

#### WHERE CLASSICAL WISDOM MEETS INTELLIGENT LEARNING

# Sandhivata (Osteoarthritis)

### <u>AD</u>



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### Plan - 1 (In Niramavastha)

- Abhyangam, Sweda 3 days
- Patra Pottali Sweda + Yoga Vasti 8 days
- Janu Vasti (or local vasti over affected joints)/ Upanaham 5-7 days

### Plan - 2 (In Amavastha)

- Dhanyamla Dhara/ Churna Pinda Sweda/ Udvartana/ Baluka Swed 3-5 days
- Patra Pottali Sweda + Yoga Vasti 8 days
- Janu Vasti (or local vasti over affected joints)/ Upanaham 5-7 days

# Plan - 3 (Ati jeerna nirama avastha)

- Deepan Pachan 3 days
- Snehapana & Virechana 5-9 days
- Sansarjana Karma 3-5 days
- Abhyanga Sarwanaga Sweda or Patra Pottali Sweda + Yoga Vasti/ Kala Vasti 8-15 days
- Janu Vasti (or local vasti over affected joints)/ Upanaham 5-7 days
- Patra Pottali Sweda 7 days

**Jalokavacharana** is also advised in some cases where joint inflammation is seen.

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