SUMMARY

The present thesis entitled “Critical analysis of Anupana with special reference to Yagaraja Guggulu” comprise of eight sections i.e. Introduction, Objectives, Review of literature, Methodology adopted, Observation and Results, Discussion, Conclusion and Summary.

The literary study begins with the historical review of Amavata and Anupana from ancient literatures down to the developments taken place in Amavata and Anupana research till date. Thereafter, the etymology of Ama is given followed by the description of Vata and the concept of Amavata and the etymology of anupana is also described.

Nidana Panchaka is dealt along with Samprapti Ghataka in detail. An effort to comprehend them in the modern point of view is also been done. The Chikitsa of Amavata is described in brief along with various preparations mentioned in Ayurvedic classics.

A detailed conceptual study on Guggulu Kalpana was made in review of literature.

The methodology consists of two parts- Materials and Methods. The description of the constituents of the drug and five Anupana under trial viz. Yoga raja Guggulu, Madhu, Ushnodaka, Rasnadi Kwatha, Punarnavadi Kwatha, Kana Kwatha, ingredients are included in the materials section. The section of Methods includes the study design, sample size, criteria of inclusion and exclusion, investigations carried out, assessment criteria and their gradations and the statistical tests used to interpret the results.

The observations made were tabulated and the results obtained were analyzed statistically and were presented with the details. The observations
made in the clinical study were discussed to draw reasonable conclusions, which are as follows:

On the basis of observations preponderance Yogaraja Guggulu has the main therapeutic action as Vedana sthapaka and Sothahara which attributed by the presence of Guggulu as the major ingredient. Rasna and Gokshura can also be considered as the best drug of choice in Vatavyadhi. Guggulu due to its Lekhana property scraps away the excessive Jalamsa and Amatva which has got accumulated in the joints. The Ushna Guna of both drugs help in bringing back the vitiated Vata into normalcy. Hence this drug has direct action on Ama and Vata, so it gives good relief in the disease Amavata. Rasnadi Kwatha is one of the primary medicines used for any kind of Vatavyadhi. It acts as Vedana Sthapaka, Ama pachaka as well as has some properties of Rasayana. Punarnavadi Kwatha has been one of the main choice of medicine in the management of any kind of Sotha. It mainly acts as Sothahara, Vedana Sthapaka and to some extent as Rasayana also. The Kana Kwatha improves Koshtagni Vyapara, along with Yogaraja Guggulu the Lakshana like Sandhi Shopha, Sandhi Shoola, Anga Marda, Arocaka are relieved. Pippali digests the Ama Dosha accumulated in the Koshta as well as the Ama Dosha which is present all over the body. Madhu has the properties of Ruksha, and Kashaya Madhura Rasa and increases Vata. Madhu is Kaphagna as well, it is Rasayana, Srotho Shodhaka and Balya. Ushna Jala is used as the common Anupana for almost all the medicines used in Ayurveda. It also has the properties like Deepana and Pachana which helps in digesting the Ama.

The section of Discussion includes reasons behind the selection of the drugs and therapies along with the pharmacodynamics of the same. A postulate is put forth regarding the probable mode of action of the all five anupana and Yogaraj guggulu in Amavata.
Conclusions were drawn on the basis of conceptual references, critical review, observations made, results achieved and by thorough discussion.

The comparative efficacy of all the five Groups by ANOVA method shows the 'F' value obtained by the calculators, is more than the table 'F' value at significant level of 0.001. It proves the Research Hypothesis which states that the Anupana told for Yogaraja Guggulu has significance 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 (Stabdata) 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.