

ABSTRACT

TITLE: “A Randomized clinical trial to enhance the scholastic performance of school going children with Kushthadi Lehyam.”

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INTRODUCTION: Children are prone to various psychosomatic illness and disorders. Growing age with higher nutritional demand is the main factor for their physical derangements while increased burden of curricular and extracurricular activity, stress of competition and performance are dominant reason of low scholastic performance in school going children and it affects a broad range of academic and functional skills including the ability to properly speak, listen, read, write, spell, organize information.

AIM AND OBJECTIVES:

Aim: To evaluate the efficacy of Kushthadi Lehyam to enhance the Scholastic Performance of school Going children.

Objectives:

1. To study the probable mode of action of kushthadi lehyam in enhancing the scholastic performance of school children.
2. To compare the efficacy of Go- Ghrita with the efficacy of kushthadi lehyam in enhancing the scholastic performance of school going children.

METHODOLOGY:

Type of study: Randomized comparative clinical trial.

1. Sources of data :-

Clinical source – Healthy volunteers from various school health check up camp are included in study

Interventions:

Group-A (Kushthadi Lehyam)

Group-B(Go Ghrita)

Statistical analysis:

Observations of the study were analysed and findings were evaluated by using statistical methods.

The following statistical tests were applied –

- Friedman's test
- Wilcoxon's test
- Mann Whitney Test.

Result:

- In the current study, 17 questions were taken as assessment parameters to evaluate the scholastic performance of an individual students.
- The enrolled students were divided into equal number of students in each group Group-A and Group-B.
- The questioner was filled by respective class teacher before treatment ,during treatment and after treatment.

OBSERVATIONS & RESULTS:

In the current study, 17 questions were taken as assessment parameters to evaluate the scholastic performance of an individual students.

- The enrolled students were divided into equal number of students in each group Group-A and Group-B.
- After the statistical analysis it was found that significant result we are found on all seventeen parameters. but in comparison of both , 6 of them showed more significant effect with administration of kushthadi lehyam while 9 students of them showed more significant effect with administration of go ghrita and two parameters showed equal effect by both drugs.

CONCLUSION

- Goghrit showed improvement in 9 parameters and Kushthadi Lehyam showed improvement in 7 parameters out of total 17 parameters.
- This showed Goghrit is more effective than Kushthadi Lehyam in improving scholastic performance of healthy students.
- No adverse drug reaction was found in the study shows safety of the drug.
- While looking at the cost parameter Go-ghrit is more cost effective then Kushthadi Lehyam.