

Sandhivata (Osteoarthritis)

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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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