



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.