

Conclusion

From this whole study entitled "A Clinical study on the role of *Çallaké* and *Äbhädi Cürëa* in the management of *Sandhigataväta* w.s.r. Osteorthritis", following conclusions can drawn:

1. *Sandhigataväta* is a *Vätaja Vyadhi* in which vitiated *Väta* circulates all over the body and after *Sthänasaàçraya* gets accumulated in the joints, further it gradually starts degenerative process and diminishes the *Çleñmaka Kapha* which fascinate the joint movement. *Sandhi* loses its normal structure and anatomical deformity takes place. The pathogenesis leads to the restriction of the movements of the joints.
2. The symptoms elicited in *Sandhigataväta* are *Çüla*, *Çotha* or *Çopha*, *Väta Pürëa Dâti Sparça*, *Hanti Sandhi*, *Prasäraëa Äkuïcana Pravâti Savedanä* and *Ätopa*. This disease is not fatal instantly but causes more severe complications in later stage. It cripples the patient, make him a burden to others.
3. Due to its resemblance in signs and symptoms it is compared with Osteoarthritis in modern medical science which is a degenerative disorder. It is also described as 'wear and tear' arthritis.
4. It is difficult to cure it by treatment options available in modern medicine.
5. The aim of this study was to find out effective treatment modality for *Sandhigataväta*, which should be acceptable, palatable and have no side effects or toxic effects.
6. This disease is prevalent in middle and old age group. Out of total patients registered, 89% were from the age group above 50 years.
7. The knee joint is more affected because of weight bearing joint.

8. The middle-class peoples, involved in more physical work are mainly affected. Females are more prone to this disease.
9. In this study duration of illness was found more than 6 months in maximum number of patients.
10. The commonest presenting complaint was pain, swelling of joints and pain due to flexion and extension.
11. In this study, the effect of treatment with Cap. *Çallaké* and *Äbhädi Cürëa* in the management of *Sandhigataväta* in both groups was observed as below:
 - a. In Group 1, Cap. *Çallaké* was used as treatment modality, 8 patients showed no improvement, 40 patients showed mild improvement and 2 patients showed moderate improvement.
 - b. In Group 2, combination of Cap. *Çallaké* and *Äbhädi Cürëa* were used for the management of *Sandhigataväta*, this group showed better recovery, 2 patients showed no improvement. 24 patients showed Mild improvement, 23 patients showed Moderate improvement whereas 1 patient showed Marked improvement.
12. By comparing the recovery in both groups, it can be concluded that the combined therapy of both drugs i.e. Cap. *Çallaké* and *Äbhädi Cürëa* is more effective in the management of *Sandhigataväta*.
13. The drugs were well tolerated and no untoward effect or side effect was encountered.
14. The synergistic effect of ingredients of *Äbhädi Cürëa* are *Vätahara*, *Vedanästhäpana*, *Çothahara*, *Dépana* and *Päcana*. Most of the ingredients were *Uñëa Vérya* possessing *Kaöu Tikta Rasa*. So they are *Vätahara & Agnidépaka*.
15. Follow up examination of the patients under trial revealed recurrence of features.
16. Radiological finding showed no change in findings i.e. Osteophytes and narrowing of joint space.

From the whole trial work, it can be concluded that the combination of trial drugs (Cap. *Çallaké* and *Äbhädi Cürëa*) had very good efficacy in the patients of

Sandhigatavāta. The treatment module can be administered for longer period of time to stop the reoccurrence of symptoms without any untoward event or side effect.