

Effect of *Kolakulaththadi Upanaha Sweda* in *Janu Sandhigata Vata* (Knee Osteoarthritis)

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Sandhigata vata (osteoarthritis) is a *Vatavyadhi* that significantly limits everyday activities among the elderly population. According to the World Health Organization, osteoarthritis (OA) is the second most common musculoskeletal problem worldwide (affecting 30% of the population) following back pain (affecting 50%). Ayurveda emphasizes various treatment modalities, including *Upanaha*, in the management of *Sandhigata vata*. This single-blind clinical study aims to evaluate the effect of *Kolakulaththadi upanaha sweda*, which consists of *Kola* (*Zizyphus jujube*), *Kulaththa* (*Dolichos biflorus*), *Suradaru* (*Cedus deodara*), *Rasna* (*Pluchea lanceolata*), *Masha* (*Vigna mungo*), *Atasi* (*Linum usitatissimum*), *Tila* (*Ricinus communis*), *Kushta* (*Saussurea lappa*), *Vacha* (*Acorus calamus*), *Shatahwa* (*Anethum sowa*) and *Yava* (*Hordeum vulgare*) in treading *Janu Sandhigata vata*. Thirty patients with primary OA of the knee, aged between 40 and 70 years and fulfilling the diagnostic criteria of the American College of Rheumatology (ACR) for OA knee, were randomly selected at the National Ayurveda Hospital in Borella. A mixture of 10g of each ingredient of *Kolakulaththadi churna* and mixed with 50ml of *Kanji* (Tamarind juice) and 5g of *Saindhava Lavana* (Rock salt) was prepared. The paste was heated over a light flame and applied over the affected part of knee joints followed by bandaging and retained for 12 hours for 14 consecutive days. Subjective and objective parameters were used to assess the results based on clinical observations before and after treatment. The data were analysed using the Wilcoxon Signed Rank Test and Mann-Whitney U Test. It was observed that 75% reduction in pain, 85% improvement in restricted movement of knee joints, and 90% in swelling and crepitus. This study substantiates the efficacy of *Kolakulaththadi upanaha sweda* in the management of *Janu sandhigata vata*.

Keywords: *Kolakulaththadi*, *Sandhigata vata*, *Swedana*, *Upanaha*, *Vatavyadhi*