouthwash and rinse the mouth for up to one minute. Then rinse with plain water (optional). 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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Connecting Modern Dentistry and the Profound Wisdom of AyurVeda

Introducing the Art of Kavala and Art of Gandusha with New Tried and Tested
Aromatic Herbal Formulas for the Preservation of Healthy Teeth and Gums

Dr. med. dent. Christof Frey

Presentation for the Deutsche Gesellschaft Fur AyurVeda Congress:

AyurVeda – Holistic and Integrative – 29 May-1 June 2025 – hosted by SOMAMED, Geboltskirchen, Austria

Introduction

Globally, nearly 4 billion people are affected by oral diseases – that's one in every two people! Poor oral health has far-reaching consequences: it is directly linked to cardiovascular diseases, dementia, and the alarming fact that bacteria from the mouth can even cross the blood-brain barrier. This highlights just how important it is to be conscious of the health of our teeth and gums.

Namaste and welcome.

My name is Dr. med. dent. Christof Frey – I'm a periodontist, endodontist and researcher, and have been deeply inspired for many years by the connection between modern dentistry and the profound wisdom of Ayurveda.

Partnership with Vedic Aroma

This inspiration led to a collaboration with Vedic Aroma. Together, we created products that are not only effective but truly holistic. Our formulas are based on intensive research – using hundreds of patient samples, aromatograms, and one clear objective: healthy teeth and gums in harmony with nature.

A part of the inspiration for this development also comes from my own experience with the first products that were created for this purpose in pharmacies. The taste was often unpleasant, and the price too high, which made the need for a better solution even clearer to me.

Our Product Lines

Art of Gandusha – Aromatic oil pulling using ripened sesame oil and carefully selected essential oils.

Art of Kavala – A botanical mouthwash with hydrosols and antibacterial essential oils.

Both lines are certified organic, preservative-free, and energised for vitality and long shelf life.

My 12-Minute, 6-Step Daily Oral Care Routine

I would like to share my personal recommendation for holistic oral care that combines classical Ayurvedic practices with modern scientific insights:

1. Tongue cleaning – Removes bacteria and impurities (Ama).
2. Flossing – Reduces the risk of cavities and cleans in between teeth.
3. Interdental brush – ideal for removing particles between the teeth
(Dipped in either Gandusha aromatic oil and applied *before* Gandusha, or dipped in Kavala aromatic flower water and applied *before* Kavala, depending on the preference or sensitivity of the user.)
4. Gandusha (oil pulling) – Strengthens the gums, prevents inflammation, and supports overall oral health.
5. Tooth brushing – Ensures thorough cleaning and a pleasant mouthfeel.
6. Kavala (mouthwash) – Purifies the mouth, supports digestion, and promotes fresh breath.

This is a twice daily routine except for Gandusha, which could be in the mornings only. The most important part: Cleaning with dental floss and interdental brushes for 2-3 minutes daily – that's the key to a healthy mouth flora!

And if you're short on time, oil pulling works wonderfully during your shower, so you can easily incorporate the routine even on stressful days.

The Metaphor for Biofilm

Of course our products are not miracle cures on their own, let me explain. Bacteria in the mouth organize themselves into a biofilm. Imagine it as a thick, impenetrable defensive wall that even the strongest antibiotic cannot breach. This barrier must be broken mechanically with a toothbrush and interdental brushes. Only then can the potent active ingredients in our oils and hydrosols fully exert their effects.

Conclusion and Thanks

With Vedic Aroma, daily oral care becomes a ritual of mindfulness and self-care – much more than just routine hygiene. I sincerely thank you for your interest and dedication to holistic health, and I wish you a smile that radiates from within.

E-mail: customer-service@vedaroma.com • Webshop: vedaroma.com

Maharishi Vedic Organics Europe Sagl, c/o Barinvest SA, Via Cantonale 19, CH-6901 Lugano, Switzerland