

A clinical study on the effect of *Rāsnādi guggulu vati* and *Tryodasānga guggulu vati* on *Sandhigatavāta* with special reference to Osteoarthritis

Dilrukshi K¹, Samarakoon SMS²

¹Gampaha Wickramarachchi Ayurveda Institute, University of Kelaniya, Sri Lanka

¹Department of Cikitsa, Gampaha Wickramarachchi Ayurveda Institute, University of Kelaniya, Sri Lanka

Abstract

Sandhigatavata is a disease of *Sandhi* with symptoms of *Sandhishula* (pain), *Sandhishotha* (swelling) and pain during *Akunchana Prasarana* (flexion & extension) and in the later stage deformities. On the basis of symptomatology, *Sandhigatavata* may be correlated with Osteoarthritis. Osteoarthritis is a disease of synovial joints characterized by cartilage loss with an accompanying periarticular bone response. The study was undertaken to assess the efficacy of *Rasnadi Gugguluvati* and *Thryodashanga Gugguluvati* in the management of osteoarthritis. Patients of both sexes, between 30-50 years of age who fulfilled the diagnostic criteria of OA (*Sandhigatavata*) were included in the study. Selected patients were divided randomly in to two groups i.e. Group-A and Group- B. Patients of group-A was treated with *Rasnadi Gugguluvati* 1g with warm water thrice a day before meal for 1 month duration. Patient of Group-B was treated with *Thryodasanga Gugguluvati* with same dose, duration and *anupana*. After completion of treatment, data were assessed by using students't- test (SPSS). *Rāsnādi Guggulu* reduced initial pain (74.46%), joint swelling (65.79%), joint instability (58.82%), joint tenderness (40.90%), crepitus (60%), E.S.R (56.75%) and improved range of movements (66.66%), Hb% (1.19%) in statistically significant manner (P<0.05). *Thryodasānga guggulu vati* reduced pain (72.72%), joint swelling (70.73%), joint instability (65.78%), joint tenderness (63.15%), crepitus on movements (68.75%), E.S.R (18.98%) and improved range of movements (66.66%) Hb% (1.04%) in statistically significant manner (P<0.05). The initial BMI was improved (0.745%) which is statistically insignificant (P>0.05). Based on these results, it could be concluded that *Rāsnādi Guggulu vati* and *Thryodasānga Guggulu vati* has nearly same effect on *Sandhigatavāta*

Keywords: *Sandhigatavāta*, Osteoarthritis, *Tryodasānga guggulu*, *Rāsnādi guggulu*