

Gargling for your Health

This is one of the easiest ways to cleanse the senses and a profound way that taps into many of the areas that we do not normally think about cleansing.

These Svedhana therapies are for the eyes, nose mouth and throat and are really a lost treatment form. We teach our clients how to do them because they are so good for helping to clear the mind and emotions as well as the physical senses. The sense organs are our way of connecting to the world and communicating with others it makes sense to pay attention to them and spend time in healing and rejuvenation. It is said that if the senses are cleansed and healthy then disease cannot take hold and this makes a lot of senses when you think about it! There are 2 ayurvedic gargling procedures that I was taught to do one is Kavalagraha which is the process that many of you will be familiar with and is where fluid is kept in the mouth comfortably and you are able to gargle and move the fluid around the mouth and throat. then there is Gandusa which is different and where the mouth is completely filled to capacity so that it is impossible to gargle but the fluid in the mouth fills up the whole area and one breathes in the 'essence' of the herbs, spices etc that is contained within the fluid.

You do both during the gargling process.

So first you take in three quarters of the fluid and gargle it around the mouth and throat and then you fill the mouth with the rest of the fluid and retain it in the mouth while you breathe and fill your face, ears, and head with the potion through the mind.

You can do this several times after brushing your teeth in the morning and at night-time.

This process can also help to clear the senses of dosha complaints and help you to feel more in contact with the elements and in alignment with your own constitution.

Some simple fluids for each dosha would be

Vata - 1 cup of water - 1 teaspoon caraway seeds - 2 teaspoons sesame oil - 1 drop eucalyptus oil - boil water add seeds simmer for 5 mins, cool and add oils - gargle when it is just warm.

Pitta - 1 cup of water - 1 teaspoon fennel seeds - 2 teaspoons coconut oil/or sesame and 1 drop of peppermint - same as above

Kapha - 1cup water - 1 teaspoon cardamom seeds - 2 teaspoons light almond oil - 1 drop citrus oil - same as above

Enjoy !!