



## **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

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