

Evaluate the efficacy of *Tiktadi ksheer basti* and *Janu basti* in the management of *Sandigatavata* with special reference to Osteoarthritis

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Sandigatavata is the commonest problem in world today. *Acharya* Charaka has explained *Sandigatavata* as one among the *vatavyadhi* and characterised by a “*vata purna druti sparsha*”. This can be compared with Osteoarthritis of contemporary medical science. According to WHO Osteoarthritis is the commonest musculoskeletal problem in the world population (30%) after back pain (50%). There is a steady rise in prevalence from age 30 such that of 65; 80% of people have radiographic evidence of O.A. According to Ayurveda in this age, *vata* is an *pravrudha* and may cause degenerative diseases like *Sandigatavata*. In contemporary medical science potent analgesic, AntiInflammatory drugs etc. are prescribed for this disease. But these drugs are not effective and give side effect. In view of this we have designed based on *vasasamana chikitsa* described by *Acharya* Charaka . Diseases due to vitiation of *asthidhatu* (bone tissue) can be treated by the *panchakarma* (Five elimination therapies). Specially enema, milk and ghee medicated with bitter drugs (Ca.Su.28/27). So *Tiktadi ksheer basti* and *Janu basti* are proposed for this study.

Aims and Objectives were to evaluate the efficacy of *Tiktadi ksheer basti* and *Janubasti* for *Sandigatavata* and to establish better treatment for *Sandigatavata*. Patients suffering from *Sandigatavata* was randomly selected from OPD/ IPD of P. G. Department of Panchkarma N.I.A, Jaipur. For clinical trial 30 patients will be randomly categorized in to two (2) groups. (15 in each group) irrespective of sex age group in between 30- 70years.

- Group A - Tiktadi Ksheer Basti for 15 days
- Group B - Janu basi for 15 days

Result and discussion will be discussed in full paper.

Key words: *Sandigatavata, Panchakarma, Basti, Janu basti*

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