

Evaluation of effect of *Koladi Upanaha Sweda* in *Janu Sandhigata Vata* (knee osteoarthritis)

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Osteoarthritis (OA) is a degenerative joint disease characterized by the progressive degradation of cartilage and bone in the joints, causing pain, stiffness, and reduced mobility. In Ayurveda, this condition referred to as *Janu Sandhigata vata* (knee OA) is particularly prevalent and affects millions globally. *Upanaha Sweda* is one of the modalities of *Swedana karma* used widely in the management of *Janu Sandhigata vata*, which is found to be helpful clinically. This randomized, single-blind clinical study evaluated the efficacy of *Koladi Upanaha Sweda* for managing symptoms of *Janu Sandhigata vata*. The study aimed to assess its effects on pain, swelling, stiffness, crepitus and range of movement in patients with knee OA with different contact time. Ethical clearance was taken prior to the study. Sixty patients with primary knee OA, aged 40-70 were randomly assigned to two groups. In Group A, *Koladi Upanaha* was applied and retained on the skin for 12 hours, whereas in Group B, the same treatment was applied, but retained only for 3 hours daily over 14 consecutive days. Both subjective and objective parameters were used to evaluate the treatment based on clinical observations before and after the intervention. Data were analyzed using the Wilcoxon Signed-Rank Test and Mann-Whitney U Test. Total results were assessed on the basis of percentage improvement in the clinical features. It was observed that patients of Group A showed better results as compared to Group B. In Group A, patients showed complete remission in pain, stiffness, crepitus and range of movement. Patients showed maximum improvement in swelling. In Group B, patients showed complete remission in pain, maximum remission in stiffness, moderate improvement in swelling and crepitus and mild improvement in range of movement. This study offers evidence for the use of *Koladi Upanaha Sweda* as a complementary treatment for knee OA, with recommendations for further research to validate the long-term benefits.

Keywords: *Koladi, Sandhigata vata, Upanaha*