CONCLUSION

Conclusion is the essence of any study. A study from which no conclusion can be drawn turns out to be futile. A discussion, based on Shastra, over any conceptual and practical oriented study definitely gives one or other fruitful conclusions. From this particular study also, some conclusions are being drawn on the basis of conceptual references, critical review, observations made, results achieved and by thorough discussion. They are,

- The word meaning of "Anupana" is that a deck that is taken with or after medicine intake and also it is considered as a fluid vehicle for medicine.
- Anupana is a very important factor which helps in Absorption, Assimilation, as well as in the efficacy of the drug.
- Anupana is a vehicle that carries the medicines to its target.
- Anupana should be decided according to the constitution of the patient as well as condition of Doshas.
- Anupana augmenting the effect of the primary drug thus helps in producing a therapeutic effect.
- Anupana acts as a transport media in the drug absorption and there is influence of Anupana in the symptom relief as well as it is contributory in the curative aspects.
- Anupana along with formulations even acts at the molecular level and the metabolic changes can be achieved by combining Anupana.
- Amavata is one of the most commonest form of inflammatory joint disease and may be co-related with Rheumatoid Arthritis.
- The signs and symptoms were seen in all the subjects which suggests the gross appearance of the disease.
• Yogaraja Guggulu has been mentioned in classical texts for Amavata Chikitsa and it is considered to be a potent medicine in the management of Amavata.

• Although most of the subjects were generally feeling better in the follow-up period in all the parameters, some exacerbations were equally seen in considerable subjects which suggest that the disease is of chronic nature and just a single course of the therapy is just not enough and more courses of such therapies are needed to combat the disease.

• Various Anupana mentioned for Yogaraja Guggulu has different efficacy in the management of Amavata.

• The Subjects of Group A showed better results in all parameters compared to other all groups. So Yogaraja Guggulu along with Rasnadi Kwatha as Anupana has a much contributory effect in the management of Amavata. And the contributory effect of Punarnavadi Kwatha (Group B) and Kana Kwatha (Group C) is also found significant on the parameters like Swelling (Shotha), Stiffness (Stabdatta) and Tenderness (Sparshaasahishnuta).

• The mean Hemoglobin value was significantly increased in Group A and Group B. Anupana Rasnadi Kwatha and Punarnavadi Kwatha along with Yogaraja Guggulu improves the Koshtagni, rate of absorption and these combinations are Panduhara and Rakta Prasadaka. In Pandu Roga, Rasa Dushti is the common phenomenon. Yogaraja Guggulu along with these two specific Anupana rectifies Rasa Dushti.

• The mean value in the reduction of Erythrocyte Sedimentation Rate in Group A, Group B and Group C were found comparatively high. The Anupana like Rasnadi Kwatha, Punarnavadi Kwatha and Kana Kwatha are effective in reducing the level of ESR, this benefit may be due to the Anti-inflammatory and Immuno-modulatory effect of these combinations.
RECOMMENDATION FOR THE FURTHER STUDY

- Various Anupana mentioned for Yogaraja Guggulu has to be studied in detail in the Management of Amavata.

- Various Anupana mentioned for Yogaraja Guggulu has to be studied in detail in the Management of various other diseases also.

- Large sample size would be taken up for the same study with longer time duration.

- As it is found that the various Anupana’s mentioned for Yogaraja Guggulu has shown a significance in the assessment parameters, its recommended that the further study has to be conducted in the Pharmaco-dynamic aspects.