

6. Summary and Conclusion

Summary

The global demand for herbal medicine is growing rapidly. The fulfillment of this demand is made only from forests. Due to this many species of the medicinal plants are in danger. So, the cultivation of medicinal plants is need of an hour. The abundant use of fertilizers, pesticides, insecticides in modern agricultural practices have significant ill effect on plant health and soil grade.

Vrikshayurveda is the ancient Indian system of medicine dealing with plant health. The cultivation practices described in Vrikshayurveda are free from harmful inorganic compounds.

So it is interesting to study the effect and practical applicability of herbs cultivated by various methods in terms of plant health, yield and their pharmacological action. So the comparative study in respect to cultivation by Vrikshayurveda method and modern agricultural method, plant health, yield and their pharmacological action was taken into consideration for the present study. As Ashwagandha and Shatavari are the two important drugs in respect of clinical practice, these two drugs were selected.

As stated in aims and objectives, Ashwagandha and Shatavari were cultivated as per the method mentioned in Vrikshayurveda and modern agriculture. The timely observations were taken from germination till harvesting of two crops.

It was observed that there was no gross difference in the yield of Ashwagandha by both methods, but it was observed that the yield of Shatavari cultivated by modern agricultural method was near about twice the yield by Vrikshayurveda method.

As per the aim and objectives of the study identification, authentication and standardization of both Shatavari and Ashwagandha were done. For this procedure, samples of Shatavari and Ashwagandha

cultivated by Vrikshayurveda method and modern agricultural method were collected and following tests were done.

Ash value, Acid soluble ash, Water ext. pH, Alcohol ext, pH, Pet. Ether ext. value, Water ext. value, Na concentration, K concentration, Ca concentration, HPLC, Spectrophotometric study. The values were compared with the standards given in A. P. I. The values were found within standard limits.

To assess the efficacy between the variety cultivated by Vrikshayurveda method and modern agricultural method, the clinical trails were conducted on 150 underweight children of age group 05 to 15 years. They were divided into five groups, each group containing 30 patients. The assessment of treatment was made on the basis of improvement in body weight, height, mid arm circumference [Rt. and Lt.], Hb% and total proteins.

As per the clinical trails it was found that the samples of Shatavari and Ashwagandha cultivated by Vrikshayurveda method were qualitatively superior than the samples of Shatavari and Ashwagandha cultivated by modern agricultural method.



Conclusion

The specific differences observed in both Ashwagandha and Shatavari of both cultivation methods are entirely described in details in the Thesis.

The yield of Shatavari cultivated by modern method was near about twice the yield of Shatavari cultivated by Vrikshayurveda method.

As per the clinical trials it is found that the use of Ashwagandha cultivated by Vrikshayurveda method indicated significant difference in characteristics weight, height, mid arm circumference and serum protein as compared to Am sample However for Hb% both methods are found equally effective.

The use of Shatavari cultivated by Vrikshayurveda method indicated significant difference in characteristics weight, height, hemoglobin and serum protein as compared to Sm sample. However, for mid arm circumference [Rt and Lt] both methods are found equally effective.

From the observations it was found that the samples of Shatavari and Ashwagandha cultivated by Vrikshayurveda method were qualitatively superior than the samples of Shatavari and Ashwagandha cultivated by modern agricultural method.

