CONCLUSION

a. Combination of Ayurvedic medicines selected in our study was highly effective in management of side-effects of radiotherapy namely stomatitis, xerostomia and trismus, which are commonly developed during the course of radiotherapy and usually persistent for months together in oral cavity cancer patients.

b. Radiotherapy induced loss of taste; excessive salivation and dysphagia were well controlled with study medicines during the course of radiotherapy.

c. Significant improvement in loss of weight and nausea was not observed with adjunct Ayurvedic medicines.

d. Karnofsky score depicting wellbeing and ability to conduct activities of daily life was highly significant in patients treated with adjunct Ayurvedic treatment, when compared with control group in oral Cancer patients undergoing Radiotherapy. This score was significant when assessed during the course of radiotherapy and upto three months after completing radiotherapy.

e. Functional score of quality of life questionnaire (QLQ), which is indicative of functional acivities and global score of QLQ, which is revealing wellbeing from patients perspective, were highly significant in study group when compared with control group and when assessed during the course of radiotherapy as well as upto three months after completing radiotherapy.

f. Sum total of disease related symptoms and radiotherapy induced side effects represented by symptom score of QLQ was remarkably reduced in patients treated with adjunct Ayurvedic treatment during the course of radiotherapy.

g. QLQ-H&N35, sumerising symptoms of head and neck cancer and radiotherapy induced side effects in it, when assessed during the course of radiotherapy as well as upto three months after completing radiotherapy, showed significant reduction in both sorts of symptoms in study group.

h. Mauktikyukta Kamdudha and Ananta vati were effective in management of radiotherapy induced stomatitis due to their Pittashamak and Raktaprasadan action. Yashtimadhu ghrut possessing soothing and healing effect was beneficial in the management of stomatitis, xerostomia, trismus and dysphagia, when administered internally and externally. Mauktikayukta Praval panchamrut improved appetite and enhanced digestion which was hampered during the course of radiotherapy. Radiotherapy induced excessive salivation was well controlled by kashay rasa of
Gairik. Well being and quality of life of these patients were maintained or improved due to Rasayan action (Immunomodulatory action) of Guduchi sattva, Yashtimadhu and Ghrut.