

“CLINICAL ASSESSMENT OF THE EFFECT OF AKSHITARPANA BY YASHTIMADHU-SIDDHA GHRITA IN SHUSHKAKSHIPAKA (DRY EYE)”

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ABOUT THE ARTICLE

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ABSTRACT

In the present study total 40 patients were registered and were categorized into two groups. Out of 40 patients, 06 patients in two groups discontinued the treatment against medical advice (LAMA). Hence the general observations of all the 34 patients suffering from Shushkakshipaka, who got registered on the present study are presented in the beginning of the observation section in clinical study followed by the effect of the therapy on 34 patients who have completed the course of treatment in the present study. Among all a total of 16 patients of this group were given Yashtimadhu siddha-Ghrita Tarpana in a dose of 30gm/patient/day both eyes for 5 days in a week and another 18 patients of this group were administered Tarpana with Go-Ghrita as local therapeutic application in the dose of 30gm/patient/day both eyes for 5 days in a week. The treatment was given in total three sittings with interval of 15 days for each sitting. For the assessment of results ayurvedic as well as modern parameters were followed. The results obtained were statistically analysed by means of mean, percentage etc. and by using student's t – test the significance was calculated.

KEYWORDS: Yashtimadhu siddha-Ghrita, Tarpana, Go-Ghrita, Shushkakshipaka

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INTRODUCTION

In Vimana Sthana, Acharya Charaka has mentioned that there are several types and method of examination¹. It is absolutely essential to select the method which one is easy, possible and most suitable practically in all respects with least flows. For that Charaka has advised Dashavidha Pariksha i.e. Kaarana, Karan etc. Planning for research should be based on these guidelines. Out of this Karan or medicine is most important for clinical trial.

Research is a process of finding out the old hidden facts from the old theories and concepts as well as discovery of new facts. The aim of Ayurveda is “To maintain the health in the healthy and the treating of disorders in the ailing”². This

supports the fact that any research taking place in the field of Ayurveda must be having its impact or role in the clinical field.

It is the most important part of research work dealing with any disease and effect of therapy on the disease. Repeated practical observations were mentioned as an essential quality of ‘Vaidya’ by ‘Acharya Charaka’³. So, we can say that importance of clinical work was known to the Acharyas from the very beginning. In modern era, it is essential to prove efficacy of any new drug or combinations through clinical trials on patients. Data collected through clinical trial and its observations can prove the efficacy of trial drug and its true assessments.

The disease Shushkakshipaka is included in the Sarvagata Netra Roga which means that it can affect all parts of the eye if not managed properly. Acharya Sushruta has described this disease as Vata dominating presentation whereas other sages have described it to be a Vaata-Pittaja, or Vaata-Raktaja disease. This discrepancy in Doshic attribution reflects that probably Acharya's have described different stages of the same disease or dissimilar presentation and unstable manifestation of the same pathology. The descriptions of Acharya Sushruta draws attention to the early stage, while the explanation given by Acharya Vagbhata

AIMS AND OBJECTIVES

- To evaluate the efficacy of Yashtimadhu-siddha Ghrita akshitarpana as Shamana drug in Shushkakshipaka.
- To evaluate the efficacy of Go-ghrita akshitarpana as Shamana drug in Shushkakshipaka.
- To compare the efficacy of Yashtimadhu-siddha ghrita and Go-ghrita.
- To assess any side effects during the course of treatment.

MATERIALS AND METHODS

A.) Selection of the patient: -

Total 40 patients fulfilled criteria for diagnosis of the disease Shushkakshipaka has been selected from the Shalakya tantra O.P.D. and I.P.D. of G.A.C.H, Patna.

Sampling Technique:

A total number of 40 patients with signs and symptoms of Shushkakshipaka were registered and randomly divided into two groups viz.

Group A: Yashtimadhu- siddha Ghrita(Tarpana) -20 patients

Group B: Go- Ghrita (Tarpana) -20 patients

The patients were selected irrespective of their sex, religion, occupation, education etc.

(B) Criteria for Diagnosis: -

The patients were diagnosed for Shushkakshipaka on the basis of the signs and symptoms mentioned in different Ayurvedic classics. However, in addition criteria laid down for dry eye which are as follows: -

1. Gharshan (Foreign Body Sensation)
2. Updeh (Sticking of Eye)
3. Rukshta (Dryness)
4. Kunita (Shrunken)
5. Daruna (Hardness)

6. Krichhounmilana (Difficulty in opening & Closing of Eye)

7. Toda (Stinging Pain)

8. Aavil Darshana (Blurring of Vision) and Associated Complaints like Netrasrava (Watering Eye), Netradah (Burning Sensation) and others if,

Preparation of the trial drugs: -

Fresh raw Materials of Yashtimadhu(Root) and Go-Ghrita was collected from the Pharmacy of Rasashastra. Then Root of yashtimadhu were dried and made churna in Rasashastra Pharmacy of G.A.C.H. Patna, after that Both drugs were prepared in the Pharmacy of Rasashastra under the observation of teachers.

Treatment protocol: -

In all 40 patients who were diagnosed for Shushkakshipaka were include in the present clinical study and were randomly divided in two groups.

Table No.-4

Group	Drugs	Dose	Duration
A	Yashtimadhu-Siddha ghrita	30gm/day/pt.	60 days
B	Go-Ghrita	30 gm/day/pt.	60 days
Follow Up:-	15 days		

Criteria for Assessment:

All the patients were examined of each 15 days during the treatment. Criteria of assessment was kept on the basis of relief in the signs and symptoms of the disease Shushkakshipaka. For this purpose, cardinal signs and symptoms were given Grading and scoring system was adopted for assessing each clinical feature before the commencement of trial and after the completion of trial.

Criteria of assessment has been under Grading of main heading subjective and objective parameter.

1.) Subjective:-It has been decided on the basis of intensity, severity, distribution and heaviness. It has adopted for assessing each clinical feature such as Rukshata, Kunita, Darunta etc. before and after the completion of trial.

2.Objective: -

- Lusture of conjunctiva
- Lusture of cornea
- Lid margine appearance

- Schirmers Test strip wetting measurement
- Rose Bengal staining corneal surface area
- TBUT Measurement

Parameters for Assessment:

Complete remission: 100% Relief

Marked improvement: $\geq 75\%$ Relief

Moderate Improvement: $\geq 50\%$ to $<75\%$ Relief

Mild Improvement: $\geq 25\%$ to $<50\%$ Relief

Unchanged: $< 25\%$ Relief

OBSERVATIONS

Total 40 patients of Shushkakshipaka were registered in the present study. Out of which 6 patients discontinued the treatment before completion of the course against the medical advice.

The clinical observations of 34 patients are presented in the study and the effect of therapy is evaluated in the same no. of patients who completed the duration of treatment.

Table No.-5

Status of 34 Patients of Shushkakshipaka

Type	No.of Patients		Total	Percentage
	Group-A	Group-B		
Registered	20	20	40	100
Completed	16	18	34	85
Discontinued	04	02	06	15

Table No.-6

Age wise Distribution of 34 Patients of shushkakshipaka

Age	NO.Of Patient		Total	Percentage
	Group-A	Group-B		
25-30	03	03	06	17.65
31-40	08	07	15	44.12
41-50	04	06	10	29.41

51-60	01	02	03	8.82
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In the present study it was observed that maximum number of patients i.e. 44.12 % were in the group of 31-40 years followed by 29.41 % of patients between 41-50 years of the age group. 17.65% and 8.82% patients were found in age group 25-30 and 51-60 years respectively.

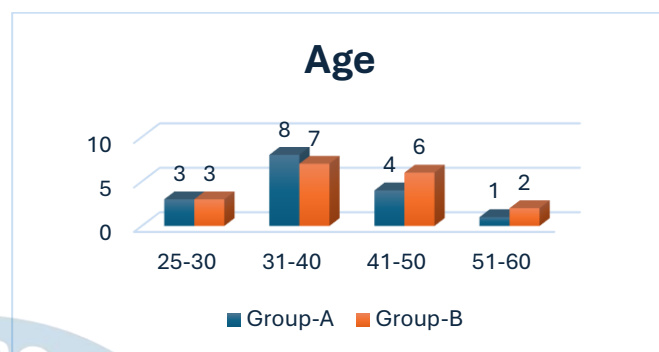
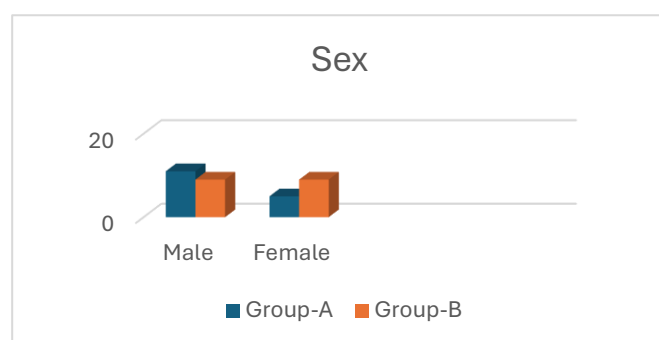


Table No.-7

Sex wise Distribution of 34 patients of shushkakshipaka

Sex	No.of patients		Total	Percentage
	Group-A	Group-B		
Male	11	09	20	58.83
Female	05	09	14	41.12

Maximum number of patients i.e. 58.83% were Males followed by Female i.e.41.12 %.



Chief complaints wise distribution of 34 Patients of Shushkakshipaka

Table No.-30

Chief complaints	No.of Patients		Total	Percentage
	Group-A	Group-B		
Gharshan	12	10	22	64.70
Updeh	02	01	03	08.82
Rukshta	14	13	27	79.41
Kunita	03	03	06	17.64
Daruna	02	01	03	08.82
Krichhounmilana	08	10	18	52.94
Toda	10	08	18	52.94
Aavil Darshana	12	11	23	67.64

Treatment History	No.of Patients		Total	Percentage
	Group-A	Group-B		
Eye Surgery	00	00	00	00.00
Corneal Ulcer	00	00	00	00.00
HTN	03	04	07	20.59
Psychiatry	00	00	00	00.00

RESULTS

The result so obtained were assessed and analysed statistically mainly on the recorded scores of signs and symptoms and routine investigations of blood before and after treatment.

GROUP A -YASHTIMADHU-SIDDHA GHRITA (TARPANA)

The above table shows that maximum numbers of patients i.e. 79.41 % were having Rukshta, while 67.64 % patients had Aavil Darshan, while 64.70 % patients had Gharshan and 52.94 % patients had Krichhounmilana & Toda.

Table No.-31

And associated complaints like,

The above table shows that 17.64 % patients had Netrasrava, 08.82 % patients were having Netradah.

associated complaints	No.of Patients		Total	Percentage
	Group -A	Group -B		
Netrasrava(Watering Eye)	02	04	06	17.64
Netradah(Burning Sensation)	01	02	03	08.82

Symptoms	Mean		% relief	S. D. ±	S. E. ±	't' Value	'P' Value
	BT	AT					
Gharshan	2.50	0.35	85.71	0.53	0.14	15	<0.001
Updeh	2.00	0.4	90	0.44	0.2	9	<0.001
Rukshta	2.43	0.56	79.48	0.57	0.14	13.50	<0.001
Kunita	2.33	0.66	71.42	0.57	0.33	5	<0.01
Daruna	2.33	0.66	71.42	0.57	0.33	5	<0.01
Krichhounmilana	2.62	0.62	76.19	0.75	0.26	7.48	<0.001

Treatment history: - Table No: -33

Treatment history wise distribution of 34 patients of Shushkakshipaka

20.59% patients had history of HTN.

Toda	2.16	0.33	61.53	0.81	0.33	4	<0.05
Aavil Darshana	2.30	0.70	69.56	0.51	0.16	9.7	<0.05

Effect of yashtimadhu-siddha Ghrita (Tarpana) on Symptoms Shushkakshipaka of 16 patients

Total effect of Yashtimadhu-siddha Ghrita (Gr. - A) on the symptoms of Shushkakshipaka.

Effect on Gharshan: The mean initial symptom score for Gharshan was 2.5 which reduced to 0.35 after the treatment. Thus foreign body sensation was reduced to 85.71 % which was highly significant ($P<0.001$).

Effect on Updeh: For the symptom of Updeh, the mean score before treatment was 2.0 which reduced to 0.4 after the treatment. Thus Symptoms was reduced only 90% but statistically highly significant ($P<0.001$).

Effect on Rukshta: The initial mean score of Rukshta 2.43 for this Symptoms was decreased to 0.56 after the treatment. This relief was only 79.48 % but statistically highly significant. ($P<0.001$)

Effect on Kunita: The initial mean score of 2.33 for Kunita was decreased to 0.66 after the treatment. This relief was 71.42% which was Significant ($P<0.01$).

Effect on Daruna: The initial mean score of 2.33 Daruna was decreased to 0.66 after the treatment. This relief was only 71.42 % but statistically significant. ($P<0.01$).

Effect on Krichhounmilana: The initial mean score of Krichhounmilana 2.62 was decreased to 0.62 after the treatment. This relief was only 76.19 % but statistically highly significant. ($P<0.001$).

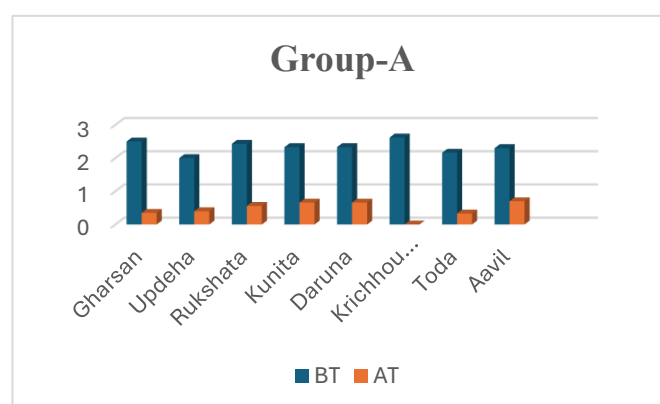
Symptoms	Mean		SE ±	% relief	SD ±	't' Value	P Value
	BT	AT					
Gharshan	2.5	0.35	0.17	77.41	0.60	11.4	<0.001
Updeh	2.5	0.4	0.40	80	0.81	4.80	<0.001
Rukshta	2.58	1.17	0.15	54.54	0.61	9.41	<0.005
Kunita	2.6	0.83	0.30	68.75	0.75	05.96	<0.001
Daruna	2.6	1.33	0.33	50.00	0.57	04.00	<0.001
Krichhounmilana	2.7	0.71	0.30	73.68	0.81	06.48	<0.001
Toda	2.6	1.20	0.40	53.84	0.89	03.50	<0.001
Aavil Darshana	3.8	3.16	0.33	17.49	1.15	02.00	>0.05

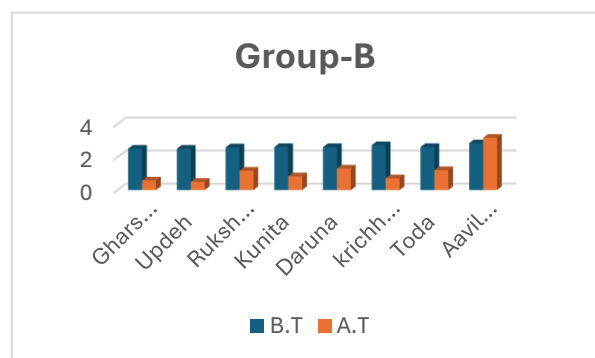
Effect on Toda: The initial mean score of Toda 2.16 was decreased to 0.33 after the treatment. This relief was only 61.53 % but statistically significant. ($P<0.05$).

Effect on Aavil Darshana: The initial mean score of Aavil Darshana 2.3 was decreased to 0.7 after the treatment. This relief was only 69.56 % but statistically significant. ($P<0.05$).

Effect of yashtimadhu-siddha ghrita (Tarpana) on associated complaints in the group of 16 patients of Shushkakshipaka.

Table No.-41





GROUP B – GO GHRITA (TARPANA)

Effect of Go- Ghrita (Tarpana) on chief complaints in the group of 18 patients of Shushkakshipaka.

Total effect of Go-Ghritha (Gr. - B) on the symptoms of Shushkakshipaka.

Effect on Gharshan: The mean initial symptom score for Gharshan was 2.5 which reduced to 0.58 after the treatment. Thus FBS was reduced to 77.41 % which was highly significant ($P<0.001$).

Effect on Updeh: For the symptom of Updeh, the mean score before treatment was 2.5 which reduced to 0.5 after the treatment. Thus Symptoms was reduced only 80% but statistically highly significant ($P<0.001$).

Effect on Rukshta: The initial mean score of Rukshta 2.58 for this Symptoms was decreased to 1.17 after the treatment. This relief was only 54.54 % but statistically significant. ($P<0.05$)

Effect on Kunita: The initial mean score of 2.6 for Kunita was decreased to 0.83 after the treatment. This relief was 68.75% which was highly Significant ($P<0.001$).

Effect on Daruna: The initial mean score of 2.6 Daruna was decreased to 1.33 after the treatment. This relief was only 50.00 % but statistically significant. ($P<0.01$).

Effect on Krichhounmilana: The initial mean score of Krichhounmilana 2.7 was decreased to 0.71 after the treatment. This relief was only 73.68 % but statistically highly significant. ($P<0.001$).

Effect on Toda: - The initial mean score of Toda 2.6 was decreased to 1.2 after the treatment. This relief was only 53.84 % but statistically significant. ($P<0.01$).

Effect on Aavil Darshana: The initial mean score of Aavil Darshana 3.83 was decreased to 3.16 after the treatment. This relief was only 17.49 % but statistically insignificant. ($p>0.05$).

DISCUSSION

In all the patients of the present study affected from Shushkakshipaka, various symptoms were recorded and assessment was made as per the scoring mentioned in clinical study and the effects of all the drugs were observed. Similarly, the effect of the drug was observed on the objective parameters like visual acuity, schirmers test, Rose Bengal test etc. The overall effect of the therapies on various clinical symptoms in different groups is as given below –

EFFECT OF THERAPIES ON SYMPTOMS:

Effect of Therapies on Gharshan: -

Yashtimadhu-siddha Ghrita was given as Tarpana to 16 patients of Group A and the symptom Gharshan was relieved by 85.71% highly significantly in this group ($P<0.001$).

Go-Ghritha Tarpana was given on 18 patients of Shushkakshipaka in Group B. The Gharshan symptom was relieved by 77.41 % in this group, which is statistically highly significant ($P<0.001$).

Effect of Therapies on Updeh:-

The symptom Updeh was relieved by 90% in Group A, which is statistically highly significant ($P<0.001$).

In Group B, Tarpana with Go Ghrita, the symptom Updeh was relieved by 80%, which is statistically highly significant ($P<0.001$).

So the present clinical study shows that Yashtimadhu-siddha ghrita is more effective in treating the symptom Updeh.

Effect of Therapies on Rukshta:-

The symptom Rukshta was relieved by 79.48 % in 16 patients of Group A, the result being statistically highly significant ($P<0.001$).

The Rukshta was relieved by 54.54 % in 18 patients of Group B and the result was statistically significant ($P<0.05$).

The above discussion reveals that Yashtimadhu-siddha ghrita is more effective in treating the symptom Rukshta.

Effect of Therapies on Kunita:-

The symptom Kunita was relieved by 71.42 % in 16 patients of Shushkakshipaka in Group A, the result being statistically significant ($P<0.01$).

There was 68.75 % relief in the symptom Kunita on 18 Patients of Shushkakshipaka in Group B, and the result was statistically significant ($P<0.001$).

The above discussion reveals that Yashtimadhu-siddha ghrita is more effective in the treatment of Kunita in Shushkakshipaka.

Effect of Therapies on Daruna:-

The symptom Daruna was relieved by 71.42 % in 16 patients of Shushkakshipaka in Group A, the result being statistically significant ($P<0.01$).

There was 50.0% relief in the symptom Daruna on 18 Patients of Shushkakshipaka in Group B, and the result was statistically significant ($P<0.01$).

The above discussion reveals that Yashtimadhu-siddha ghrita is more effective in the treatment of Daruna in Shushkakshipaka.

Effect of Therapies on Krichhounmilana: -

The symptom Krichhounmilana was relieved by 76.19% in 16 patients of Shushkakshipaka in Group A, the result being statistically highly significant ($P<0.001$). (Table – 40)

There was 73.68% relief in the symptom Krichhounmilana on 18 Patients of Shushkakshipaka in Group B, and the result was statistically highly significant ($P<0.001$). (Table – 43)

The above discussion reveals that Yashtimadhu-siddha ghrita is more effective in the treatment of krichhounmilana in Shushkakshipaka.

Effect of Therapies on Toda:-

The symptom Toda was relieved by 61.53% in 16 patients of Shushkakshipaka in Group A, the result being statistically significant ($P<0.05$). (Table – 40)

There was 53.84% relief in the symptom Toda on 18 Patients of Shushkakshipaka in Group B, and the result was statistically significant ($P<0.01$). (Table – 43)

The above discussion reveals that Yashtimadhu-siddha ghrita is more effective in the treatment of Toda in Shushkakshipaka.

Effect of Therapies on Aavil Darshan: -

The symptom Aavil Darshan was relieved by 69.56% in 16 patients of Shushkakshipaka in Group A, the result being statistically significant ($P<0.05$). (Table – 40)

There was 17.49% relief in the symptom Aavil Darshan on 18 Patients of Shushkakshipaka in Group B, and the result was statistically insignificant ($P>0.05$). (Table – 43)

The above discussion reveals that Yashtimadhu-siddha ghrita is more effective in the treatment of Aavil Darshan in Shushkakshipaka.

Effect of Therapies on Associated Symptoms:**Effect of Therapies on Netrasharav:**

The associated symptom Netrasharav was relieved by 71.42 % in 16 patients of Group A, the result being statistically highly significant ($P<0.001$).

Netrasharav was relieved by 60 % in 18 patients of Group B and the result was statistically significant ($P<0.001$).

The above discussion shows that Yashtimadhu-siddha ghrita is more effective than Go-ghrita in treating symptom Netrasharav in Shushkakshipaka.

Effect of Therapies on Netradah:-

The associated symptom Netradah was relieved by 80 % in Group A, which is statistically highly significant ($P<0.001$).

Netradah was reduced by 75% in Group B, which is statistically significant ($P<0.001$).

From the above discussion, it is evident that Yashtimadhu-siddha ghrita is more effective in treating associated symptom of Netradah than Go-ghrita.

Table showing the overall effect of drug (Yashtimadhu-siddha Ghrita) on various clinical symptoms of Shushkakshipaka (Statistical significance).

Symptoms Group A Group B. Table No.-51

Symptoms	Group A	Group B
Gharshan	HS↓	HS↓
Updeh	HS↓	HS↓
Rukshata	HS↓	S↓
Kunita	S↓	HS↓
Daruna	S↓	S↓
Krichhounmilana	HS↓	HS↓
Toda	S↓	S↓
Aavil Darshan	S↓	IS↓

HS = Highly significant S = Significant IS = Insignificant ↓ = Decrease

Effect on visual acuity: Distant vision:

Visual acuity for **distant vision** was improved in all two groups.

In group A (Yashtimadhu-siddha Ghrita – Tarpana) 69.58 % an average improvement was observed in both the eyes which was statistically significant ($P<0.01$).

In group B (Go-Ghrita – Tarpana) 55.77 % an average improvement was observed in both the eyes which was statistically significant ($P<0.01$).

Schirmers test was improved in all two groups.

In group A(RE) (Yashtimadhu-siddha Ghrita – Tarpana) The initial mean score of Schirmer'I test 2.3 was decreased to 0.52 after the treatment. This relief was 75.67% but statistically highly significant. ($P<0.001$).

And in (LE) (Yashtimadhu-siddha Ghrita – Tarpana) The initial mean score of Schirmer'I test 2.5 was decreased to 0.62 after the treatment. This relief was 75% but statistically highly significant. ($P<0.001$).

In group B(RE) (Go-Ghrita – Tarpana) The initial mean score of Schirmer'I test 2.4 was decreased to 0.77 after the treatment. This relief was 68.18% but statistically highly significant. ($P<0.001$).

And in (LE) (Go-ghrita – Tarpana) The initial mean score of Schirmer'I test 2.4 was decreased to 0.80 after the treatment. This relief was 65.90% but statistically highly significant. ($P<0.001$).

In Group-A

Slit-Lamp Examination(RE): - The initial mean score of Slit-Lamp Examination 0.8 was decreased to 0.18 after the treatment. This relief was 92.30% but statistically significant. ($P<0.05$).

Slit-Lamp Examination(LE): - The initial mean score of Slit-Lamp Examination 0.8 was decreased to 0.18 after the treatment. This relief was 92.30% but statistically significant. ($P<0.05$).

In Group-B

Slit-Lamp Examination(RE):- The initial mean score of Slit-Lamp Examination 1.0 was decreased to 0.3 after the treatment. This relief was 66.66 % but statistically significant. ($P<0.05$).

Slit-Lamp Examination(LE):-

The initial mean score of Slit-Lamp Examination 1.0 was decreased to 0.3 after the treatment. This relief was 66% but statistically significant. ($P<0.05$).

In Group-A

TBUT:- (RE)

The initial mean score of TBUT 1.8 was decreased to 0.43 after the treatment. This relief was 73.33% but statistically highly significant. ($P<0.001$).

TBUT:- (LE)

The initial mean score of TBUT 1.8 was decreased to 0.43 after the treatment. This relief was 73.33% but statistically highly significant. ($P<0.001$).

In Group-B

TBUT:- (RE)

The initial mean score of TBUT 1.8 was decreased to 0.55 after the treatment. This relief was 70.58% but statistically highly significant. ($P<0.001$).

TBUT:- (LE)

The initial mean score of TBUT 1.8 was decreased to 0.55 after the treatment. This relief was 70.58% but statistically highly significant. ($P<0.001$).

CONCLUSION

At the end of the study, following conclusion can be drawn on the basis of observations made, results achieved and thorough discussion in the present context and can be summarized as below:

The clinical study reveals that use of Netra-tarpan with Yashtimadhu-siddha ghrita in patient of shushkakshipaka helps to cure dryness also improves the health status of eyes. The discussion on ocular and non-ocular symptoms of shushkakshipaka helps in the perspectives of Ayurveda is clearly suggestive of vata dominating pittaja vitiation in eye and body as a whole. These pathological factors give rise to vata-pittaja ocular surface symptoms like vataja, pittaja, Raktaja abhishyanda, as well as shushkakshipaka (dry eye syndrome). The generalized or physical symptoms of shushkakshipaka are also in the manifestations of vata and pitta. As per the given fundamentals regarding naming an unknown disease, shushkakshipaka may be coined as "Sanganak Atiyoga-Janya Netra Samlakshana".

- Yashtimadhu-siddha ghrita Tarpana was more effective in relieving the different ocular features of shushkakshipaka.
- Changing the working style and standard alone was least effective in relieving the shushkakshipaka.
- During the course of study, no significant adverse effects were observed.
- To sum up, it can be concluded that shushkakshipaka is vata – Pitta vitiation pathology and needs to be managed by lubricating (snigdha) measures locally.

- It is hoped that the observations made in this work will be helpful for future studies and to the mankind as a whole.

All the subtypes of Vata are involved either earlier or in the later stages of Shushkakshipaka. All the Nidanas of Shushkakshipaka ultimately results in Vataprakopa initiating further pathogenesis. From this study, it is concluded that non-compliance of code of healthy diet, selection and eating plays a major role in causation of disease. Hence, we can say that code and conduct of healthy eating must be followed to achieve early and better results of the disease. Shushkakshipaka is the disease having Vata and pitta predominance. But, in fact it is Tridoshika. Statistically significant differences are found in all the Groups. On comparing the effect of therapy, it can be concluded that Group A (yashtimadhu-siddha ghruta) is more effective than group B. This study is focused on the role of both drugs yashtimadhu-siddha ghruta & Go-Ghruta. The trial drugs have given promising results by showing improvement in sign and symptoms of Shushkakshipaka. It is very encouraging and further research on these drugs must be carry on so that their efficacy could be evaluated and assessed more widely and

scientifically in favour of human being, those suffering from Shushkakshipaka because this work has been completed within limited time and facilities.

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