

SIGNIFICANCE OF DASHVIDHA PARIKSHA IN DIAGNOSIS OF NON-COMMUNICABLE DISEASES

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ABSTRACT

Health is a state of equilibrium of the *Dosha*, *Dhatu* and *Mala* along with proper functioning of *Indriya*, *Manas* and *Atma*. To treat the disease, it is necessary to keep balance between *Doshas* and to bring back them into their normal condition. Ayurveda had described various tools to diagnose various diseases and one of them is *Rog* and *Rogi Pariksha*. For *Rogi Pariksha*, various *Parikshas* have been described like *Dwividha Pariksha*, *Trividha Pariksha*, *Chaturvidha Pariksha*, *Panchavidha Pariksha*, *Ashtavidha Pariksha* and *Dashvidha Pariksha*. *Yogratnakara* provides a clear picture of scenery of illness and healthy condition through *Ashtavidha Pariksha*. In current era, various diagnostic tools like urine examination, stool examination, tongue examination, auscultation, percussion, eye examination and gait examination are also very helpful in the prognosis of many common diseases. In current paper, attempts were made to study the relation of *Ashtasthana Pariksha* with special emphasis on tools used in modern era.

KEYWORDS: *Ashtasthana Pariksha*, *Ayurveda*, *Examination*, *Prognosis*, *Diagnosis*, *Yogratnakara*.**INTRODUCTION**

Ayurveda had effective tools for the diagnosis of disease. There are various keys to treat the diseases like *Rog* and *Rogi Pariksha*. In *Rog Pariksha* use “*Nidan Panchak*” and in *Rogi Pariksha* use “*Dashavidh Pariksha*, *Trividhand Asthavidh Pariksha* also *Mala pariksha*. Above all these *Mala Pariksha* (Stool examination) is one of the most important key in Ayurveda to diagnose the diseases. By this individual’s pulse on patients wrist are easily detect the imbalances in the body and prescribe an effective treatment. So, this article explains how to diagnose the disease of patients through *Mala Pariksha*.

Ayurveda is a holistic science of life and health. The concept and method of *Nidana* (Diagnosis) in *Ayurveda* mainly depends on the understanding of *Dosha* and *Dushya*. *Pariksha* are the diagnostic tool that helps to diagnose the *Vyadhi* of the *Rogi*. *Acharya Charak* said that the physician should examine the *Roga* first then the *Aausadha* and thereafter the *Chikitsa*. He should always proceed with the prior knowledge.^[1] The *Ayurvedic*

diagnostics is of two folds comprising of *Rogi Pariksha* and *Roga Pariksha* separately. *Rogi Pariksha* is the examination of the patient.

Ashtasthana Rogi Pariksha (Eight fold Examination)

1. *Nadi Pariksha* (Pulse Study)
2. *Mutra Pariksha* (Examination of Urine)
3. *Mala Pariksha* (Stool Examination)
4. *Jihwa Pariksha* (Tongue Examination)
5. *Shabda Pariksha* (Voice Examination)
6. *Sparsha Pariksha* (Skin Examination)
7. *Drik Pariksha* (Eye Examination)
8. *Akriti Pariksha* (General appearance Examination)

Materials and References on Ashtavidha Pariksha

The references regarding *Ashtavidha Pariksha* have been compiled from the available Ayurvedic literature. A detailed description from various classical sources is presented below:

1. Nadi Pariksha (Pulse Examination): The assessment of *Doshas* in both healthy and diseased individuals can be achieved through *Nadi Pariksha*. During examination, three fingers are placed over the radial pulse – the index finger representing *Vata*, the middle finger -*Pitta*, and the ring finger -*Kapha*. Variations in pulse movement such as *manda* (slow), *madhyama* (moderate), and *tikshna* (fast) indicate the dominance of respective *doshas*.

Nadi Gati (Pulse Patterns)

- *VatajaNadi* – resembles the movements of a snake or leech.
- *PittajaNadi* – similar to a crow, lark, or frog.
- *KaphajaNadi* – like a swan, pigeon, or cock.
- *Vata-Kaphaja* – snake and swan.
- *Pitta-Kaphaja* – monkey and swan.
- *Vata-Pittaja* – snake and frog.
- *Sannipataja* – woodpecker-like.

1. Mutra Pariksha (Urine Examination)

Urine, being the end product of metabolism, reflects the body's internal pathology. Its features are influenced by factors such as blood pressure, nutrition, hydration, and overall health.

Dosha-specific Features:

- *Vata* aggravation – urine appears light yellow, rough, and dries quickly.
- *Pitta* aggravation – urine becomes reddish.
- *Kapha* aggravation – urine is oily, whitish, and frothy with bubbles.
- *Raktadushti* – urine is hot and blood-tinged.

Taila Bindu Pariksha: A drop of sesame oil (*tila taila*) is placed on urine. The spread of the drop indicates prognosis and *dosha* involvement, helping in deciding curability.

2. Mala Pariksha (Stool Examination)

Stool reflects the state of digestion and *dosha* predominance.

- *Vata* aggravation – stool is hard, dry, broken, smoky, or frothy.
- *Pitta* aggravation – stool is yellowish, binding, or broken.
- *Kapha* aggravation – stool appears whitish, slimy, and dense.
- *Tridoshaja* – combined features of all three *doshas*.

Poor digestion results in foul-smelling stool that sinks in water. Chronic constipation indicates *Vata* imbalance, whereas frequent diarrhoea suggests *Pitta* predominance.

3. Jihva Pariksha (Tongue Examination)

The tongue mirrors the condition of internal organs. Its colour, coating, shape, surface, and movement provide diagnostic clues.

- *Vata* imbalance – dry, cracked, dark or brownish tongue.
- *Pitta* imbalance – reddish, inflamed tongue.
- *Kapha* imbalance – whitish, sticky tongue.
- *Sannipataja* – thorny, blackish, and dry tongue.

Different regions of the tongue correspond to specific organs, making it a valuable diagnostic tool for systemic disorders.

4. Shabda Pariksha (Voice Examination)

The manner of speech reveals *doshic* imbalance

- *Vata* – fast, irregular, and inconsistent speech.
- *Pitta* – sharp, authoritative, and critical tone
- *Kapha* – slow, heavy, and monotonous speech.

In balanced states, the voice is natural and steady. When aggravated, *Kapha* causes heaviness, *Pitta* results in a cracked voice, and *Vata* leads to roughness and hoarseness. This assessment resembles auscultation in modern clinical practice.

5. Sparsha Pariksha (Examination by Touch)

This includes palpation and percussion to assess temperature, tenderness, texture, and abnormalities.

- *Vata prakriti* – cold, rough, and dry skin.
- *Pitta prakriti* – warm, moist skin with inflammatory tendencies.
- *Kapha prakriti* – soft, cold, and damp skin, often prone to edema.

Through tactile sensation, *doshic* imbalance and organ conditions can be evaluated.

6. Drik Pariksha (Eye Examination)

The eyes provide significant insight into *dosha* predominance

- *Vata* – sunken, dry, reddish-brown eyes.
- *Pitta* – red or yellowish eyes, often with burning and photophobia.
- *Kapha* – watery, heavy eyes with swollen eyelids.

Other signs such as dark circles, rings around the sclera, or spots may indicate organ dysfunctions.

7. Akriti Pariksha (Examination of General Appearance)

Akriti refers to the overall physique and constitution of an individual. The external body features often correspond to *dosha* predominance:

- *Vata* – lean, thin body frame.
- *Pitta* – medium build with sharp features.
- *Kapha* – well-built, heavy body with soft tissues. The external form thus provides information about a person's constitution, strength, and disease susceptibility.

DISCUSSION

Nadi Pariksha continues to hold prime importance in Ayurveda. Many practitioners are capable of diagnosing solely by pulse examination. *Yogaratanakara* elaborates the variations in pulse under the influence of *doshas* and their combinations, further illustrating these through the movements of animals to make the concept more understandable. Such descriptions not only help in identifying the disease but also in evaluating prognosis, especially in conditions like fevers and other systemic disorders. Similarly, *Mutra Pariksha* (urine analysis) provides valuable insight into abnormalities of the

Mutravaha Srotas. Variations in urine colour, quantity, and consistency indicate underlying disease conditions. *Mala Pariksha* (stool examination) helps in identifying disorders of the *Annavaha* and *Purishavaha Srotas*, as stool characteristics are influenced by multiple factors such as *Prakriti*, *Ahara*, *Vihara*, *Kala*, *Satmya*, and *Vyadhi*. *Jihva Pariksha* (examination of the tongue) is also significant, as the tongue is often considered the "mirror of the stomach." Its appearance—such as colour, shape, fissures, coating, tremors, or ulcerations—provides crucial diagnostic clues. *Shabda Pariksha* (assessment of voice and sounds) holds its own importance, as sound is one of the direct means (*Pratyaksha Pramana*) of knowledge. Alterations in physiological sounds generated by organs like the heart or intestines, or changes in speech due to disease, aid in diagnosis. Techniques like percussion further assist in detecting organ positions, fluid accumulation, or gaseous states in cavities. *Sparsha Pariksha* (examination by touch) has been highlighted by almost all Acharyas and is included not only in *Ashtavidha Pariksha* but also in *Trividha* and *Shadvidha Pariksha*, demonstrating its fundamental diagnostic value. *Drik Pariksha* (eye examination) provides key signs, including *Arishtha Lakshanas* such as *Urdhva Drishti* and *Bhramayata*. *Akriti Pariksha* (general appearance) relates to physiognomy, where the patient's physical features such as build, height, complexion, and posture are carefully observed. In certain conditions, such as *Dhanustambha*, *Manyastambha*, and *Ardita*, external postures themselves provide valuable diagnostic information.

CONCLUSION

In Ayurveda, diagnosis is not restricted to naming a disease but extends to identifying the underlying dosha imbalance. The eight components of *Ashtavidha Pariksha* provide a systematic framework for understanding these imbalances, thereby guiding both diagnosis and prognosis. This diagnostic model was carefully designed to be clinically applicable, assisting physicians in determining whether they can manage a case independently or if referral to another specialty is more appropriate. Thus, *Ashtavidha Pariksha* of *Yogaratanakara* continues to serve as a vital diagnostic tool, significantly benefiting physicians and *Vaidyas* in their clinical practice.

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