

**STUDY OF EFFICACY OF UNANI DALAK (MASSAGE) IN THE  
TREATMENT OF OSTEOARTHRITIS (WITH AND WITHOUT  
ROGHAN-E-SURKH – MEDICATED OIL)**

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**ABSTRACT**

*Massage is one of the most ancient therapeutic modality used to alleviate pain and reduce fatigue. In Unani system of medicine it is known as DALAK. The eminent Unani scholars described various types of massage in their text book. They also wrote the therapeutic importance of massage for the treatment of various diseases such as arthritis, sciatica, hemiplegia and facial paralysis etc. In Unani system of medicine different types of medicated oils are also used with the massage. The study of efficacy of Dalak (massage) in Osteoarthritis (with and without Roghan-e-Surkh) was conducted in Centre for Unani Ilaj –Bit –Tadbeer Regimental Therapy, a unit of Niamath Science Academy, Puduvoyal village, 40 km from Chennai, a project funded by Ministry of AYUSH, Govt. of India, 60 patients of osteoarthritis were randomly selected and divided in to two groups, 30 in Group A (control group) and 30 in Group B (test group). The patients of Group A were massaged with Roghan-esurkh and patients of Group B were massaged without Roghan-e-Surkh. Vegetable oil (sesame oil) was used for the lubrication in Group B. After the completion of treatment significant reduction of symptoms was found in both the groups. It was observed that Massage with Roghan-e-Surkh is more effective than without it because Roghan-e-Surkh contains various ingredients which have analgesic and anti-inflammatory properties. Massage is also effective without Roghan-e-Surkh because it reduces pain, produces heat, excretes baridmadda (cold matter), relaxes muscles and reduces swelling.*

**KEYWORDS:** *Massage, Dalak, Osteoadhritis, Roghan-e-Surkh*

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