



## 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.