

OBSERVATION AND RESULTS

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A clinical study was conducted in 100 patients who fulfilled the inclusion criteria. Each and every case was studied as per age, sex, socio-economic status, religion, occupation, etc. All the data is presented in the form of tables. Assessment criteria's i.e. Signs and symptoms are studied for improvement in individual factors and the results were subjected to statistical analysis.

Total 113 patients were enrolled in the study out of which 100 patients completed study of which the data is as follows.

Table 4 - Showing Age wise distribution

Age group	Number of Patients	%
40-45	39	39 %
45-50	29	29%
50-55	23	23%
55-60	09	09%
Total	100	

Among 100 patients, 39 patients [39 %] were in the age group of 40-45 years, 29 [29 %] patients were in age group of 45-50 years, 23 patients [23 %] in the age group of 50-55 years and in 55-60 there were 09 [09 %] patients.

Table 5 - showing the sex ratio

Sex	Number of Patients	%
Male	59	59 %
Female	41	41 %
Total	100	

Out of 100 patients 59 [59 %] patients were male and 41 [41 %] patients were of female sex.

Table 6 - showing the marital status

Marital Status	Number of Patients	%
Married	98	98 %
Unmarried	02	02 %
Total	100	

In this series out of 100 patients 98 [98 %] were married and 02 [02 %] were unmarried.

Chart no. 01 Showing Age wise distribution

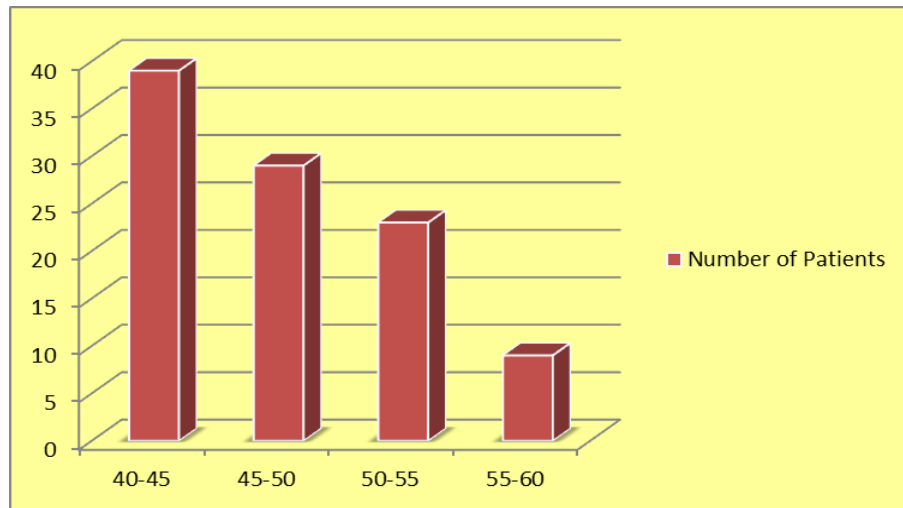


Chart no. 02 showing the sex ratio

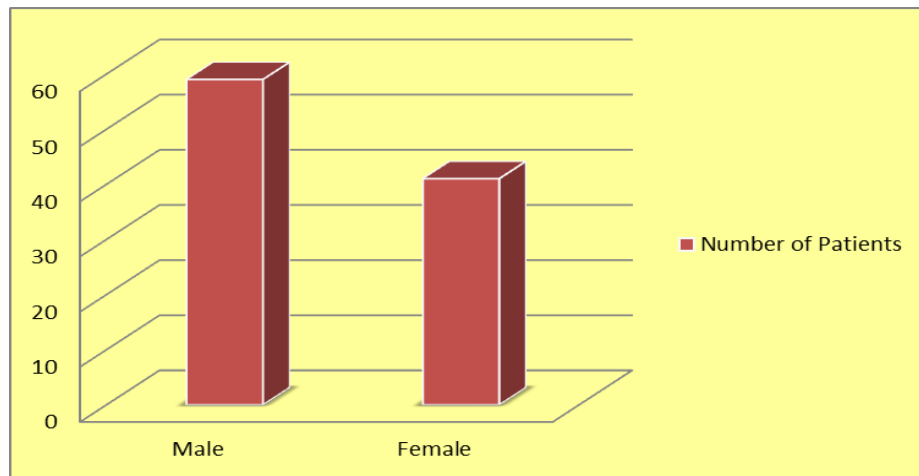


Chart no. 03 shows marital status wise distribution

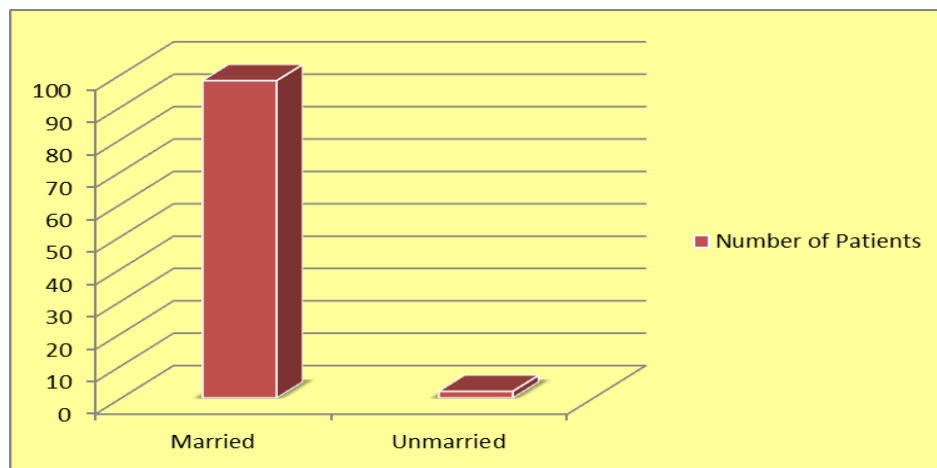


Table 7 - showing diet patterns

Type of food	Number of patients	%
Vegetarian	33	33 %
Mixed	67	67 %
Total	100	

Out of 100 patients 33 [33 %] patients were taking the vegetarian diet; 67 [67 %] patients were accustomed to the mixed diet.

Table 8 - Distribution according to Socio-Economic Status

Socio- economic status	Number of patients	%
Upper Middle class	07	07 %
Middle class	79	79 %
Lower class	14	14 %
Total	100	

Socio-Economic Status: Socio-economic status wise distribution of patients showed that maximum of 79 [79 %] belonged to middle class followed by 14 [14 %] belonged to lower class, 07 [07 %] belonged to upper middle class.

Table 9 - showing Distribution of patients according to the Prakriti

Prakriti	Number of patients	%
Vata Kapha	17	27 %
Vata Pitta	25	25 %
Kapha Pitta	29	19 %
Kapha Vata	00	00 %
Pitta Kapha	17	17 %
Pitta Vata	12	12 %
Total	100	

Out of 100 patients of this series 12 [12 %] were of Pitta -Vata Prakriti; 25 [25 %] were of Vata-Pitta Prakriti, 29 [29 %] were of Kapha-Pitta Prakriti; 17 [17 %] were of Pitta-Kapha Prakriti and Vata-Kapha Prakriti each.

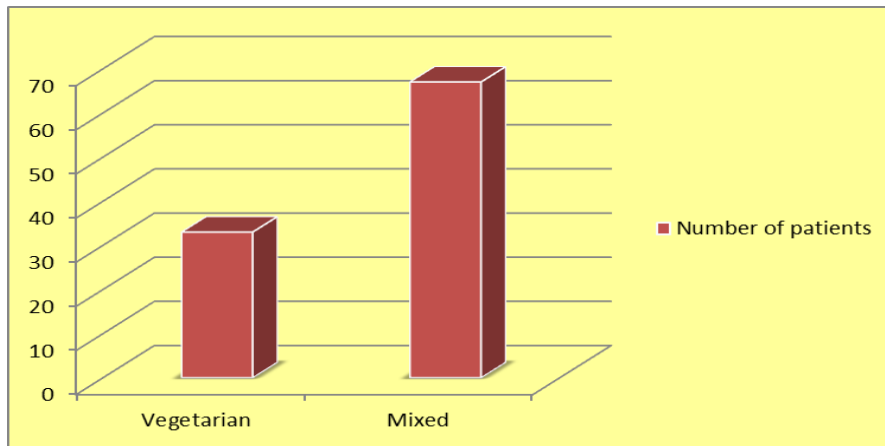
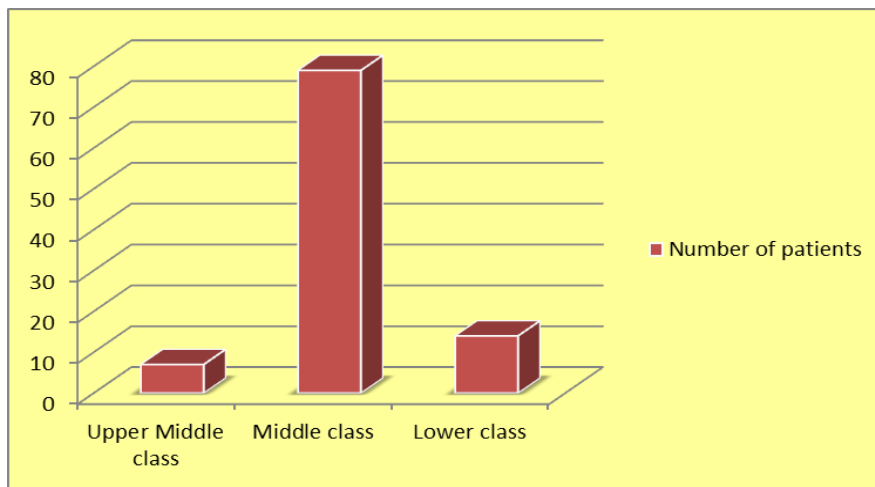
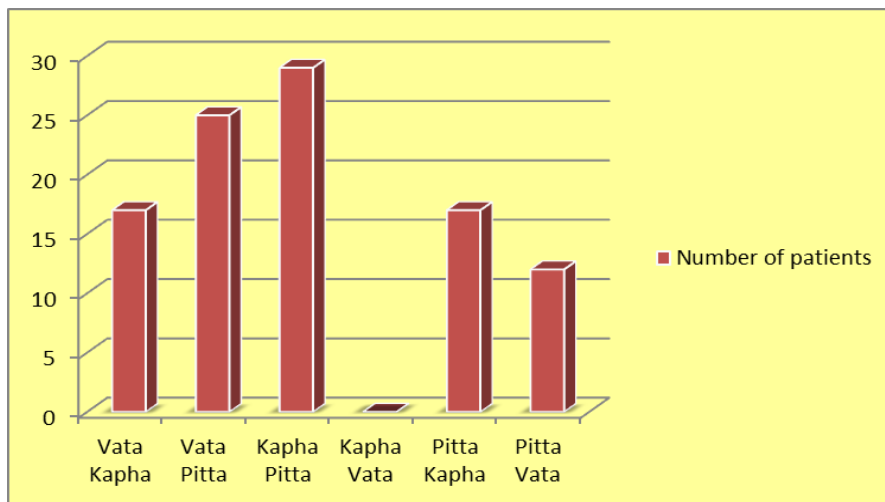
Chart no. 04 showing diet patterns**Chart no. 05 showing distribution acc. to Socio-Economic Status****Chart no. 06 showing Distribution of patients acc. to the Prakriti**

Table 10 - Showing patients based on the occupation

Occupation	Number of patients	%
Business	14	14 %
House wife	27	27 %
Teacher	12	12 %
Agriculture	07	07 %
Officer	31	31 %
Others	09	09 %
Total	100	

Depending upon the occupational distribution 27 [27 %] were accustomed to the house work; 14 [14 %] were in the business; 07 [07 %] to the agriculture work; 31 [31 %] were of office work; 12 [12 %] were teachers; 09 [09 %] were in others category.

Chart no. 07 showing Distribution of patients according to the Occupation

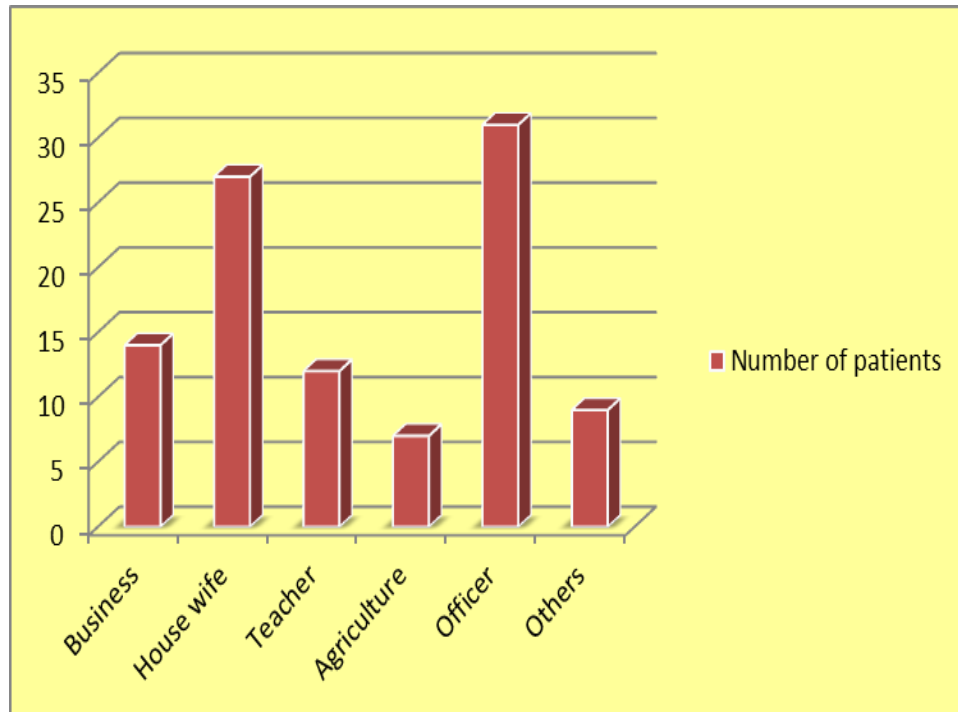


Table 11 - showing results of the patients according to Abhyavaharan shakti

	Results of Abhyavaharan shakti
Mean BT	1.5667
Mean AT	0.562
Mean difference	1.0047
% of improvement	64.12 %
S.D. - BT	0.68145
S.D. - AT	0.5959
z value	- 4.600
P value	0.00
Inference	Significant

The initial mean score was reduced from 1.5667 to 0.562. The Rasayana treatment with Krushna tila showed 64.12 % [p - 0.00] improvement which was statistically significant.

Table 12 - showing results of patients according to Jarana Shakti

	Results of Jarana shakti
Mean BT	2.16
Mean AT	0.682
Mean difference	1.478
% of improvement	68.42 %
S.D. - BT	0.6815
S.D. - AT	0.5859
z value	- 4.625
P value	0.00
Inference	Significant

The initial mean score was reduced from 2.16 to 0.682. The Rasayana treatment with Krushna tila showed 68.42 % [p - 0.00] improvement which was statistically significant.

Table 13 - showing results of patients according to Nidra

	Results of Nidra
Mean BT	1.467
Mean AT	1.010
Mean difference	0.377
% of improvement	25.69 %
S.D. - BT	0.67466
S.D. - AT	0.59864
z value	- 1.03
P value	0.302
Inference	Insignificant

The initial mean score was reduced from 1.467 to 1.010. The Rasayana treatment with Krushna tila showed 25.69 % [p - 0.302] improvement which was statistically insignificant.

Table 14 - showing results of patients according to Twak parushata (dryness of skin)

	Results of Twak parushata (dryness of skin)
Mean BT	0.4333
Mean AT	0.1667
Mean difference	0.2666
% of improvement	61.52 %
S.D. - BT	0.56832
S.D. - AT	0.37905
z value	- 2.828
P value	0.005
Inference	Significant

The initial mean score was reduced from 0.4333 to 0.1667. The Rasayana treatment with Krushna tila showed 61.52 % [p - 0.05] improvement which was statistically significant.

Table 15 - showing results of patients according to Slatha asthi (bone weakness)

	Results of Slatha asthi (bone weakness)
Mean BT	0.8667
Mean AT	0.3333
Mean difference	0.5334
% of improvement	61.54 %
S.D. - BT	0.62881
S.D. - AT	0.47946
z value	- 3.771
P value	0.00
Inference	Significant

The initial mean score was reduced from 0.8667 to 0.3333. The Rasayana treatment with Krushna tila showed 61.54 % [p - 0.00] improvement which was statistically significant.

Table 16 - showing results of patients according to Slatha sandhi
(flaccid joints)

	Results of Slatha sandhi (flaccid joints)
Mean BT	1.4667
Mean AT	0.7000
Mean difference	0.7667
% of improvement	52.27 %
S.D. - BT	0.68145
S.D. - AT	0.59596
z value	- 4.600
P value	0.01
Inference	Significant

The initial mean score was reduced from 1.4667 to 0.7000. The Rasayana treatment with Krushna tila showed 52.27 % [p - 0.01] improvement which was statistically significant.

Table 17 showing results of patients according to Khalitya (hair fall)

	Results of Khalitya (hair fall)
Mean BT	2.40
Mean AT	0.70
Mean difference	1.70
% of improvement	70.83 %
S.D. - BT	0.67466
S.D. - AT	0.59596
z value	- 4.919
P value	P = 0.00
Inference	Significant

The initial mean score was reduced from 2.40 to 0.70. The Rasayana treatment with Krushna tila showed 70.83 % [p - 0.00] improvement which was statistically significant.

Table 18 - showing Weight distribution of patients

	Results of Weight
Mean BT	71.6
Mean AT	72.5
Mean difference	0.9
% of improvement	1.256 %
S.D. - BT	10.52
S.D. - AT	10.72
z value	0.245
P value	0.8065
Inference	Insignificant

The initial mean score changed from 71.6 to 72.5. The Rasayana treatment with Krushna tila showed 1.256 % [p - 0.8065] improvement which was statistically insignificant.

Table 19 - showing *Quetelet's Index* distribution of patients

	Results of <i>Quetelet's Index</i>
Mean BT	2.482
Mean AT	2.55
Mean difference	0.068
% of improvement	17 %
S.D. - BT	0.28
S.D. - AT	0.26
z value	0.327
P value	0.744
Inference	Insignificant

The initial mean score changed from 2.482 to 2.55. The Rasayana treatment with Krushna tila showed 17 % [p - 0.744] improvement which was statistically insignificant.

Table 20 - showing Muscle Index distribution of patients

	Results of Muscle Index
Mean BT	5.32
Mean AT	6.05
Mean difference	- 0.73
% of improvement	10.42 %
S.D. - BT	2.34
S.D. - AT	3.30
z value	-1.81
P value	0.0703
Inference	Insignificant

The initial mean score changed from 5.32 to 6.05. The Rasayana treatment with Krushna tila showed 10.42 % [p - 0.0703] improvement which was statistically insignificant.

Table 21 - showing Lorenz's Constitutional Index distribution of patients

	Results of Lorenz's Constitutional Index
Mean BT	13.40
Mean AT	14.13
Mean difference	0.73
S.D. - BT	5.63
S.D. - AT	6.82
z value	-1.543
P value	0.0614
Inference	Insignificant

The initial mean score changed from 13.40 to 14.13. The Rasayana treatment with Krushna tila showed mean difference of 0.73 [p - 0.0614] improvement which was statistically insignificant.

Overall Results Of The Drug:-**Table 22 - showing statistical details of the variables**

Variables	Mean difference	% of improvement	Z value	P value
Abhyavaharan shakti	1.0047	64.12 %	- 4.600	0.00
Jarana shakti	1.478	68.42 %	- 4.625	0.00
Nidra	0.377	25.69 %	- 1.03	NS
Twak parushata	0.2666	61.52 %	- 2.828	0.005
Slatha asthi	0.5334	61.54 %	- 3.771	0.00
Slatha sandhi	0.7667	52.27 %	- 4.600	0.01
Khalitya	1.70	70.83 %	- 4.919	0.00
Weight	0.9	1.256 %	0.245	NS
<i>Quetelet's Index</i>	0.068	17 %	0.327	NS
Muscle Index	- 0.73	10.42 %	-1.81	NS
Lorenz's Constitutional Index	0.73	---	-1.543	NS