

CLINICAL IMPORTANCE OF ASHTAVIDHA PARIKSHA – A DIAGNOSTIC METHOD
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ABSTRACT

Ayurveda is the science of Indian traditional medicine consisting of a great history. It focuses on complete physical, mental, social and spiritual health of a person. It is the science of health and disease free life which is based on the principle of diagnosis. There are various diagnostic tools described in Ayurveda under Rog Pariksha and Rogi Pariskha. Ashtasthana Pariksha is one such important diagnostic tool for diagnosis of diseases. It also helps in providing disease – specific treatment. Ashtasthana Pariksha given in Yogratnakar includes examination of Nadi (pulse), Mutra (urine), Mala (faecal matter), Jihwa (tongue), Shabda (voice), Sparsha (touch/skin), Drik (eyes & vision) and Akriti (general body appearance). It is a complete and thorough examination of the diseased person. This helps in diagnosis as well as establishing prognosis of diseases. This review article elaborates Ashtavidha pariksha on the basis of its clinical importance so that it can be applied in the medical practices.

KEYWORDS: Ashtavidha Pariksha, Nadi Pariksha, Nidana (diagnosis), Taila Bindu Pariksha.**INTRODUCTION**

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. The pathological condition in which the history has not been taken well, the examination not done properly and the case not investigated adequately confuses the clinician.^[2] The objective of examination is “*Pratipatti Gyana*” (to decide the course of action). *Pratipatti Gyana* is the knowledge of treatment with which the disorder is to be effected.^[3] In *Ayurveda* classical texts, *Acharyas* like *Charak*, *Sushruta*, *Vagbhatt*, *Yogratnakar* had given different *Parikshas* to assess the condition of the patient. “*Ashtasthana Pariksha*” also termed as “*Ashtavidha*

Pariksha” was given by *Yogratnakar*.^[4] It has its own significance in the diagnosis of diseases. *Yogratnakar* described eight varieties of *Rogi Pariksha* namely^[5] :- *Nadi Pariksha* - Examination of Pulse *Mutra Pariksha* - Examination of Urine *Mala Pariksha* - Examination of Stool *Jihva Pariksha* - Examination of Tongue *Shabda Pariksha* - Examination of Voice *Sparsha Pariksha* - Examination by Touch (skin) *Drik Pariksha* - Examination of Eyes *Aakriti Pariksha* - Examination of General Appearance (Physique or body).

AIM AND OBJECTIVES

- To study the *Asthavidha Rogi Pariksha* in detail.
- To understand the importance of *Asthavidha Pariksha* from clinical diagnosis point of view.

MATERIALS AND METHODS

The materials for this review article has been collected from various *Ayurvedic* classical texts and literary texts books. The conclusion is drawn on the basis of acquired knowledge.

NADI PARIKSHA

Nadi Pariksha is the first among the *Ashta – sthana Pariksha*. In context of *Ashtavidha Pariksha*, *Nadi Pariksha* is actually the *Pariksha* of the *Dhamani* (Arterial Pulse) in various parts of the body.^[6] The pulse at the wrist signifies the presence of life (*Jivasakshini*). The physician should recognize health and ill health of a person from its activities.^[7]

Sites of Nadi Pariksha

Physician has to examine the pulse of the patient in the root of the thumb of right hand by using his right hand. Right hand has to be used for male patients and left hand for female patients because it is best felt in respective hands.^[8]

Examination of Tridosha

The physician has to place the first three fingers (index, middle and ring finger) to identify the pulsation of three

Doshas; *Vata*, *Pitta* and *Kapha* respectively. This also helps in identifying the character of *Dosha* as *Manda* (Feeble), *Madhya* (Moderate) and *Tikshna* (Fast).^[9]

Process of Nadi Pariksha

The physician should examine the pulse three times by pressing and releasing it. The physician should make a diagnosis on the basis of his/her intelligence power.^[10]

Contra-indications of Nadi Pariksha

The following conditions; pulse should not be examined as it does not give correct information^[11]

- Sadyo Snaana* (just after taking bath)
- Bhukta – awastha* (just after taking food)
- Sneha – avgahana* (after oleation therapy)
- Kshuda* (during hunger)
- Trishna* (during thirst)
- Supta – awastha* (during sleep or just after awakening)

Table No. 1: Nadi Gati According to Dosha.^{[12][13]}

S. No.	Dosha	Nadi Gati
1	<i>Vataja</i>	<i>Jalauka</i> (Leech), <i>Sarpa</i> (Snake)
2	<i>Pittaja</i>	<i>Kulinga</i> (Sparrow), <i>Kaka</i> (Crow), <i>Manduka</i> (Frog)
3	<i>Kaphaj</i>	<i>Hamsa</i> (Swan), <i>Paravat</i> (Pigeon)
4	<i>Sannipataja</i>	<i>Lava</i> (Bastard Quail), <i>Tittira</i> (Grey), <i>Vartaka</i> (Button Quail)
5	<i>Vata Kaphaj</i>	<i>Sarpa</i> (Snake), <i>Hamsa</i> (Swan)
6	<i>Pitta Kaphaj</i>	<i>Hari</i> (Monkey), <i>Hamsa</i> (Swan)
7	<i>Vata Pittaja</i>	<i>Sarpa</i> (Snake), <i>Bheka</i> (Frog)

Table No. 2: Nadi Gati According to Various Pathological Conditions.^[14]

S. No.	Pathological Conditions	Nadi Gati
1	Jwara	<i>Ushna</i> (warm), <i>Vegavati</i> (quick)
2	Kama & Krodh	<i>Vegavati</i> (quick)
3	<i>Chnita & Bhaya</i>	<i>Kshina</i> (weak)
4	<i>Mandagni & Kshina Dhatu</i>	<i>Manda</i> (Feeble and slow)
5	Rakta Dosha	<i>Ushna</i> (warm), <i>Gurvi</i> (heavy)
6	Aama	Gambheera
7	Deeptagni	<i>Laghu</i> (Light), <i>Vegavati</i> (quick)
8	Kshudha	<i>Chapala</i> (unstable)
9	Tript	<i>Sthira</i> (stead)

Table No. 3: Prognosis According to Nadi Gati.^[15]

S. No.	Nadi Gati	Prognosis
1	<i>Sthira</i> and like <i>Vidyuta</i>	Dies on 2nd day
2	<i>Shigra</i> and <i>Sheetal</i>	May die on 2nd day
3	<i>Tivra</i> , <i>Sheetal</i> with <i>Sweda</i>	Dies within 7 days
4	<i>Tivra Nadi</i> with <i>Daha</i> + Coldness in Body and Dyspnoea	Dies in 15 days
5	<i>Nadi Atyant Sukshma</i> , <i>Vegavati</i> and <i>Sheetal</i>	<i>Aayu Samapt</i> (about to die)
6	<i>Tiryaga</i> , <i>Ushna</i> , <i>Sarpavata</i> (like Snake) and <i>Vegavati</i>	Nischita Mrityu

MUTRA PARIKSHA

Mutra (urine) is another important waste product of the body and its examination yields valuable information for the determination of both health and disease. In *Ayurveda*, *Mutra* is considered as *Mala*.^[16] By observing different colour changes in urine like *Manjishtabha*

(reddish), *Dhumra* (smoky), *Neela* (blue), *Snigdha* (sticky), *Vaari Tulya* (watery) and *Sheetal* (cold), the physician can make a diagnosis.^[17]

Table No. 4: Mutra Lakshana According to Dosha.^[18]

S. No.	Dosha	Urine Appearance
1	Vata	Pandu (pale)
2	Pitta	Raktavarna (reddish)
3	Kapha	Fenayukta (froathy)
4	Dwandwaja	Mixed
5	Sannipataja	Krishna Varna (black)

Taila – Bindu Pariksha

Taila Bindu Pariksha is one of the important method for Mutra Pariksha mentioned in Yogratnakar. The patient should be awoken in the early morning and urine must be collected in a fresh glass jar. We should let go the first

few drops of urine and collect only the middle stream and examination of collected urine is done. A drop of Tila taila is put in the collected urine with the help of Trna.^[19] The shape and the direction in which the taila spread indicates a lot of information for the physician to make a prognosis.

Table No. 5: Taila Bindu Appearance in Different Dosha Vikar.^[20]

S. No.	Dosha	Appearance
1	Vatta	Sarpakara (Snake)
2	Pitta	Kshatrakara (Umbrella)
3	Kapha	Muktakara (Pearl)

Table No. 6: Oil Position in Different Disease Condition.^[21]

S. No.	Oil Position	Condition
1	If oil spreads over the surface of urine quickly	Sadhya
2	If oil doesnot spread	Kashta-sadhya
3	If oil sinks to bottom Asadhya	Asadhyasr.

Table No. 7: Prognosis According to Taila Bindu Pariksha.^[22]

S.No	Direction of Spread	Prognosis
1	Towards Purva (East)	Patients will get relief
2	Towards Dakshina (South)	Gradually recover with Jwara
3	Towards Uttara (North)	Cure and healthy
4	Towards Paschima (West)	Sukh & Aarogya
5	Towards Ishana Kona	Will die in a month
6	Towards Agneya and Nairitya Kona	Bound to die
7	Towards Vayavya Kona	Going to die anyway

MALA PARIKSHA

Purisha is also one of the important Mala (waste product) of the body as it is the “Kitta Bhaga” of Ahara.

Examination of Purisha gives valuable information about Dosha, Dhatu, Aharapaka, Swasthya, etc.

Table No. 8: Lakshana of Mala According to Dosha.^[23]

S.No	Dosha	Mala Lakshana
1	V	Drida, Shuska, Fenila, Krishna Varna
2	P	Pilapan, Baddha
3	K	Shweta
4	V-P	Peeta, Shyama
5	P-K	Ishat Sandra, Picchila, Shweta - Pitta
6	K-V	Kapisha Varna
7	SANNIPATAJ	Sarva – Lakshana

Table No. 9: Mala Swaroopa in Various Diseases.^[24]

S. No.	Mala Swaroopa	Diseases
1.	Shweta, Durgandhayukta (foul smell)	Jalodara
2.	Shyama Varna	Kshaya
3.	Peeta Varna & Kati Vedana	Aam Dosha
4.	Atikrishna, Atishubra, Atipeeta & Aruna mala	Asadhya Vyadhi

JIHWA PARIKSHA

Jihwa Pariksha is one of the important aspect of Asthavidha Pariksha. Different types of diseased condition and involment of various Doshas can be detected through Jihwa Pariksha.

Table No. 10: Jihwa Swaroopa in Various Doshika Conditions.^[25]

S. No.	Dosha	Jihwa Swaroopa
1.	Vataja	Sheeta, Ruksha, Sphutita
2.	Pittaja	Rakta – Shyama (reddish – black)
3.	Kaphaj	Shubra (white), Atipicchila (sticky)
4.	Sannipataja	Krishna (blackish), Shushka (dry), Kantaka-yukta

SHABDA PARIKSHA

Shabda Pariksha is the examination of the various sounds produced by the various organs of the body. Some of the organs like the heart, lungs, etc. produce

sounds during their normal functioning. During the condition of a disease, these sounds undergo changes. Hence, *Shabda Pariksha* will be very helpful to arrive at correct diagnosis.^[26]

Table No. 11: Shabda Pariksha.^[27]

S. No.	Dosha	Shabda
1.	Kapha	Guru (Heavy)
2.	Pitta	Sphuta Vakta
3.	Vata	Guru and Sphutita (Absence of these two characters)

SPARSHA PARIKSHA

Sparsha Pariksha refers to the examination of skin done by touch. This is a method to understand the condition of the various parts of the body in respect of their normal or abnormal *Gunas* (qualities).^[28]

Sparsha Pariksha is one of the important method to assess the state of skin, organ and tissues. The touch of a *Pitta Rogi* is *Ushna* (hot), *Kapha Rogi* is *Aadra* (wet & cold) and that of a *Vata Rogi* is *Shital* (cold & Rough).^[29] In contemporary science also, palpation is an important clinical method for examination of skin and organs.

Table No. 12: Sparsha Pariksha.^[30]

S. No.	Dosha	Shabda
1.	Vata	Sheetal (cold and rough)
2.	Pitta	Ushna (Hot)
3.	Kapha	Aadra (wet and cold)

Drik Pariksha

Drik refers to eyes and vision. Eyes are one of the most important part of the human body as well as the physical examination. The examination of the eyes of the patients

provides some very useful information about the *Doshic* conditions. Hence, examination of eyes i.e. *Drik Pariksha* has been included in the “*Ashtasthana Pariksha*”.

Table No. 13: Drik Pariksha.^[31]

S. No.	Dosha	Lakshana in the Eyes
1.	Vata	<i>Dhumra</i> (smoky), <i>Aruna</i> , <i>Nila</i> , <i>Ruksha</i> , <i>Chanchala</i> (unstable), <i>Antahpravishita</i> (sunken), <i>Roudra</i> (terrifying), <i>Antarjwala</i> (glows inside)
2.	Pitta	<i>Haridra</i> , <i>Rakta</i> , <i>Malina</i> (dirty), <i>Tikshna</i> (penetrating), <i>Prabha</i> (lustre), <i>Dahayukta</i> (burning sensation), <i>Dipa – dwesha</i> (Fear of light)
3.	Kapha	<i>Shweta</i> , <i>Dhavala</i> , <i>Pluta</i> (watery), <i>Snigdha</i> (greasy), <i>Sthira</i> (steady), <i>Jyotihina</i> (lustreless), <i>Kanduyukta</i> (with itching)
4.	Dwandwaja	Mixed <i>Lakshana</i> of the involved <i>Doshas</i> .
5.	Sannipataja	<i>Shyam-varna</i> , <i>Tandra</i> , <i>Moha – yukta</i> , <i>Roudra</i> and <i>Rakta Varna</i>

Arishta Lakshana (Determined by Drik Pariksha)

One eye opened and the other closed, *Urdhwa Drishti* (gaze fixed at the top), *Bhramayukta* (rotating eyeball), *Kampa Taraka* (tremulous pupils), *Drishti Nashta* (loss of vision), *Srimad Darshana* (bright lustrous look), *Roudra* (terrifying), *Nishprabha* (loss of lustre). This was one of the important *Pariksha* being carried out by the ancient physicians to decide the duration of oncoming death.^[32]

Akriti Pariksha

By *Akriti*, it is meant the external features of the body. Sometimes the disease process may depend upon the constitution or the type of individual body. In this section, the *Acharya*'s have discussed the “*Lakshana*'s of *Deha Prakriti*”.^[33] This holds great importance even in the modern day physical examination.

Table No. 14: *Akriti Pariksha*.^[34]

S. No.	Dosha	Akriti
1.	Vata	<i>Dhusar Varna</i> , split hair, prone to diseases, dislikes cold, dry skin, <i>Smriti</i> , <i>Buddhi</i> , <i>Cheshta</i> , <i>Mitrata</i> , <i>Drishti</i> and <i>Gati</i> are <i>chanchal</i> (unstable).
2.	Pitta	Hungry and thirsty, fair in colour, hot, <i>Tamra Varna</i> , <i>Shoor & Maani</i> (<i>Swabhimaani</i>) and <i>Alpa Kesha</i> (less hair).
3.	Kapha	<i>Saumya</i> , well built body and joints, <i>Sthula & Balvana</i> , <i>Gambhira</i> and tolerates thirst and hunger.

CONCLUSION

It is very important to understand the disease process and the *Nidana* (diagnosis) of diseases. It is the duty of the physician to detect the disorders and adapt appropriate *Chikitsa* (measures) to correct disorders. A proper diagnosis forms the basis of proper treatment. So diagnosis of the disease should always be the first priority.^[35] In *Ayurveda*, "*Asthavidha Pariksha*" mentioned in *Yogratnakar* is one such diagnostic tool for diagnosis of diseases. *Nadi Pariksha* indicates about *Doshas* and their combinations whereas *Nadi Gati* mark towards the prognosis of diseases. Similarly examination of *Mutra* and *Mala* alongwith their character, quantity and consistency is very important for diagnosis. Tongue is referred as index of stomach and hence *Jihwa Pariksha* is necessary. *Shabda Pariksha* is important as sound of various organs may be altered in different diseases. *Sparsha Pariksha* has been mentioned by almost all the Acharya's due to its great importance. *Drik Pariksha* indicates eye examination and also about *Arishta Lakshanas* while *Akriti Pariksha* mainly deals with the external features, physique and body appearance of individuals. Thus, this examination greatly helps the clinician to gather adequate information about the nature of pathology and its location in the body. Such an examination is essential for making a clinical diagnosis of diseases and provide *Yogya Chikitsa* (disease – specific treatment).^[36] Hence, *Yogratnakar's* "*Ashthasthana Pariksha*" is of great importance in *Ayurvedic Nidana* (diagnosis).

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