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Ayurveda treatment regimens for Osteoarthritis: A comprehensive review

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Osteoarthritis (OA) has become a burden globally for the healthcare sector due to its high prevalence and incidence. There are numerous drug treatments for OA in allopathic medicine. However, their efficacy and adverse effect profiles often limit their use. According to the main sources of Ayurveda, Sandhigatavata is the frequently used term in conditions related to OA. The aim of this study was to review comprehensively randomized controlled trails on the effectiveness of the treatment regimens in the management of OA and/or Sandhigatavata in the Ayurveda system of medicine. A comprehensive systematic review was conducted in the PubMed database for studies published in peer reviewed journals between the years 2004 and 2019. The following key words were used: “Ayurveda”, “Treatment regimen”, “Osteoarthritis”, “Sandhigatavata”, “Randomized Clinical Trails”. To obtain additional data, a manual search was performed using the reference list of included articles. The literature search identified 46 articles in the PubMed database. After following the inclusion criteria 20 review articles were included. Among the reviewed articles, most dealt with a few modalities of treatment, rather than the complete classical line of Ayurveda treatment. Proper protocol, with clinical trial registration including eligibility criteria for selecting patients and outcome measurement with proper statistical interpretation, were not explained in many studies. It is concluded that only two studies have been conducted with properly designed randomized clinical trial (RCT) for Ayurveda treatment regimens for OA. Therefore cost-effective, safe and efficacious Ayurveda treatment regimens for the long-term management of OA should be developed, including proper protocol and through conducting proper RCT.

Keywords: *Ayurveda, Osteoarthritis, randomized clinical trails, Sandhigatavata, treatment regimen*