Conclusion
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1. It is possible to develop a field tested Standardized Clinical Protocol as per Ayurveda Theory and Clinical practice that can be used for diagnosis, management and outcome assessment in vātarakta and therefore in other conditions as well.

2. Vātarakta is representative of a fairly large segment of diseases that can be encountered in current practice of Ayurveda and a protocol for vātarakta could be extrapolated with suitable modifications in multiple diseases that have pain, inflammation and discoloration as principle clinical presentation.

3. Vātarakta is a problem representative of metabolic disorders characterized by changed life style, diet and environment and apart from vātarakta, Āmavāṭa and Medoroga were encountered in the clinical practice during the period of this study.

4. Pain, Inflammation and Discoloration are clinical presentation (as we know and practice today) that can be effectively used as parameters for providing a standardized treatment protocol for trained Ayurveda vaidyas.

5. The reductions in the severity of the three primary symptoms viz. Pain, inflammation and Discoloration are statistically highly Significant (P Value <0.001) indicating the Ayurveda has effective management strategies that needs to further studied and validated in well designed ‘whole systems’ clinical trial on sufficiently large samples.