



Journal of Research in Indian Medicine
An Official Publication of Bureau for Health & Education Status Upliftment
(Constitutionally Entitled as Health-Education, Bureau)

A COMPARATIVE CLINICAL STUDY ON THE EFFECT OF RASNA PANCHAKA KSHEERA VASTI AND MATRA VASTI WITH KETAKYADYA TAILA IN SANDHIGATA VATA W.S.R. TO OSTEOARTHRITIS OF KNEEJOINT

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ABSTRACT

Osteoarthritis can be defined as a degenerative, non-inflammatory joint disease characterized by the destruction of articular cartilage and the formation of new bone at the joint surfaces and margins⁽¹⁾. It is the second most common rheumatologic problem in India and has a prevalence rate of 22-39 %. The worldwide prevalence rate of Osteoarthritis is 20% for men, and 41% for women and it causes pain or dysfunction in 20% of the elderly respectively⁽²⁾. Although Osteoarthritis itself is not a life-threatening disease, Quality of life can significantly deteriorate with pain and loss of mobility causing dependence and disability.

In Ayurveda the symptoms of Osteoarthritis correlate with *Sandhigata Vata* explained under *Vatavyadhi*. In *Sandhigata Vata*, vitiated *Vata* lodges in *Sandhis*. A *Sandhi* is a place where two or more structures unite. In this context, *Asthi Sandhi* means a junction between two bones.

In modern medicine, mainly analgesics, anti-inflammatory drugs or surgery are the options for the treatment of OA. However, these do not provide satisfactory relief. Research is looking for drugs that would prevent, slow down, or if possible, reverse the damage. *Ayurveda* has a systematic line of treatment for this disease and bestows excellent results if treated according to the condition. Hence, the present topic, "A comparative clinical study on the effect of *Rasna panchaka Ksheera Vasti* and *Matra Vasti* with *Ketakyadya Taila* in *Sandhigata Vata* W.S.R. to Osteoarthritis of Kneejoint" is selected based on the classical references. **Methods:** In the present study, 40 patients of *Sandhigata Vata* were selected and placed randomly in 2 groups, A and B with 20 patients in each group. Group A was treated with *Rasna panchaka Ksheera Vasti* for 16 days. Group B was treated with *Matra Vasti* with *Ketakyadya Tailam* for 16 days. **Results:** Both groups showed statistically significant results. However, the effect of Group A was better than Group B in all the parameters. **Conclusion:** The results conclude

that *Rasna panchaka Ksheera Vasti* for 16 days (Group A) is observed as best for *Sandhigata Vata* without causing any Adverse Drug Reactions and may prove itself as a strong solution to *Sandhigata Vata*.

KEYWORDS: *Janu Sandhigata Vata*, Osteoarthritis, *Rasna panchaka Ksheera Vasti*, *Matra Vasti*, *Ketakyadya Taila*.

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Received on 30/05/2023

Accepted on 20/06/2023 © HEB All rights reserved

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