

4. SANDHIVĀTA (OSTEOARTHRITIS)

A. Single formulations

Sl. No.	Name of the formulation (Botanical/ Mineral/ Metallic preparations)	Auṣadha kalpanā (Dosage form)*	Mātrā (Daily dose)	Anupāna (Vehicle)	Textual reference
1.	Rāsnā Cūrṇa (Pluchea lanceolata)	Cūrṇa	3 gm BD	Water	C.S.Ci28
2.	Rasona kalka (Allium sativum)	Kalka	3 gm BD	Tila taila (Sesamum oil)	B. R. Vāṭavyādhī Cikitsā 24/343
3.	Gandha prasāriṇī (Paederia foetida)	Swarasa	10 ml BD	Taila	C.S.Ci.- 28

B. Compound formulations

Sl. No.	Name of the formulation	Auṣadha kalpanā (Dosage form)*	Mātrā (Daily dose)	Anupāna (Vehicle)	Textual reference
1.	Yogarāja Guggulu	Vaṭī	500 mg	Luke	B. R.

			BD	Warm water	Āmavāta Cikitsā
2.	Ajamodādi Cūrṇa	Cūrṇa	3 gm BD	Hot water	S.S.Ma. K. 6/53
3.	Nārāyaṇa Taila	Taila	Q.S Ext. Appli cation		B. R. Vātav- yādhi Cikitsā
4.	Rāsnādi Guggulu	Vaṭī	500 mg BD	Daśamūla kwātha	Y. R. Vātavyādhi Cikitsā

C. PATHYAPATHYA (Do's and Don'ts)

	Pathya (Do's)	Apathya (Don'ts)
Cereals	Wheat, rice	Special variety of rice (kodrava, sāṃvaka)
Pulses	Black gram (uḍada), kulattha	Peas (maṭara), chickpea (canā), pigeon pea (arahara), green gram (mudga)
Fruits & vegetables	Paṭola, śigru, brinjal, garlic, pomegranate, mango, phālasā, lemon,	Bitter gourd (kāravellaka), lotus stem

	jujube plum (badara, bera), grapes	
Others	Clarified butter, oil, sesame, milk, coconut water, sour vinegar (kāñjī), tamarind (imalī)	Jambū, betel nut
Life style	Gentle pressing (saṃvāhana), sleeping on the ground, bathing, nourishing diet, sunlight exposure	Night awakening, suppression of natural urges, exertion, fasting, excessive walking, over eating

Note:

1. The above are certain suggested choices only.
2. The Pañcakarma and other procedures if any required may be rationally adopted by Physician on case to case basis.
3. The above mentioned dose is for the use of adults. However, dose and duration of therapy, pathya & apathya may be conveniently decided by the Physician on case to case basis on Āyurvedic principles.