

WHERE CLASSICAL WISDOM MEETS INTELLIGENT LEARNING

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.

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