

## Pakshaghata (Hemiplegia/ Paraplegia/ Paralysis)

### Plan - 1 (In Niramavastha)

- Abhyangam with Bala Ashwagandhadi Oil/ Dhanwantaram Oil/ Sahacharadi Oil/ Mahamasha Oil/ Mahanarayana Oil + Washpa Sweda - 7 days
- Patra Pottali Sweda, Yoga Vasti - 8 days
  - Vasti - Asthapana with Erandamool Kashaya Vasti + Matra Vasti with Dhanwantaram Oil
- Patra Pootali Sweda + Rajayapana vasti (Aja Mamsa Ras) - 5 days
- Nasyam with Ksheera Bala/ Dhanwantaram Avarti Taila - 5-7 days
- Shirodhara and / or Pizhichil - 5 days

### Plan - 2 (In Amavastha)

- Dhanyamla Dhara, Churna Pinda Sweda without oil or Udvartana - 3 days
- Churna Pinda Sweda with oil - 3-5 days
- After attaining nirama avastha, Patra Pottali Sweda, Yoga Vasti/ Kala Vasti - 8-15 days
- Shirodhara and / or Pizhichil - 5 days
- Nasyam with Ksheerabala oil is advised in acute haemorrhagic conditions.

### Plan - 3

- Deepan Pachan - 3 days
- Snehapana + Virechana - 5-11 days
- Sansarjana Karma - 3-5 days
- In some practices, Sadyo Virechana is given followed by Vasti Karma
- Patra Pottali Sweda, Yoga Vasti/ Kala Vasti - 8-15 days
- Nasyam (Shirovirechanam) - 5-7 days
- Shirodhara and / or Pizhichil - 5 days

### Plan - 4

- Deepan Pachan - 3 days
- Snehapana - Murchhita Tila Taila for 7 days
- Swedana - Vaspa Sweda for 3 days
- Virechana - Eranda Taila
- Samsarjana karma - 3-5 days
- Abhyanga - Brihat Masha Taila for 7 days
- Yoga Vasti - 3 Asthapana Vasti (Eranda mula Kwatha - 600 ml, Murchhita Tila Taila - 180 ml, Satahwa - 24 gm, Honey - 180 ml, Saindhava Lavana - 12 gm) + 5 Matra Vasti - Dhanwantaram Taila 60 ml
- Nasya with Kshirabala Taila thrice a day for 7 days
- Pizhichil with Bala Ashwagandhadi Oil - 5 days

### Plan - 4 If patients having paralysis/ weakness of both limbs, difficulty in walking, rigidity/ flaccidity, burning sensation, numbness and pain:

- Deepana Pachana 1 day
- Snehapana - Ksheerabala Taila for 7 days
- Swedana - Vashpa Swedana for 3 days
- Virechana by Eranda Taila followed by Sansarjana Karma - 3 to 5 days
- Vastikarma - Yogavasti for 8 days
  - Anuvasana Vasti - Ksheerabala Taila
  - Niruha Vasti - Dasmoola Kwatha
- Nasya - Ksheerabala Taila for 7 days