



## **Avabahuka (Frozen Shoulder)**

### **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.