

**Clinical and Experimental Studies on Anti-Arthritic
Property of *Alpinia calcarata* Rosc.
(*Sri Lankan Rāsnā*)**



THESIS SUBMITTED FOR THE DEGREE OF
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CHAPTER VII

S U M M A R Y

Rheumatoid process is initiated with a simple mechanism of inflammation but at the long run it bears very grave consequences to the sufferer. Annually, it cripples a sizeable portion of the human population around the world. Many a serviceman have to leave their barracks, many a housewife cuddles into the arm chair and the number of incapacitated persons who belong to the intellectual class with this slow incurring but dreaded disease is not small.

The principle reason for the want of effective therapy in Rheumatoid disease is the absence of a complete and accurate knowledge with regard to its aetiology and pathogenesis.

One of the age renowned drugs in Ayurveda, Rasna (*Aëpinia calcarata* Roac,) was subjected to investigation in the current study. As a preliminary work, the study sounds a successful note and had illuminated the potentialities

it possessed, as anti-inflammatory anti-arthritis and as an analgesic in the field of arthropathy. In short, Rasna (*Alpinia calcarata* Rosc.) is a potential anti-arthritis drug, whose actions and properties were recognized by ancient exponents of ~~A~~ Ayurveda. They cited Rasna as the best available single drug for Vata-Kapha diseases.

By modern experiments we were able to assert the veracity of the above claimant.

The world at large, at present times are becoming aware of the resourcefulness of ancient medical literature, ^hich happened to be a most descriptive and ingenious creation ever achieved by man, in its vast span of evolutionary process.

This is but an infinitesimal and miniature effort, in a vast field of activity that comprises the whole of human endeavour, in bringing out a world free from grief, disease, decay and deformity.
