Recapitulation and Conclusion

Intelligence is that which can analyses the phenomena caused by several cause.

- Science has promised us truth.

It never has promised either peace or happiness.
Recapitulation

Recapitulation is like a "birds eye view." It gives the right perceptive of things without going near to them.
Recapitulation

The thesis entitled “To Assess the Efficacy of PanchaTikta Siddha Kshir Basti in the Management of Asthi Majjagata Vata” comprises 6 chapters viz,

1. Conceptual study
2. Literary survey
3. Drug under trial
4. Clinical study
5. Discussion
6. Conclusion.

The conceptual study is presented in four separate chapters. In the first chapter of ‘Sharir’ the definition, types of Sandhi, relation of Sandhi and Dosha, Srotas, Dhatu are mentioned.

In the second chapter of ‘Nidana’ the Hetu, Samprapti, Purvarupa, Rupa, Upadrava, Asthi Majjagata Vata is mentioned.

The third chapter of ‘Chikitsa’ deals with Pathya-Apathya, Sadhyasadhyatva and Sapeksha Nidana.

The fourth chapter of modern Review deals with the anatomy of the joints. The knowledge of Osteoarthritis has been described here.

The second part given the brief introduction of historical glimpses, with review of previous research work. The third part gives the detail explanation of properties of drugs under trial with their ingredients. The fourth part designated as ‘Clinical study’ explains about “Means and Methods” Criteria of diagnosis, criteria for selection and rejection of patient, Criteria for assessment of the patients along with observation and results found in this study.

In the fifth part, the results obtained in the present study have been discussed with conceptual correlation, under the heading Discussion’. A detailed description of why we have selected the Basti of Pancha Tikta -kshir Basti and how it would have been acted, is presented here.

In the sixth part ‘Recapitulation and Conclusion’ a brief summary of the contents of this thesis and conclusion drawn on the basis of this study have been discussed.
The detailed conclusion drawn from this study is as follows:

1. 55% patients were Praudha,
   68% were Females and
   97.5% were from Hindu religion.
   About 82% were uneducated.
   The foodstuffs taken by the patients were dominant in Ruksha Guna.
   Incidence of Ruksha Guna was recorded in 70% patients. 66% patients were
   taking mixed type of food. 68% and 69% of the patients were having the
   habit of taking Katu and Tikta Rasa contributing to vitiate Vayu.
   56% of the patients were doing manual job. Dashavidha Parikshana reveals
   35% patients were having Vata-Kapha type of Dosha-Prakriti.

2. All the patients of Asthi Majjagata Vata, in both groups highlighted
   involvement of Vayu.

3. Involvement of Asthi Dhatu was invariably noted in all patients of both
   groups while maximum number of patients also exhibited involvement of
   Majja-Dhatu.

4. All the patients were complaining of Janu-Sandhi Shula, Akunchana
   Prasaranyo Shula, Shotha, and Graha and Pidanasahatva. Panchatikta Kshir
   Basti highlighted more percentage of relief on symptom score as compared
   to Glucosamine in Group II.

   The overall effect in Group I was better than the Group II as 34% were
   Markedly Improved and 60% were Improved which was much more than
   Group II. As well as unchanged patients were more (48%) in Group II. While
   remaining 4% were stable in group II.
To Assess the Efficacy of Panchatikta Siddha

BEFORE

X-ray right knee joint.

Loose Body

AFTER

Mr. Sharma 65 yrs. Old complaining of right knee pain had a loose body in this right knee, which was revealed on X-ray.

He was given Panchatikta Ksheer Basti for a period of 30 days.

He received complete relief in pain and also the loose body was no more seen in the X-ray.
Conclusion

When a conclusion is derived after thorough consideration of the problems from these aspects i.e. knowledge from authority, perception and inference, it is without error.
CONCLUSION

On the basis of the study of the literature and clinical trial, we have drawn the following conclusion -

1. Panchatikta-Kshir Basti effectively manages the Asthi Majjagata Vata Vyadhi

2. Panchatikta -Kshir Basti effectively checks and helps to reverse the ongoing pathogenesis of the disease.

3. This Basti should be given for atleast 3 weeks probably in Varsha Ritu to provide considerable relief to the patient throughout the year.