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Role of *ashtavidha pariksha* in the diagnosis and prognosis of diseases

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ABSTRACT

Ayurveda is science helping us to elaborate our knowledge about the disorder and imbalance of the body, and also in understanding the proper diagnosis and the prognosis of the disease. Disease-free health can be gained, if we follow the abundantly supplied knowledge of *Ayurveda*. Imbalance and disproportionate ratio in three biological senses of humour of body i.e. *Vata* (air), *Kapha* (Phlegm) and *Pitta* (Bile) are the main factors causing diseases. We apply expensive and arduous methods to treat common and chronic disorders which can be treated effortlessly and cured by simple natural *Ayurvedic* remedies, without any or minimal harmful side-effects. *Ayurveda* does not suppress the symptoms but always aim at finding the precise cause of the diseases by a thorough examination of the body to find out the root cause of the ailment in the patients.

The science of *Ayurveda* is based on the sound tenets of diagnosis which necessitates no clinical or costly investigations which are beyond the reach of the common and less privileged populace. To find out the real source of the diseases *Ayurveda* follows certain tests and examinations in different stages of diseases. *ASHTAVIDHA PARIKSHA*, one of the clinical assessment methods of *Ayurveda* thoroughly analyzes the overall condition of a patients' body to find the underlying symptoms. The *Ashtavidha Pariksha*, the eight limbs of clinical assessment – *Nadi*, *Mutra*, *Mala*, *Jihva*, *Shabda*, *Sparsha*, *Drig* and *Akruti*, give us detailed perception about the disease. Here detailed perception of diseases is tried to interpret in accordance with the *dosha* involved by the help of *Ashtavidha Pariksha*.

Keywords: *Nadi*, *Mutra*, *Mala*, *Jihva*, *Shabda*, *Sparsha*, *Drig* and *Akruti*.

INTRODUCTION

Ashtavidha pariksha is one of the important diagnosing methods among the different methods of *rogi pariksha* mentioned by *Acharya Yogaratnakara*. It helps the physician to examine 8 specific sites of patients in order to find the root cause of the illness and eradicate it from its root.

jksxkdzkUr“kjhl; LFkkukU;’VKS fujh{k;sr~ A
ukMha ew=a Ekya ftOgka “kCna Li”kZa
n`xkd`frAA ¼;ks- j-1@1½

According to *Yogaratnakara* the eight parts of body which should be examined during daily clinical practices are *Nadi* (Pulse), *Mala* (Stool), *Mutra* (Urine), *Jivha* (Tongue), *Shabda* (Speech), *Sparsa* (Touch), *Druk* (Eyes) and *Akruti* (Physique).

Dosha Involved	Character of <i>nadi</i>	Modern comparison
<i>Vata</i>	Fast, regular, moves like a snake/leech	Thread or irregular pulse
<i>Pitta</i>	As a jumping frog	Throbbing, forceful, rich and elevated in the middle
<i>Kapha</i>	As a movement of duck	Slow, steady and somewhat heavy

Mutra pariksha

Urine is an important waste product of the body and its examination yields valuable information regarding health and ill health and is always examined by naked eyes to check the colour, consistency, frequency, sediments if present. *Tailabindu pariksha* is a diagnostic tool of urine examination developed by the Ayurvedic scholars and also enlightens knowledge on the prognosis of the disease condition. *Sadyaasadyata* i.e. prognosis of diseases can be determined by performing *taila bindu pariksha* on *mutra* of different individuals.

vFkkr% laizo{;kfe ew=L; p ijh{k.ke~A
;su foKkreK=s.k jksxpfUga izdk”;rsAA ¼;ks-j-
1½

Mutra pariksha should be performed after the *nadi pariksha* and it is said that only the knowledge of *mutra pariksha* is enough to know the signs and symptoms of the diseases.

IMPORTANCE IN DIAGNOSIS AND PROGNOSIS

Nadi pariksha

Nadi(Pulse) means passage or channels of various bodily constituents that connect various functional aspects and is indicative of the alteration from its normalcy.

;Fkk oh.kkxrk rUzh lokZ=kxkUizHkk’krsA
rFkk g~Lrcrk ukM+h lokZ=ksxkUizdk”k;sr AA
¼;ks-j- 1@3½

The examination of strength, rhythm, speed, quality of the *nadi* shows each change occurring in the body, just similar to the strings of *veena* which produce music. *Nadi* can tell us *doshapradhanya*, *dosha* involved in pathogenesis, prognosis, a span of life, forthcoming death etc.

Mala Pariksha

Colour, consistency, floating nature, smell, presence of blood or mucus and frequency of *mala* i.e. stool gives us the knowledge of the *dosha* involved in pathogenesis, sign and symptoms of diseases, prognosis, a span of life forthcoming death etc.

Example: *Mala* vitiated by *Vata*- Dry, hard with blackish discolouration

Mala vitiated by *Pitta*- Yellow & green coloured

Mala vitiated by *Kapha*- White coloured stools

The idea of digestive fire i.e. *Agni* of the patient can be known through the examination of faecal matter by the naked eye. So, it is necessary to perform *mala pariksha* during the assessment of the patients.

Jivha Pariksha

Features like coating, loss of sensation, change in size, ulcers, and any discoloration are assessed in *jivha* (tongue) of patients to diagnose the *dosha* abnormalities.

ftg~ok “khrk [kjLi”kkZ LQqfVrk ek#rs·f/kdsA
jāk “;kek HkosfRiÜks dQs “kqHkzk·frifPNyAA
d’’.kk Id.Vdk “kq’dk lafuikrkf/kds rq lkA
fefJrs fefJrk Ks;k loZy{k.koftZrkAA ¼ ;ks-j- 1½

Dosha Involved	Sign & symptoms
Vata prakopa	Cold & rough, cracked
Pitta prakopa	Yellow or red
Kapha prakopa	White & slimy
Dwanda prakopa	Combined features
Sannipata prakopa	Black with thorn like structure

Shabda Pariksha

Tone, strength to speak, continuity, hoarseness and clarity of speech give us the idea of the *dosha*

involved in the pathogenesis of disease and the underlying disease processes.

xq#Lojks HkosPN~ys’ek LQqVoäk p fiÜky%A
mHkkH;ka jfgrks okr% Lojr”pSo y{k;sRk~AA¼ ;ks-j- 1½

Dosha Involved	Nature of speech
Vata prakopa	Abnormal other than <i>guru</i> & <i>sphuta</i>
Pitta prakopa	<i>Aspashta</i>
Kapha prakopa	<i>Guru</i>
Durbala	<i>Aspashta</i>
Nasarodha	<i>Anunasika</i>
Vaatapitta	<i>Pralaapa</i>

Sparsa Pariksha

Idea perceived (skin temperature, its colour, tenderness, abnormality in pattern) by inspecting or palpating the patients give us an idea of the

doshapradhanya of the diseases and the information about many chronic alignments present.

fiÜkjksxh Hkosnq’.kks okrkjksxh p “khry%A
“ys’ey% I HkosnknzZ% Li”kZr”pSo Yk{k;sr~AA¼ ;ks-j- 1½

Dosha Prakopa	Sparsa Vishesha
Vata	<i>Sheeta</i>
Pitta	<i>Ushna</i>
Kapha	<i>Ardra</i>

Drig Pariksha

In *drig pariksha* we observe:

- Color of sclera
- Conjunctiva

- Size of eye ball
- Dryness
- Shape of eyes
- Area around eyes

Proper examination of eyes gives us an idea about the signs and symptoms of various diseases.

Dosha involved	Sign & symptoms
Vataja	<i>Dhumra, aruna varna, ruksha, chanchala</i> and <i>antahpravishtha</i>

Pittaja

Haridra & rakta varna, tikshna, prabha- lustrous and dahayukta

Kaphaja

Sveta, dhavala, Snigdha

Akruti Pariksha

Akruti pariksha is the judgement of own's disease status by the examination of own's body features because the overall built is indicative of the amount of strength, stamina and life force. *Pramana* (measurement) & *samhanana* (compactness) *pariksha* are essential in this.

Clinical examination of the measurement of individual organs of the body to understand the superiority, mediocrity and inferiority of one's anthropometry in response to his age and sex is known as *pramana pariksha* and the examination of patients with reference to his compactness of the body is known as *samhanana pariksha*.

<i>Pravara Samhanana</i>	<i>Madhyama Samhanana</i>	<i>Avara Samhanana</i>
Well demarcated bones	Moderately demarcated bones	Weakly demarcated bones
Well knit joints	Moderately knit joints	Weakly knit joints
Well bound muscles and blood	Moderately bound muscles and blood	Weakly bound muscles and blood
Strong body built and excellent strength	Moderate body built and strength	Weak body built and strength

DISCUSSION

As per *Acharya Yogratnakara* in every disease, it is always compulsion to assess the patients *Nadi*, *Mutra*, *Mala*, *Jihva*, *Shabda*, *Sparsha*, *Drig* and *Akruti* thoroughly before treating it.

vknkS losZ'kq jksxs'kq
ukMhftg~okf{kew=r%AA
ijh{kka dkj;s}S/k% i"pknzksxa fpdfRI;sr~A ¼
;ks-j- 1½

Proper assessment and investigation of patient help in ruling out the root cause of the diseases, pathogenesis, planning the treatment protocol according to the nature of patients and diseases. Prognosis fully depends upon the nature & chronicity of disease, *dosha* involved in the pathogenesis and *prakriti* of patients, so if we plan the treatment according to it, we can definitely achieve a win over the diseases and eradicate the diseases from its root.

CONCLUSION

We know that the imbalance and disproportionate ratio in three biological humours of body (*Dosha*) i.e. *Vata* (air), *Pitta* (Bile) and *Kapha* (Phlegm) is the main factor that causes diseases. Unhealthy food consumption and unhealthy living habits are the factors that vitiate the *dosha* and make ill health. To achieve health and eradicate diseases it is necessary to apply *rogi pariksha* before *roga pariksha*.

ukM;k ew=L; ftg~ok;k y{k.ka ;ks u foUnfrA
ekj;R;k"q oS tUrq l oS/kks u ;"kks
Hktsr~AA ¼ ;ks-j- 1½

According to slogan it is clear that clinicians unaware of the sign and symptoms of the *rogi pariksha* (*Ashtavidha Pariksha*) will definitely kill the patients and never achieve success in his clinical practice. Hence it is always necessary to perform the *Ashtavidha Pariksha* during treating patients in order to have a proper diagnosis and plan treatment according to diagnosis to have a proper prognosis of the diseases.

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