

# POTTALI SWEDANA

This therapy involves massage with pottali made of fresh herbs dipped in medicated warm oil.



## INDICATIONS:

- Acute Pain
- Weakness of Nerves
- Weakness of Muscles
- Joint Pains
- Neuralgia
- Bodyache
- Paralysis

- It helps improve blood circulation in the body
- Swedana helps open pores of skin which allows easy administration of active constituents of herbs to reach deeper layers and bring balance to muscles, joints & bones.
- It gives deep relaxation to body.
- Herbs used help in reducing inflammation & brings easy mobilisation of specific part of body

