



## **Katishoola (Low Back Pain)**

### **Plan - 1 (In Niramavastha)**

- Abhyangam, Sweda - 7 days
- Kati Basti, Patra Pottali Sweda - 7 days
- Vaitarana Vasti (with milk as kashayam) 5 days or Yoga Vasti - 8 days

### **Plan - 2 (In Amavastha)**

- Ruksha Sweda or Udvartana - 3 days
- Churna Pinda Sweda - 3 days
- Patra Pottali Sweda - 8 days + Vaitarana Vasti (Gomutra as kashayam) 5 days or Yoga Vasti - 8 days

### **Plan - 3**

- Deepan Pachan - 3 days
- Snehapana & Virechana - 9 days
- Sansarjana Karma - 3-5 days
- Patra Pottali Sweda, Yoga Vasti - 8 days
- Kati Vasti - 5-7 days