



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.

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