

## AN OPEN CLINICAL STUDY TO ASSESS THE COMBINED EFFECT OF JANUBASTHI AND MATRA BASTHI WITH SAIREYAKA TAILA IN JANUSANDHIGATAVATA W.S.R TO OSTEOARTHRITIS OF KNEE JOINT

Diksha Masimade<sup>1</sup>, Rajesh Sugur<sup>2</sup>, Doddabasayya<sup>3</sup>

PG Scholar, Guide, Coguide and HOD  
Department of Panchakarma, TGAMC, Bellary, Karnataka, India

Corresponding Author: [dmasimade@gmail.com](mailto:dmasimade@gmail.com)

<https://doi.org/10.46607/iamj0709112021>

(Published Online: November 2021)

### Open Access

© International Ayurvedic Medical Journal, India

Article Received: 17/10//2021 - Peer Reviewed: 30/10/2021 - Accepted for Publication: 31/10/2021



## ABSTRACT

*Basti* is considered the best modality of treatment in managing the disorders of *Vata Dosha*. As *Sandhigatavata* is also one among *Vatavyadhi*, *Basti* is the effective line of treatment, which is characterized by swelling, pain during flexion and extension of joints. Osteoarthritis is a common degenerative joint condition with a prevalence of about 22% to 39% in India. There is a steady rise in prevalence from age 30 such that by age 65, 80% of people will have radiographic evidence of osteoarthritis. It is caused by the degradation of the joints, the articular cartilages and subchondral bone. It is characterized by pain, stiffness and loss of flexibility of joints.<sup>1</sup> By foregoing, *Sandhigatavata* can be readily correlated to Osteoarthritis. In contemporary medical science, they use NSAIDs for control of the symptoms. *Acharya Sushruta* and *Acharya Charaka* have mentioned *Snehana* (Oleation) as a line of treatment in *Sandhigatavata*. So here an attempt is made through *Janubasthi* and *Matrabasthi* using *Saireyaka Taila*<sup>2</sup> mentioned in *Gada Nigraha* under *Vata Vyadhi* for treating *Janusandhigatavata* in specific. **Method:** This study is an open-label, observational and clinical study containing 30 patients, who were posted for *Janu Basti* and *Matra Basti* with *Saireyaka Taila* for 9 days. The assessment was carried out before treatment, during treatment (5<sup>th</sup> day), after treatment (on 10<sup>th</sup> day) and after following up (28<sup>th</sup> day) and the gradings were noted. **Results:** Out of 30 patients in this study, 5 patients (17%) were getting Moderate Improvement and 25 patients (83%) were getting

Good Improvement. The overall effect of the treatment is 69.44%. **Conclusion:** It is concluded that the combined effect of *Janubasti* and *Matrabasti* with *Saireyaka Taila* is clinically and statistically significant in almost all the parameters.

**Keywords:** *Janu Basti, Matra Basti, Sandhivata, Osteoarthritis, Saireyaka Taila.*

## INTRODUCTION

*Ayurveda*, the all-time medicine has been showering its valuable treasures to mankind since time unknown. Still the same is continuing with more and more global support. Since this medical science treats the patient, it differs and occupies its special place than other medical branches which give attention only to the presenting signs and symptoms of the patient.

'*PANCHAKARMA*' means the five therapeutic techniques of the unique speciality of *Ayurveda* viz., *Vamana, Virechana, Asthapana Basti, Anuvasana Basti and Nasya. Basti* is considered as *Ardha Chikitsa* (half of the whole treatments) by *Acharya Charaka*.

Disease *Sandhigatavata* can be defined as a disease of *Sandhi* (Joint) with symptoms of *Sandhishula, Sandhishotha and Akunchana Prasarana Pravritti Savedana* and in the later stage *Hanti Sandhigatah*. Osteoarthritis can be considered as *Sandhivata*. In *Ayurveda*, *Acharya Charaka* was the first person to describe the disease separately named "*Sandhigata Anila*" under the heading of *Vatavyadhi*. *Acharya Vagbhata* has considered *Vatavyadhi* as *Maharoga*. To date, *Sandhivata* is a challenging disease and is the important cause of disability in industrialized countries. *Sandhivata* is a disease occurring because of the affliction of *Sandhis* by vitiated *Vata Dosha*. The development of this disease is attributed to *Vata Dosha Vriddhi* due to age-related *Dhatu Kshaya*. *Vatika Ahara Vihara* predominance results in *Sleshaka Kapha Kshaya* in *Sandhis* because of *Khavaigunya* in *Asthivaha and Majjavaha Srotas*. *Sandhis* are one of the types of *Marmas* and are an integral part of *Madhyama Roga Marga*. Thus, the involvement of *Marma, Madhyamarogamarga, Vatadosha and Dhatukshaya* make disease *Kasthasadhya*.

The condition is much similar to osteoarthritis, a degenerative joint disease in its modern counterpart. Osteoarthritis or degenerative arthritis is a degenerative

joint disorder characterized by degeneration of joint cartilage and adjacent bone that can cause joint pain and stiffness. This is the most common of all joint disorders that affect men and women in equal ratios. The prevalence of this diarthrodial (synovial lined movable) joint disease is estimated to be 1-2% worldwide. Since OA is the most commonly disturbing joint disease several analgesics and anti-inflammatory drugs are available to it. However, permanent relief is not provided by any of these and the same is still under research works that to be provided to this clinical mystery.

*Acharya Sushruta and Acharya Charaka* have mentioned *Snehana (Bahya, Abhyantara)* and *Swedana*<sup>(3,4)</sup> as a line of treatment in *Sandhigatavata*. *Basthi* plays a major role in mitigating vitiated *Vata Dosha* and thus relieves the pain in *Sandhigatavata*.

Knees are the weight-bearing joints where wear and tear type of degenerative arthritis occur most often which hampers the day-to-day activities. So here an attempt is made through *Janubasthi* and *Matrabasthi* using *Saireyaka Taila* mentioned in *Gada Nigraha* under *Vata Vyadhi* for treating *Janusandhigatavata*.

## MATERIALS AND METHODS

### A. Sample Source:

Patients suffering from *Janusandhigatavata* were selected from the OPD and IPD of Taranath Government Ayurvedic Hospital Ballari.

**B. Drug Source: Preparation of Saireyaka Taila:** • *Tila Taila* – 1part • *Saireyaka Kwatha* –4 parts • *Saireyaka Kalka*- 1/4th part • *Paya*- equal to *Tila Taila*

### C. Diagnostic criteria:

Individuals were selected as per the classical *Lakshanas*(symptoms) of *Sandhigata Vata* and based on signs and symptoms of osteoarthritis of contemporary science.

### Inclusion Criteria:

1. Patients have classical signs and symptoms of *Janusandhigatavata* like *Shoola*, *Shotha* and *Prasarana Akunchanoyar Pravruttscha Vedana*.
2. Age between 30 to 70 years of either sex.
3. Patients fit for *Matrabasthi*

### Exclusion Criteria:

1. Patients with *Vatarakta*, *Amavata*, *Ko-shtukashirsha*, Rheumatoid arthritis, gouty arthritis, psoriatic arthritis and other diseases of knee joints.
2. Patients with other systemic diseases interfere with the treatment.
3. Patients having traumatic, neoplastic, and infectious conditions of knee joints.

### STUDY DESIGN

An open-label clinical study

#### Sample Size:

A minimum of 30 patients fulfilling the inclusion criteria was selected.

#### Materials required for the study:

For *JanuBasti*: Gas stove, lighter, cylinder, vessels, cotton, *Masha Pishti* (flour of black gram), hot water, goniometer and *Saireyaka Taila*.

For *Matra Basti*: Gas stove, cylinder, lighter, vessels, rubber catheter, enema syringe, *Saireyaka Taila*, *Shatapushpa Churna*, *Saindhava Lavana*, Latex hand gloves, *Droni*, *Khalwa Yantra*, measuring jar, *Peshani* and cotton swabs.

**Methodology of the study:** The patients who fulfilled inclusion criteria were examined for both subjective and objective parameters using the VAS scale and goniometer, the gradings noted. And then informed consent was taken before the treatment.

#### Method of *Janu Basti*:

**Purvakarma:** The patient is made to sit with legs extended and both knees exposed. *Saireyaka Taila* is taken in a vessel and heated indirectly, *Masha Pishti* rings are made which later is applied over *Janu* making a pit of about 4 *Angula*, with help of hot water it is sealed well so that it does not leak.

**Pradhana Karma:** Indirectly heated *Saireyaka Taila* with the help of cotton gauze is poured in a circular motion and uniform pressure. The temperature is

checked for the patient's tolerability and temperature is maintained throughout the procedure for 45 minutes by changing it after it cools down.

**Paschat Karma:** *Taila* removed with cotton gauze, *Masha Pishti* is removed, and circular massage is done over bilateral knee joints. Advised patient to keep the *Masha Pishti* in Fridge for further use.

#### Method of administration of *Matra Basti*:

**Purvakarma:** The 72ml of *Saireyaka Taila* is taken in a measuring jar, later processed with *Shatapushpa Churna* and *Saindhava Lavana* in *Khalva Yantra*, and made lukewarm by indirect heat and loaded in enema syringe, to its mouth rubber catheter is connected and smeared with the *Sneha* at point of entry.

The patient is made to lie on *Droni* in the left lateral position with right knee flexed and asked to unclothe and *Gudabhaga* is examined for any fissures or pile mass, later *Guda* is smeared with *Sneha*.

#### **Pradhana Karma:**

The patient is asked to breathe through the mouth and slowly the rubber catheter is inserted in *Guda*, later the *Sneha* is pushed uniformly, care is taken to remove the air bubbles and the last 5ml of the *Sneha* should be retained to prevent the entry of air in *Guda*.

**Paschat Karma:** The catheter is removed slowly, patting over the buttocks is done and the patient is asked to raise the legs thrice and the patient is asked to lie down in a supine position for 15 minutes.

The time of administration and expulsion of *Basti Dravya*, *Samyak Anuvasita Lakshanas* and any complications noted daily.

Assessment is done DT-5<sup>th</sup> day, AT- On 10<sup>th</sup> day and later gap of 18 days given and final assessment i.e AF.

#### Assessment Criteria:

##### Subjective Criteria:

- *Janu Sandhi Shoola*
- Pain –Visual Analogue Scale
- *Stambha*(stiffness)

##### Objective Criteria:

- *Janu Sandhi Shotha*
- *Janu Sandhi Sphutana*
- *Vedana during Prasarana and Akunchana of Janu Sandhi*
- Range of motion –measured using Gonio meter

**Table 1:** Intervention and Followup period:

Type of treatment	Duration	Duration time of the procedure	Observation Period	Total study duration
1. Janubasthi	9days	45minutes	DT-5 <sup>th</sup> day	28days
2. Matrabasthi			AT-10 <sup>th</sup> day AF-18 <sup>th</sup> day	

Janubasthi is done to both the knee joints even if pathology lies in a single joint as a preventive measure.  
Total No Patients enrolled 32

Excluded-2  
No. of patients completed the course of treatment-30

**RESULTS**

**Table 2:** Effect of Janusandhishoola in Janusandhigatavata

Symptom	BT	Measures			%	S.D (+)	S.E (+)	t value	p value
		DT	AT	AF					
Janusandhishoola	5.07	DT	3.27	1.80	35.53	1.215	0.226	5.37	<0.05
		AT	1.80	3.27	64.47	1.437	0.267	11.30	<0.05
		AF	1.67	3.40	67.11	1.499	0.278	11.32	<0.05

**Table 3:** Effect of JanusandhiShoatha in Janusandhigatavata

Symptom	BT	Measures			%	S.D (+)	S.E (+)	t value	p value
		DT	AT	AF					
Janusandhi Shoatha	0.33	DT	0.27	0.07	20.00	0.365	0.068	0.29	>0.05
		AT	0.20	0.13	40.00	0.507	0.094	0.66	>0.05
		AF	0.00	0.33	100.00	0.922	0.171	1.98	<0.05

**Table 4:** Effect of Pain during flexion and extension in Janusandhigatavata

Symptom	BT	Measures			%	S.D (+)	S.E (+)	t value	p value
		DT	AT	AF					
Pain during flexion and extension	2.33	DT	0.87	1.47	62.86	1.279	0.238	4.66	<0.05
		AT	0.27	2.07	88.57	1.337	0.248	7.71	<0.05
		AF	0.27	2.07	88.57	1.230	0.228	7.71	<0.05

**Table 5:** Effect of Stambha in Janusandhigatavata

Symptom	BT	Measures			%	S.D (+)	S.E (+)	t value	p value
		DT	AT	AF					
Stambha	0.93	DT	0.13	0.80	85.71	0.997	0.185	3.86	<0.05
		AT	0.00	0.93	100.00	1.015	0.188	5.04	<0.05
		AF	0.00	0.93	100.00	1.015	0.188	5.04	<0.05

**Table 6:** Effect of Sandhi Sputana in Janusandhigatavata

Symptom	BT	Measures			%	S.D (+)	S.E (+)	t value	p value
		DT	AT	AF					
Sandhi Sputana	5.20	DT	4.33	0.87	16.67	1.008	0.187	2.77	<0.05
		AT	3.27	1.93	37.18	1.112	0.207	7.09	<0.05
		AF	2.80	2.40	46.15	1.102	0.205	9.33	<0.05

**Table 7:** Effect of Range of Motion in *Janusandhigatavata*

Symptom	Measures				%	S.D (+.)	S.E (+.)	t value	p value
	BT								
Range of Motion	5.00	DT	3.47	1.53	30.67	1.137	0.211	3.70	<0.05
		AT	1.80	3.20	64.00	1.540	0.286	8.32	<0.05
		AF	1.53	3.47	69.33	1.655	0.307	9.20	<0.05

**Table 8:** Effect of VAS Scale in *Janusandhigatavata*

Symptom	Measures				%	S.D (+.)	S.E (+.)	t value	p value
	BT								
VAS Scale	8.10	DT	5.13	2.97	36.63	1.497	0.278	8.49	<0.05
		AT	2.40	5.70	70.37	1.208	0.224	18.35	<0.05
		AF	2.17	5.93	73.25	1.363	0.253	18.56	<0.05

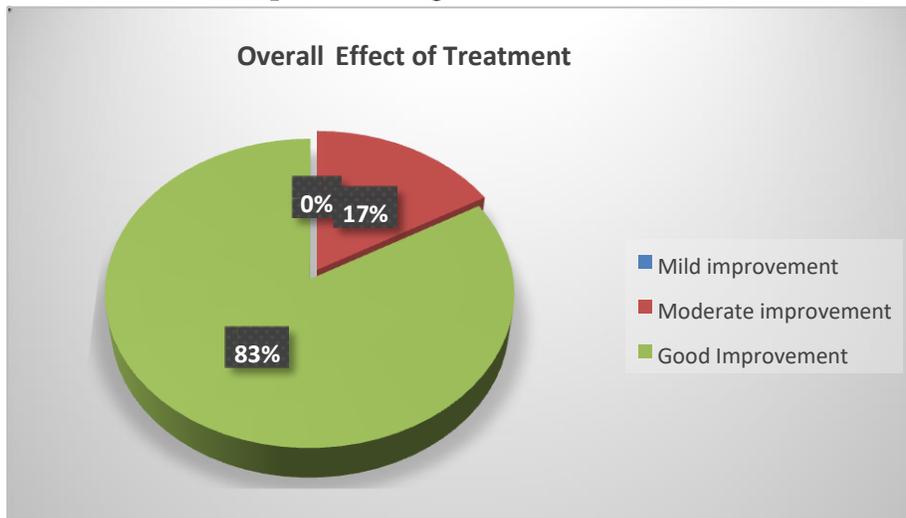
**Table 9:** Overall effect of treatment

Overall Effect of Treatment		
Grading	Relief in Percentage	Relief in Patients
Mild Improvement	<26 %	0
Moderate Improvement	26 – 50%	5
Good Improvement	>51 %	25

In the Overall effect of treatment in *Janusandhigatavata*, out of 30 patients in this study, 5 patients

(17%) were getting Moderate Improvement and 25 patients (83%) were getting Good Improvement. The overall effect of the treatment is 69.44%

**Graph 1:** Showing overall effect of treatment



## DISCUSSION

*Sandhigata Vata* is a disease in which the *Prakupita Vata Dosha* makes *Sthana Samshraya* at *Sandhi* & make it unfit to perform its functions or to do the same with associated discomforts. While taking into consideration the *Lakshanas* of *Sandhigata Vata*, which are explained in *Ayurvedic* classics, we can compare it with the degenerative joint disease (Osteo Arthritis). O.A. is a condition that is associated with swelling, pain & stiffness at the joints. *Sandhigata Vata* is described under *Vata Vyadhi Chikitsita*. In this *Roga*, *Sandhi* gets *Vata Purna Druti Sparshata*, *Shopha* & painful movement.

Here the process of *Samprapti* initiation is due to the strong involvement of *Nidana* factors such as *Vardhakya Avastha*, *Ativyayama*. In *Vardhakya* (Old age) *Vata Dosha* dominates in the body. This in turn will cause *Kapha Kshaya*. As the *Shleshma Bhava* decreases in the body, *Shleshaka Kapha* in the joints gets a decrease in both quality and quantity. Reductions of *Kapha* in *Sandhis* make *Sandhi Bandha Shithilata*. *Vatavrudhi* leads to *Asthidhatu Kshaya*. *Asthi* being the main tissue of the joint, its *Kshaya* leads *Khavaigunya* in the joints. In the meantime, *Sthanasamshraya* of *Prakupita Vata* takes place in the *Khavaigunyayukta Sandhi*. This localized *Vayu* due to its *Ruksha*, *Laghu Guna* decreases the properties of *Sleshaka Kapha* producing disease *Sandhi-Gata-Vata*. The treatments of *Sandhigatavata* include *Snehana*, *Upanaha*, *Agnikarma*, *Bandhana*, *And Unmardhana*. Since it is a *Vata Vikara* and *Dhatukshaya Janya Vikara*, *Snehana* and *Swedana* are an ideal line of treatment. *Acharya Charaka* Mentioned repeated use of *Snehana* and *Swedana*.

Both *Matra Basti* and *Janu basti* were selected for mitigating *Vata Dosha* It was administered for 9 days. It was framed by considering the opinion of *Acharya Sushruta* that, *Snehabasti* administered for 9days reaches up to *Majja Dhatu*. *Janusandhigatavata* is a condition involving *Asthi Dhatu* and the *Srotas* involved is *Asthivahasrotas* So based on *Acharya Sushruta's* opinion *Matrabasti* was administered for 9 days<sup>5</sup>.

As *Acharya Sushruta* says, there will not be an occurrence of *Shoola* without *Vata*, the *Saireyaka* having the *Vedana Sthapana*<sup>6</sup> property, and it does *Vatahara* action due to *Ushna Veerya*. and *Taila* having *Snigdha*, *Guru Guna* helps in *Vatahara* and increasing *Shleshaka Kapha*, leading to *Shamana* of *Janusandhi Shoola*

The creipatations occur mainly due to *Vata Vruddhi* and *Shleshaka Kapha Kshaya*, and *Saireyaka Taila* due to its *Guru*, *Snighdha*, *Ushna Veerya* and having *Tikta Rasa* and during the preparation it will be processed with *Ksheera*, thus helps in *Asthi Poshana*, improves the lubrication of synovial fluid and helps in reducing crepitations. And by this, there will be unrestricted joint movements.

*Tikta Rasa dravyas* have *Jwaraghna* and *Daha Prashamana* properties that *Saireyaka* may act as an anti-inflammatory agent and can reduce the pain and swelling of the joints. *Taila* is having *Snigdha*, *Guru*, *Ushna* and *Bruhmana Gunas*. *Ksheera* is said to have *Bruhmana* action and *Vatahara* Thus helps in the *Samprapti Vighatana* of the *Janusandhigata Vata*.

*Taila* was taken as it is chief **Vata alleviating**. **Na Taila Dannat Param Asti Kinchith Dravyam Sameeranaarte**.<sup>7</sup>

*Teshaam Tu Taila Vasa Majja Sarpishaam Yatha Purvam Sreshtam Vataleshma Vikareshu Anuvasaneeyeshu, Yatha Uttaram Tu Pittavikare, Among Chatusneha, Taila is Shreshta for Vata Kaphaja* disorders followed by *Vasa, Majja* and *Ghrita* in order, whereas for *Pittaja* disorders *Ghrita, Majja, Vasa, Taila* .<sup>8</sup>

*Snehane Roukshyam Laghutaam Gurutvat Oushnyaat Cha Shaityam Pavanasya Hatva*. *Tailas* inherent properties like *Sneha* entangles *Ruksha Guna* of *Vata*, *Guru Guna* – *Laghu*, *Ushna Guna*- *Sheeta* respectively thus alleviating morbid *Vata Dosha*.

And it gives immediate strength due to its *Anu* and *Sukshma Guna* and *Pushti* as mentioned by *Kashyapa*, which is required in all *Dhatukshaya* disorders.

*Ruksha Guna* plays a vital role in producing vitiation of *Vata*, which can be tackled by *Snehaguna* due to their opposite nature. *Matra Basthi* being a type of *Snehabasthi* plays a major role in management of

*Sandhigatavata*. Basti enters the *Pakvashaya* which is the main *Sthana* of *Vata Dosha* and destroys *Vata Dosha* which is the originator of all *Vikaras*. By subsiding the *Vata*, all *Vikara* located in the other parts of the body also become allayed just as by the eradication of the roots of a plant, the stem, branches, sprouts, fruits, leaves etc, also vanish.

*Janu Basthi* is a kind of *Snehayukta Sweda*, *Sagni*, *Ekanga*, *Snigdha*, *Madhyama*, *Drava*, *Samshamaniya* type of *Bahirparimarjana Chikitsa*. *Taila* does *Snehana* there by *Vatahara* and due to *Ushnata*, *Swedana* also takes place. The *Tiryak Dhamanis* are connected to the *Romakoopa*, through these *Dhamanis* the *Veerya* of *Aushadha* are used in *Abhaynga*, *Parishheka*, *Avagaha*, *Upanaha*, *Alepa* enters the *Twak* and undergoes *Paka* through *Bhrajaka Pitta*. *Acharya Vaghhata* explains the same that *Bhrajaka Pitta* does the *Pachana* of drugs used for the *Abhyanga*, *Parishheka* and *Lepa*. In another context, it is said that oil used for anointing cleanses the channels of *Sira*, *Roomakoopa* and *Dhamani* and bestows strength to the body. *Acharya Sushruta* while explaining the benefits of *Lepa*, opines that the *Veerya of Lepa Dravya* enters the *Romakoopa* and is carried by *Swedavaha Srotas*. All these references in *Samhita* indicate the absorption of drugs applied over the skin.

*SaireyakaTaila* is mentioned in *Gada Nigraha* under *Vata Vyadhi Chikitsa*. It contains *Saireyaka* as its only ingredient. *Saireyaka* is *Tikta Rasa Pradhana* and as it will be processed with milk helps in *Asthiposhana* '*BastayaKsheera Sarpishitiktapahatani Cha*'<sup>9</sup>

## CONCLUSION:

This study is mainly taken to evaluate the combined effect of *Janu Basti* and *Matra Basti* procedure, to achieve the results in shorter duration, which was observed that patients were having symptomatic relief in subjective parameters assessed during 5<sup>th</sup> day follow up.

*Bahya* and *Abhyantara Snehana* both at a time are necessary for *Janusandhigata Vata* as it is *Vata Pradhana Doshaja Vyadhi* commonly associated with the *Vardhakya* and *Dhatu kshaya* as a prominent feature in its manifestation. In this condition, *Snehana* plays a

major role in mitigating *Vata Dosha*. *Matrabasti* with *Saireyaka Taila* helps in *Dhatuposhana* as it is *Tikta Rasa Pradhana Drava* processed with *Ksheera* helps in *Asthi poshana* as quoted in *Charaka Samhita*. *Janu Basti* with *Saireyaka Taila* does both *Snehana* and *Swedana* effects. The study has shown clinically and statistically very significant results in subjective and objective parameters when tested by paired T-test. Thus, the combined effect of *Matrabasti* and *Janubasti* with *Saireyaka Taila* have shown very promising results in reversing the *Samprapti* of *Janusandhigatavata*.

## REFERENCES

1. Agnivesha, Charaka Samhita, Ayurveda Deepika Commentary of Chakrapani Edited by Vaidya Yadav Ji Trikamji Acharya, Choukambha Krishnadas Academy Varanasi Year of Reprint-2015, Chikitsa Sthana Chapter-28 Verse-37, Pp738, Pg No-618
2. Sri Vaidya Shodala, Gada Nigraha, Vidyotini Hindi Commentary Edited by Sri Indradeva Tripathi, Gangashaya Pandeya, Choukambha Sanskrit Samsthana Year of Reprint- 2005 Kayachikitsa Khanda, Vatavyadhi Adhikara, Verse-166, Pp-571 Pg No. -509
3. Agnivesha, Charaka Samhita, Ayurveda Deepika Commentary of Chakrapani Edited by Vaidya Yadav Ji Trikamji Acharya, Choukambha Krishnadas Academy Varanasi Year of Reprint-2015, Chikitsa Sthana Chapter-28 Verse-75, Pp738, Pg No-620
4. Sushruta, Sushruta Samhitha, Nibandha Sangraha Commentary of Dalhanacharya and Nyayachandrika Panjika Commentary of Gayadasa, Edited by Acharya Priyavat Sharma, Choukambha Orientalia, Varanasi Year of Reprint -2014, Chikitsa Sthana, Chapter-4, Verse-8, Pp-824, Pg No-420
5. Sushruta, Sushruta Samhitha, Nibandha Sangraha Commentary of Dalhanacharya and Nyayachandrika Panjika Commentary of Gayadasa, Edited by Acharya Priyavat Sharma, Choukambha Orientalia, Varanasi Year of Reprint -2014, Chikitsa Sthana, Chapter-37, Verse-28, Pp-824, Pg No-261
6. Dr Gyanendra Pandey, Dravya Guna Vijnana, part 3 Choukambha Krishnadas Academy Varanasi Year of reprint -2014 Pp-1087 Pg No -283
7. Agnivesha, Charaka Samhita, Ayurveda Deepika Commentary of Chakrapani Edited by Vaidya Yadav Ji Trikamji Acharya, Choukambha Krishnadas

Academy Varanasi Year of Reprint-2015, Siddhi Sthana Chapter-1 Verse-29, Pp738, Pg No-682

8. Vagbhata, Ashtanga Hridaya, Sarvanga Sundara of Arunadatta. Ayurveda Rasayana of Hemadri Commentary Edited by Pt. Hari Sadasiva Sastri Paradakara, Choukambha Sanskrit Sansthan Varanasi, Year of Reprint-2018, Sutra Sthana, Chapter- 16, Verse-3, Pp-956 Pg No.- 243
  9. Agnivesha, Charaka Samhita, Ayurveda Deepika Commentary of Chakrapani Edited by Vaidya Yadav Ji Trikamji Acharya, Choukambha Krishnadas Academy Varanasi Year of Reprint-2015, Sutra Sthana Chapter-28 Verse-27, Pp738, Pg No-180
- 

**Source of Support: Nil**

**Conflict of Interest: None Declared**

How to cite this URL: *Diksha Masimade et al. An Open Clinical Study To Assess The Combined Effect Of Janubasthi And Matra Basthi With Saireyaka Taila In Janusandhigatavata W.S.R To Osteoarthritis Of Knee Joint*. International Ayurvedic Medical Journal {online} 2021 {cited November 2021} Available from: [http://www.iamj.in/posts/images/upload/2684\\_2691.pdf](http://www.iamj.in/posts/images/upload/2684_2691.pdf)