

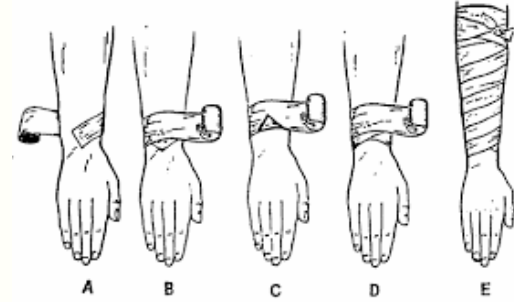
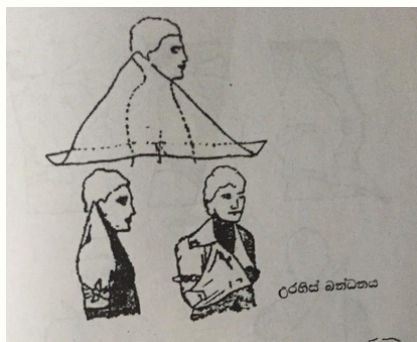
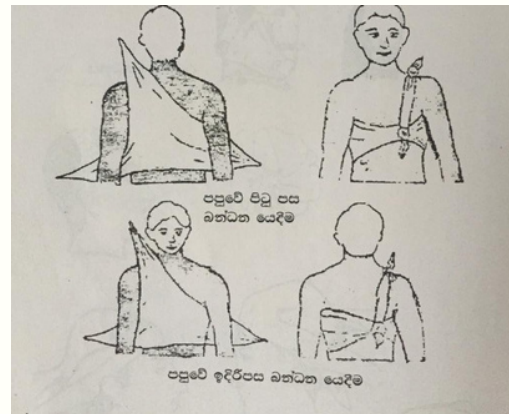
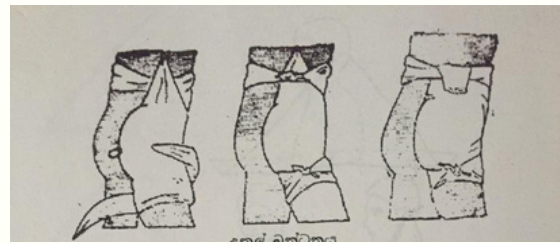
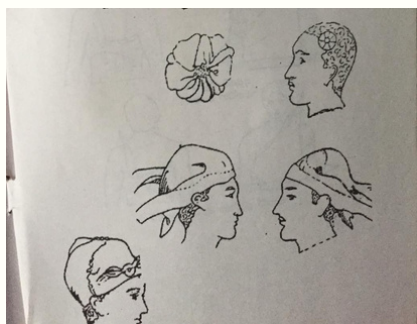
Indigenous orthopedic treatments

External treatments

- Mellum - fresh herbs chopped paste
- Paththu - Dried herbal paste
- Oil
- Steam - Washpa sweda, Pinda sweda, Nadi sweda



Different type of bandages



Oral treatments - relief pain, edema and swelling

- Peyawa - herbal tea
- Arishta - herbal syrup
- Kasaya - herbal decoction

Herbs use for orthopedic treatments



Moringa oleifera



Curcuma longa



Cluster fig



Desiccated coconut



Thespesia populnea(L)

STUDIO PRIVATO

Trchniche manuali Ayurvediche
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