

## A case study on Osteoarthritis of knee

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### Abstract

Osteoarthritis is one of the most common disorders in joint disease; it is characterized by gradual loss of cartilage which mostly affects the weight-bearing joints such as the knee and hip joint. The symptoms are pain, swelling, stiffness and restricted movement, loss of flexibility which resembles the Sandhigat vat mentioned in Ayurveda text as a Vata Vyadhi disorder. Sandhigat vat is one among 80 disorders that arise from VataDosha vitiation. Here a case study of 56-year young women, who complained of pain, swelling, and stiffness in both knee joints, on examination right knee was more painful than the left one and crepitus was noticed. By the clinical presentation, the case is diagnosed with Sandhigat vata. The treatment plan was upnaha swedan, Janu Basti, snehaBasti, Niruha Basti, and oral medication with diet modification.

Assessment of the condition of the patient before and after treatment was done based on pain, swelling, and physical activity to evaluate the efficacy of the treatment, based on assessment parameters, moderate improvement was seen in the subjective sign and symptoms after the completion of the 15 days of the Panchakarma treatment schedule and one-month follow-up. The physical activity, wellbeing, and discomfort were improved significantly.

### Biography

Sonika Nadda has completed her BAMS, MD Panchakarma at the age of 32 years from Rajive Gandhi University of Health Sciences, Bengaluru, India. She is Panchakarma Assistant professor, Practitioner and consultant at CDL College of Ayurveda, Haryana, India. She is treating patients with diet modification Ayurvedic treatments, and Panchakarma therapies.



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