



Uccharaktachapa (Hypertension)

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.