

Avabahuka (Frozen Shoulder)

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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)

- Udvaartana 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.

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