



## **Asthi Majja Gata Vata (AVN - Avascular Necrosis)**

### **Plan - 1**

- Abhyangam, Bashpa Sweda - 7 days
- Patra Pottali Sweda + Panchatikta Ksheera Basti - 7 days

### **Plan - 2**

- Deepan-Pachan - 3 days
- Snehapana (Panchatikta Ghrita) & Virechana - 9 days
- Sansarjana Karma - 3-5 days
- Patra Pottali Sweda + Panchatikta Ksheera Basti - 7 days
- Rajayapana Vasti - Ajamansa Rasa (Goat's meat soup) (Majja-nourishing) - 8 days

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