

EFFECT OF *JANU BASTI* USING POLYHERBAL MEDICATED OIL IN THE MANAGEMENT OF KNEE PAIN DUE TO *SANDHIGATA VATA*”

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This study was done to evaluate the effect *Janu basti* using polyherbal medicated oil in knee pain due to *sandhigata vata* by hospital based quasi-experimental design from 1st September 2014 to 31st August 2015. Total 41 subjects after obtaining informed consent from IPD and OPD in 100 bedded TMTH, Mandalay were selected according to signs and symptoms diagnosed as knee pain due to *sandhigata vata*. Radiological assessment (X-ray of knee joint) was carried out in patients of knee pain for diagnosis purpose. The subjects were performed detailed procedure of *Janu basti*. The procedure of *Janu basti* was given for five consecutive days, and the subject took a rest on every 6th day. This schedule was repeated for three times. The assessment of signs and symptoms were done on day 0, day 5, day 11 and day 17. The signs and symptoms of knee pain due to *sandhigata vata* was analyzed with General Linear Model, Paired *t* test by SPSS software version 21. The *Janu basti* therapy significantly relieved in pain (57 %), ROM (55 %), tenderness (56 %), gait (33 %), crepitus (42 %) and inflammation (34 %) by ($p<0.001$). After completion of treatment, 3 patients (7.8%) were marked improvement, 21 patients (50.4%) were moderate improvement, 15 patients (37%) were mild improvement and 2 patients (4.8%) were unchanged. It was found that *Janu basti* therapy relief in signs and symptoms of knee pain due to *sandhigata vata*. Therefore, it was proved that *Janu basti* using polyherbal medicated oil will provide for the treatment in signs and symptoms of knee pain due to *sandhigata vata*.

Keywords; *Janu basti*, polyherbal medicated oil, knee pain, *sandhigata vata*