

## Summary & Conclusion

Present research work entitled “A Clinical study on the role of *Çallaké* and *Äbhädi Cürëa* in the management of *Sandhigataväta* w.s.r. Osteoarthritis” aims to access the efficacy of *Çallaké* and *Äbhädi Cürëa* in the management of *Sandhigataväta*. The main objective of this study was to explore the literature regarding *Sandhigataväta* & Osteoarthritis and to provide a cheap, safe and effective Ayurvedic treatment in the patients of *Sandhigataväta*.

Whole research work has been divided into five sections:

1. Introduction
2. Literary Review
3. Clinical study
4. Discussion
5. Summary & Conclusion

### 1. Introduction:

In this section, a brief introduction of the disease selected for trial, need of study, scope of the study, and reason behind selecting the treatment modality for the management of this disease has been given.

### 2. Literary Review:

The literary review of this thesis Ayurvedic review and modern review.

- a. *Ayurvedic review*: This chapter deals with general introduction of *Sandhigataväta*. This consists of the definition of *Sandhigataväta* according to different texts. An attempt has been made to review the *Ayurvedika* literature and highlight various aspects of *Sandhigataväta*.
- b. *Modern review*: this review details with general consideration of Osteoarthritis its classification, epidemiology, etiopathogenesis, common symptoms, investigations, evaluation of *Sandhigataväta* and its management.

c. *Drug review*: This chapter deals with the detailed description of the trial drugs used in this study. The drugs used in this study are *Çallaké* and *Äbhädi Cürëa*.

### **3. Clinical study**

This section of study comprised of following subsections:

a. *Research protocol*: the study describes the Aims and Objectives, Plan of study, Selection of patients, Inclusion criteria, Exclusion criteria, investigations, Diagnostic criteria, Protocol of research, Registration and clinical screening of the patients, selection and preparation of drugs, grouping of patients, criteria of assessment of results and methodology adopted in present trial.

b. *Observations*: This section presents Demographic and constitutional profile and clinical profile of 100 patients who completed this study.

c. *Clinical improvement* was calculated statistically.

### **4. Discussion**

This section is devoted for the discussion. In this section various aspects of selection of disease, selection of drug, treatment modality selected and research protocol are discussed. Possible explanation of observations and results of the clinical study has been given with logical interpretation.

### **5. Summary & Conclusion**

This is the present section. In this section, the summary of whole research work whether literary or clinical has been summed up systematically. It gives the over view of research work under taken.

Whole thesis is concluded after drawing some concrete conclusions.

### **6. Appendices:**

In the end of this thesis some appendices in the form of References, Bibliography, Patient

consent form, Research proforma etc. has been attached.