Introduction
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Now a days life is in a very much hectic schedule due to busy work, stress, changed dietary habits. Ayurveda emphasizes the on treating diseased person and also maintaining the health of the person by propagating and following Ayurved principles. Vata vyadhi holds a very important sport in ayurvedic treatise this can be illustrated from that a crucial chapter has been devoted by all our acharyas on vata vyadhi. In vata vyadhi sandhigata vata is more commonly seen disease in present life. Osteoarthritis is very common degenerative chronic musculoskeletal non communicable disease looking at the findings and description of dhatukshyajanya sandhigata vata osteoarthritis could be equated with it. In sandhigata vata knee joint osteoarthritis is most common because of weight bearing joints.

Also the disease has enormous financial consequences though it is the disease of late age its incidence in early 40’s is very common in modern times and its prevalence is more. Treatment used in modern medicine is NSAID’S and steroids and joint replacement surgery research studies suggest that NSAID’S and steroids are the most common cause of GI complications joint replacement surgery is not advisable and affordable for all patients. Despite rapid advances in modern scientific medicine there is no specific treatment or permanent cure available for this disease a no. of ayurved medicines are claimed to be useful for this.

So it is very much essential to provide experimental based appropriate cost effective having less adverse effect treatments for this disease as the disease is multi factorial treatment management should cover each factor i.e. a drug, diet and behavior as advised in books use of single drug or single compound drug or single method of administration of drug like basti, a swedan snehan have shown encouraging result in this disease but no single mechanism used in the regimen might be contributing simultaneously to different extent in the overall clinical recovery and the care of patient of this disease so to over come the limitation of single drug or single compound drug we need to formulate a regimen for treatment of osteoarthritis even our acharayyas have described the drug regimen for all disease not a single drug.

WHO recommended research and studies in traditional medicine with a view of assessing its theaurapeutics claim and validating them on scientific basis also Indian government have started efforts to promote high strengths of ayurveda and proposed golden triangle approach to amalgamate ayurveda, basic science and modern medicines for better health care. As the disease is multi factorial treatment and management should cover each factor drug, diet and behavior at the same time treatment should not cause any harm to other systems or organs and can be able to treat the root cause of this disease and to prevent future degeneration.

Thus it was decided to single blind drug controlled cross over study design to assess the efficacy of Bala moola shashtishali pindasweda along with Mahayograj guggul in Dahtukshayajanya janu Sandhigatvata (Osteoarthritis of Knee)