



Kushta (Skin Diseases - Psoriasis, Eczema)

Plan - 1 (Specifically advised for Kapha dominant Psoriasis)

- Deepan Pachan – 3 days
- Snehapana – Pure Cow Ghee or Panchatikta Ghrita (3-7 days)
- Abhyangama + Washpa Sweda – 2 days
- Vamana Karma followed by Sansarjana Karma
- Takradhara (5 days)

Plan - 2

- Deepan-Pachan – 3 days
- Snehapana & Vamana or Virechana – 9-11 days
- Sansarjana Karma – 3 days
- Takradhara – 7 days
- Shiravedhana if case demands