

#### WHERE CLASSICAL WISDOM MEETS INTELLIGENT LEARNING

# **Uccharaktachapa (Hypertension)**

## <u>AD</u>



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#### Plan - 1

- Shirodhara 5-7 days
- Abhyangam, Sweda, Yoga Vasti 8 days

## Plan - 2

- Deepan-Pachan 3 days
- Snehapana at morning and Shirodhara at afternoon 5-7 days
- Virechana Karma 9 days
- Sansarjana Karma 3 days

Shiravedhana is highly effective in high blood pressure if the patient is suitable for this.

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PDF generated on: 15 Oct 2025, 09:01 am IST