CHAPTER -7
RECOMMENDATION

The present thesis deals with therapeutic plants i.e *Plumbago zeylanica* and *Dyerophytum indicum*. In this piece of research, work was carried out on ancient literature of both plants for authentication and scientific validation of these two therapeutically significant plants. As our ancient treatise mentioned that chitrak (Safed) is useful to cure various ailments and *D.indicum* (Lal chitrak) is a substitute for the same. Therefore in present research work scientific validation and authentication of both the plants were performed using various bio markers. It was found that morphologically dissimilar plants i.e *Plumbago zeylanica* and *Dyerophytum indicum* have similar bio properties leading to be used as therapeutic targets. In this work, monograph using bio markers was prepared for the very first time and can be used by Ayurvedic Practitioners, researchers for future research.