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To analogize and substantiate the application of *Moringa oleifera* and *Tamarindus indica* leaves as “kattu” in treatment regimen of swollen joints

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Introduction: Siddha system, a traditional system of medicine in India which has the history of more than 4000 years, is based on five elements and mei gyanam. Traditional application of commonly available plants has been in use in day to day life. The leaves of *Moringa oleifera* and *Tamarindus indica* are widely used for external applications in treating swelling. The impact of arthritis is a debilitating issue and the adverse effects of swollen joints can be reduced by the external application of the above said herbs.

Objective: The external application of *Moringa oleifera* and *Tamarindus indica* as kattu for arthritis is done as a comparative and evidence based study.

Methodology: Leaves of *Moringa oleifera* and *Tamarindus indica* are made into paste separately. Six patients from IPD of GSMC, Palayamkottai were chosen and separated as two groups with three patients each. One group received the kattu application with *Moringa oleifera* leaves and other group with *Tamarindus indica* leaves and observed for 10 days simultaneously. The parameters of arthritis viz. joint tenderness, swelling, pain scale, stiffness were monitored before and after treatment.

Results: Assessment of patients based on the numerical rating scale for pain and stiffness with the application of two types of medications revealed a marked prognosis in the context of swelling, stiffness, movement restriction with *Tamarindus indica* than *Moringa oleifera*.

Conclusion: Though the above said herbs are indicated for swelling in Gunapadam mooligai vaguppu, Siddha Materia Medica, this study clearly states that *Tamarindus indica* has higher potency by exerting its action in a short duration and a high analgesic effect.

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