

WHERE CLASSICAL WISDOM MEETS INTELLIGENT LEARNING

Avabahuka (Frozen Shoulder)

<u>AD</u>



Advertise here

Plan - 1 (In Niramavastha)

- Abhyangam, Sweda or Patra Pottali Sweda 7 days
- Nasya with Bala Taila or Avartita Ksheera Bala Taila 7 days

Plan - 2 (In Amavastha)

- Udvartana or Dhanyamla Dhara 3 days
- Patra Pottali Sweda + Nasya with Bala Taila 7 days
- Patra Pottali Sweda + Yoga Vasti 8 days (if required)

Plan - 3

• Viddhakarma and Agnikarma are very effective and give instant relief in Avabahuka.

<u>AD</u>



Wholesale medicines

Buy Ayurvedic medicines at wholesale rate.

Buy now

Advertise here

© Ayurvite Wellness Pvt Ltd. All rights reserved. This PDF is for personal use only Unauthorized reproduction, distribution, or commercial use is strictly prohibited.