

WHERE CLASSICAL WISDOM MEETS INTELLIGENT LEARNING

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

