

## Uccharaktachapa (Hypertension)

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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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