Chapter 5

PRACTICAL WORK
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As this research project was not an invention but just research or discovery of ethical statement; in vitro or in vivo evaluation of shoolaghna effect of Panchakol; animal experiment for toxicity, doses etc., were seems to be unnecessary and that is why not done. Only clinical studies were conducted and for that purpose a kalpa was prepared as follows.

A) Preparation of Panchakol Kalpa (Choorna) (For group A).
Each ingredient from Panchakol group i.e. Pippali, Pilppalimool, chavya, chitrak and shunthi; having superior quality was grinded separately, making fine powder, mixing all these powders in equal quantity of Panchakol kalpa was prepared.

B) Preparation of Pachakol Yavagoo : (For Group B)
Coarse powder of each ingredient of Panchakol was prepared and mixing all the five coarse powders in equal quantity and Sadhan- dravya (Aushaadhi) for Yavagoo was prepared. For Ahar dravya - coarse grinded rice was used.

C) Preparation of Plane Yavagoo : (For Group C)
Only coarse grinded rice was used as Sadhan dravya for this type Yavagoo.
Procedure of making Yavagoo was based upon Chakradatta's commentary of Charak Samhita (च.सू.2/17-चक.) and Yog ratnakar (यो.र.सिद्धान्तानिदिपागुणा:-8)

Small packets of Sadhan Draya were prepared. Packet of group B was labelled as "B" and each pocket contained Rice 30 GMs and Panchakol coarse powder 5 gm. While packets for group C were labelled as "C" and each packet having 30 gm. Rice (Coarse) only. The procedure of making Yavagoo from this packet was written on the label and also explained to each and every patient.

1) Preparation of case paper format: It was decided to accept the case paper format prepared by Council of Research in Ayurveda (Seth Tarachand Ramnath Ayurvedeeya Ruganalaya Pune) with little changes according to this research project.