



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