CONCLUSION

Based upon the results of literary study and clinical study describe in this study, results of the clinical study displayed in the form of tables and graphs & critically discussed in the previous chapters. Following conclusions are drawn.

1) Vicharchika, one of the eleven types of Kshudra Kushtha has Kapha & Pitta are the prominent doshas. Kandu, Strava, Shyavata, Pidaka, Rukshata, & Ruja were mainly found symptoms of the Vicharchika. In this study Vicharchika Kushtha correlates to the disease Eczema of the modern science.

2) Mandagni is major pathological factor in disease Vicharchika when Vishamashana or Viruddha ahar or both are the causative factors. Due to Mandagni there was Amotpatti and due to amotpatti tridosha dushti.
   - Kaphabahulyata in those patients where the causative factor Viruddha ahar
   - Pittabahulyata in those patients where the causative factor Vishamashana

3) A group of patients where the causative factor Viruddha ahar
   - Symptom Kandu produced due to Gunatmak dushti of dosha Kapha i.e. Snigdha Pitchchil guna of Kapha in presence of kled.
   - Symptom Strava produced due to Rasatmaka dushti of kapha as prakrut Madhur ras of Kapha gets convert in to Lavan when it vitiated.
   - Symptom Pidaka produced due to ashryaasharayi sambandh of kapha with Mansa twacha & lasika.
   - There was vatanubandh so symptom Shyavata, Ruja produced.
   - Due to klad & Kaphabahulyata Symptom Rukashata was not produce significantly

4) As Viruddha Ahar is Mahaabhishandi there is margavarodh due to margavarodh there was tridosh dushti kaphabahulyata & vatanubandha symptoms of Vichachika produce. And causes disease Vicharchika.

5) A group of patients where the causative factor Vishamashana
- due to mandagni there was amotpatti & tridoshdushti pittabahulyata and raktadushti (ashryaashrayisambanth)symptom Kandu formed
- due to Sar &drava guna of pitta symptom Strava was formed
- due to vatanubandh Symptom Shyavata, Rukshata &Ruja formed.

6) Due to hitanavacharnat(हृतस्यानवचरणानं) i.e. ViruddhaAhar or Vishamashana or both dosha goes to Shakha from Koshtha and due to continuous taking of VirudhaAhar or Vishamaashana or both dosha cannot come back to Koshtha and stay there for long period due to (स्थानमधिगम्य संतिष्ठानस्तानेव) doshdushti take place Vichrchiha Produced.

7) As in disease Vichrchiha Kapha- Pitta are dominant and according to Prakruti wise distribution with causative factor and symptoms number of patients are maximum in predominant of Kapha, Pitta Prakruti. There is tulya (same) Prakruti with sampratistha Dosha, it shows disease not easily curable when Vishamashana and Viruddha ahar are the causative factors.

8) Tulya Desha with sampratistha dosha of disease Vicharvhika, so it is not easily curable if Vishamashana and Viruddha ahar or both are the causative factors.

9) In Sar Parikshan there are four dushya as in every group so patient of Awar Sar were maximum.

10) In clinical study comparison of four groups was done. Symptom wise distribution of number of patients according to causative factor was statistically significant.

11) Comparison of symptoms of two groups according to causative factor means Viruddha ahar Vishamashana or both i.e. Group A,B,C compared with Group D i.e. neither Viruddha ahar nor Vishamashana or both were causative factors. This is statistically significant expect for Rukshata in that group where causative factor Viruddha ahar and in that group where causative factor Viruddha ahar and Vishamashana and Pidaka in in that group where causative factor Vishamashana not significant.
12) Viruddha ahar is sannikrusht hetu for symptom kandu, Strava, Shyavata, Pidaka & Ruja.

13) Vishamashana is sannikrushta hetu for symptom kandu, Strava, Shyavata, Rukshata & Ruja.

14) Viruddha ahar & Vishamashana are an etiological factors in genesis and aggravation of Vicharchika i.e. Eczema.

15) Thus the importance of Viruddha Ahar & Vishamashana as a preventive factor in Vicharchika i.e. Eczema is validated.

16) This humble effort merits further corroboration with more extensive studies in future.
New Conclusions of Thesis

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Group A = Viruddhaaahar, GroupB = Vishamashana Group C = ViruddhaAhar + Vishamashana Group C = No ViruddhaAhar No Vishamashana
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