



Sandhivata (Osteoarthritis)

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.