

## Chapter 28. Kabalagraha (Gargling)

Kabalagraha is a similar procedure to Gandusha but allows movement of the liquid or solid substance in the mouth, providing additional therapeutic benefits.

**Indications:** Kabalagraha is used for conditions involving vitiated doshas and ulcers in the mouth.

### Commonly Practiced Kabalagraha Dravyas (Substances):

- Medicated oils
- Pasted sesame seeds mixed with lukewarm water
- Honey
- Ghee
- Milk
- Dhanyamla (fermented liquid)
- Hot water

### Infrastructure Facilities:

Kabalagraha can be done on a bed or comfortable chair. The necessary materials include prescribed medicines, a glass, and a mug, handled by trained technicians.

### Pre-operative Procedures:

1. Mild massage of the neck and shoulders using medicated oil.
2. Local fomentation after the massage.

### Dietary Restrictions:

Dietary restrictions should be based on the patient's health condition.

### Examination of the Patient:

Routine physical examination is required before the procedure.

### Season and Time:

Kabalagraha should be performed on a shiny day.

### Dosage and Method of Administration:

- The mouth is not fully filled with the prescribed medicated liquid or solid, and movement inside the mouth is allowed.
- The patient is seated comfortably, and mild Abhyanga (oil massage) is performed on the neck and shoulders.
- Fomentation follows, and then the medicine is retained in the mouth until there are signs like kapha secretion or secretions from the nose and eyes.

### Signs and Symptoms of Proper Kabalagraha:

The appearance of desired effects, such as kapha secretion or relief in symptoms, indicates proper Kabalagraha.



## Effects of Kabalagraha:

Kabalagraha is effective for diseases affecting the **manya** (neck), head, ears, mouth, eyes, and throat. It also helps in managing dry mouth, stupor, anorexia, and rhinorrhoea. Both **Gandusha** and **Kabalagraha** are effective therapies for maintaining oral hygiene and treating various disorders related to the upper body, especially the head and neck regions.

AYURVEDBHARATI.ORG