

# Health seeking behavior among patients with knee osteoarthritis in Sri Lanka: A hospital based survey

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**Aim:** This study was designed to provide detailed information about health seeking pattern in patients with knee osteoarthritis (KOA) (TSM term: *Janu Sandigata Vata*, JSV) and consider them in relation to demographic factors. **Method:** A cross sectional survey was carried out at the arthritis (*Sandi Roga*) Clinic, period of five months at outpatient department (OPD), Borella Ayurveda Teaching Hospital, Sri Lanka. Considered patients fulfilled the American College of Rheumatology criteria and Ayurveda criteria for JSV. Consents were obtained from the patients for collecting data parallel to their normal clinical procedures. **Results:** Of 135 patients (Mean age  $60 \pm 15$  years), majority were female (59.25%), age after 50 (86.6%), with monthly income <30,000 Sri Lankan Rupees and Education level up to Grade 8– 10 (45%). Most patients were from sub urban areas of Colombo District (62.9%). At the enrolment to the OPD treatments Traditional Systems of Medicine health approaches were used by 11.9% of the patients. Most of patients simultaneously used Western medicine and Ayurveda and traditional medicine based integrated therapies (44.4%). Conventional medicines were used as a single therapy by 43.7%. Nutritional supplements were used in 29.6% with above systems of medicine. Patients adopted Ayurveda and traditional medicine based therapies mainly due to side effects of conventional medicine (60%) and no permanent cure with the treatment (66.6%). The use of TSM approaches was more common in suburban areas (52.9%). **Conclusion:** The use of integrated medicine is common in JSV patients. JSV is common in female, low income families and less educated level. This study suggests that health seeking behavior for JSV is more towards to integrated approaches.

Keywords: Knee osteoarthritis, Janu Sandigata Vata, Traditional Medicine, Sri Lanka

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