Inferences
INFERENCES

The clinical study of the entitled thesis includes the study of 40 patients of Sandhigata vata for each treatment.

- Vata prakopak ahar – vihar definitely increase severity in lakshanas.
- Balamoola helps in halting the degeneration of cartilage & acts as vatashamak. It also helps in reducing the friction between two bones.
- The X ray observations indicate that Mahayograj guggul helps in halting the degeneration of cartilage.
- The Balamoolashashtishali pinda sweda is also vatanashak and helps in samprapti vighatan of Sandhigat vata & works as shoolaghna (analgesic).
- Females are more prone to this disease because of constant hetu sevan also because of menopause.
- Old aged are more prone to Sandhigat vata because of natural vataprakopa, Asthi kshaya and Daurbalya.
- The manifestation of Sandhigat vata is completed by sammurchana of prakupita vata, or Kaphakshaya- dosha with dushya i.e. Mamsa, Meda, Asthi, Majja dhatu. Chikitsa of Sandhigat vata is very difficult. Due to one of vata vyadhi, it is multifactorial in nature and Madhyam Margashrita vyadhi.
- Sandhigata vata harrases the life of patients.
- Swedan with Balamoolashashtishali pinda sweda helps in reducing the stiffness of joint also act as vatashamak. It is bruhan type of swedan.
- Diagnosis of Sandhigat vata is done as per said in Charaka.
- After 49th days from starting the treatment, 1st follow up is taken; regarding the improvement in Lakshana is noted. Thus total 4 follow-ups are taken on Day 0, Day 49th, Day 74th and Day 123rd.
- Observation of the signs and symptoms, Sex, age, Nidana sevana and results are explained in tabulation and graphic forms.
- This data reveals the effect of Ayurvedic drug regimen is good in Dhatukshaya Sandhigat vata (Osteoarthritis) with special reference to knee joint.
- Both the treatment groups show highly Significant Results.