Observation
Observations:

- In our trial out of 40 patients 23 female patients were found maximum cases of osteoarthritis were post menopausal women’s (65.21%) and 21.73% were having regular menstrual history followed by 13.04% were having irregular menstrual history. Use of rasayan dravya to the onset of premenopausal age is much beneficial.

- In our trial we get the better result for the patient who were in the moderate or in the Mild stage of the disease.

- No doubt all the patients were having six kinds of rasa in their daily diet. But a particular rasa they were taking dominantly. Hence single rasa wise observations are made here. 27.5% were taking excess Katu rasa in their daily diet, followed by 25% Madhura Rasa, 15% Kashaya Rasa, and -12.5% tikta rasa, 10% Amla rasa and 10% Lavana rasa in their routine diet.

- In our trial most patient were taking Katu and madhura Rasa dravyas that causes vata vruddhi, sthaulya and increased vata disturbs asthi formation and normal function of asthi dhatu and initiate the process of degeneration. Bruhan Swedana helps in reducing the degeration of joint and also advice to stop the sevana of katu rasa and madhura rasa so that there won’t be increase in the weight.

- Balamoola acts as a good pain killer agent & helps in pain reduction.

- By comparing the two groups we had got the equal results in both groups.

- In this trial no patients complained any kind of adverse effects as far as both group drugs are concerned.

- Mainly this trial was on osteoarthritis with special reference to bilateral knee joints, hence improvement in symptoms of other joint pain was not specifically observed, but after completion of trial, patients were observed improvement in other joint like hip joint pain or back pain probably due to Mahayograj guggulu.
In this trial 7.5 %, and 2.5% patients were having weight in the range of 81-90 & 91 - 100 respectively. It is found that obesity is major contributing factor in the degeneration process of osteoarthritis of knee joints being weight bearing joints.

In this clinical trial total 43 cases were studied. Out of that 3 cases were dropout at different stages during the trial due to their personal reasons.

In this trial it is found that in some patients in x-rays reduction in soft tissue swelling found but no change found in joint space before and after treatment radiographs. It is always better to do MRI scan or arthoscopy to see whether regeneration occurs or not.

In both groups after giving Mahayograj guggul no patients complained any side effect.

Treatment span was 49 day for both group then there was wash out period for 25 days and later on for both groups treatment was exchanged. This is not sufficient period for regeneration of bones. So to get the maximum results treatment span should be probably more than 3 months.

In this clinical trial both group treatments have showed equally effect in reducing the pain of knee joints. Thus it can be said that in long run of managing pain of knee joints this treatment can be advocated.

Both group treatments have proved to very effective. This suggests that we can choose any one treatment or combination of both treatments for more benefits depending severity of the disease.
Conceptual Samprapti Bhanga
Dhatukshayajanya Sandhigata Vata

Mahayograj guggul
Act as an asthi sandharak, bruhan
Helps in Halting
the degenerative process in Sandhi

Snehan (Abhyanga)
Tila taila
Reduces the Ruksha, Khara,
Parusha Guna of vata &
produces snigdha shlakshana
& mrudu guna in Sandhi
Sthana. Also acts as
vataanuloman and asthi
poshak

Bala snigdha, sheeta, madhur, vrushya,
Increases bala & oja
Decreases pain and stiffness
in joints and increases
unctuousness in them.

Balamoola acts on Asthi and cartilage as rasayana.
Vitiating vata dosha gets pacified Anuloman gati of vata dosha. Increase in Shlesha kapha
in sandhi sthana decrease in Khaivaigunya in sandhi sthana.
Decrease in degeneration process of sandhi and decrease in pain.