



A Comparative Clinical Study on *Triphaladi Guggulu* and *Trayodashanga Guggulu* in *Janu Sandhigatavata* with special reference to Knee Osteoarthritis

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ABSTRACT

Sandhigatavata is a Shoola Pradhana Vataja Nanatmaja Vyadhi affecting locomotor system and leaving the person disable and disproved from the daily routine activity. *Sandhigatavata* is characterized by *Vata Purna Driti Sparsh*, *Shotha*, *Prasarana Akunchana Savedana*, *Sandhi-Sthabdahta*, *Sandhi Atopa* etc.

In the modern parlance *Sandhigatavata* may be clinically co-related with Osteoarthritis (OA). Osteoarthritis is a degenerative joint disorder, characterized by joint pain, joint swelling, joint stiffness, difficulty in making the movements, crepitus etc. Thus, it will affect the personal, social, professional and economic status of an individual life. *Trayodashanga Guggulu* and *Triphaladi Guggulu* are selected as they were having *Shoolahara*, *Shothahara* and *Rasayana* properties and help to minimize the pain and to maximize the joint function.

Keywords; *Janu Sandhigatavata*, Knee Osteoarthritis, *Trayodashanga Guggulu*, *Triphaladi Guggulu*

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