

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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