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PERSPECTIVE OF *ROGI PARIKSHA SIDDHANT*: A REVIEW BASED ON AYURVEDA LITERATURE

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ABSTRACT

Ayurveda system of medicine works on logical concepts and facts and based on fundamental principles which involves; *Tridosha* theory, *Pancamahabhuta* theory and concept of three vital pillar. The management of disease needs proper diagnosis and selection of appropriate treatment regimen. There are various investigational methods (*Pariksha*) available for the identification of pathological condition such as; *Sparsanam, Darsanam, Prasnam, Moothram Pariksha, Purisha Pariksha, Nadi Pariksha* and *Jihwa Pariksha,* examination of colour of skin and state of the pupil. This article presents basic *Siddhanta* of various *Pariksha* used for disease identification.

KEYWORDS: *Ayurveda, Pariksha, Purisha Pariksha, Ashtasthana Pariksha, Pramana Pariksha.*

INTRODUCTION

Ayurveda emphasized not only treatment modalities of disease but also gives importance to the various diagnostic methods which play significant role towards the identification of pathological condition. The different *Pareeksha* for disease diagnosis involve methods such as; *Darsana, Sparsanam* and *Prasnam,* etc. *Darsana* involves inspection and observation and considers various factors like age and physical characteristic of the patients. *Sparsanam* involves observation through touching sensation; it considered palpation, percussion and auscultation. *Prasnam* involve interrogation where patient asked about his ailments and symptoms associated with disease conditions.[1-3]

Figure 1: Ayurveda *Pariksha Siddhant*.

Dasavidha Pareeksha

➤ *Dooshyam*: Consider structural and functional abnormalities.
➤ *Desham*: Geographical consideration of diseased person.
➤ *Balam*: Consideration of strength.
➤ *Kalam*: Consideration of climatic conditions.
➤ *Analam*: Consideration of patient's digestive system.
➤ *Prakrithi*: Consideration of patient's *Thridosha* constitution.
➤ *Vayas*: Consideration of patient's age.
➤ *Satvam*: Consideration of patient's mental status.
➤ *Sathmyam*: Habitual consideration such as; smoking, drinking and daily life routine.
➤ *Aharam*: Consideration of nature food habitants.

Ashtasthana Pareeksha

• *Nadi*　　　: Pulse examination.
• *Moothram*　: Urine examination.
• *Malam*　　: Stool examination.
• *Jihwa*　　: Tongue examination.
• *Sabdam*　: Examination of voice and speech.
• *Sparsham*　: Touching sensation.
• *Drik*　　: Eyes and vision examination.
• *Akrithi*　: Consideration of general body buildup; lean or muscular, etc.[2-5]

Purisha Pariksha

Stool examination is an important investigational method used for disease diagnosis. It is a component of *Ashtasthana Pariksha*. The changes in metabolic process

during the disease condition may be observed in excretory products such as; urine, sweat and stool. The disease can be identified by investigating metabolic products and stool examination help to understand presence of various disease such as; *Ama*, constipation, diarrhea and *Agnimandya*. The changes in physical state of *Purisha* (stool) during pathological condition play significant role for the diagnosis of *Bala-Roga*. *Jala Nimajjana Purisha Pariksha* helps to understand functioning of *Agni* and presence of *Ama*. *Malas* are two types; *Sharirika Mala* and *Dhatu Mala*, *Sharirika Mala* classified into three parts *Mutra*, *Purisha* and *Sweda*, *Purisha* formed after digestion and *Purisha Pariksha* mainly involve examination of stool characteristics such as; color, quantity, odor, froth and consistency. Presence of froth Froth in stool according to Ayurveda is due to *Vata Dosha*. Changes in consistency of stool may be indicative of *Kapha Dosha*, *Badddha/Vibaddha*, *Shushka* and *Pitta Dosha*. *Ghranaja Pariksha* of stool indicates condition such as; smell of *Ama* (*Amagandhi*), smell of raw meat (*Visragandhi*) and smell of dead body (*Kunapagandhi*) while *Sparsha Pariksha* of stool involve consideration of *Sheetata*, *Ushnata*, *Snigdhata* and *Rukshata* of stool.[6-7]

Pramana Pariksha Vigyaniyam

Pramana Vigyaniyam is considered as important method of Ayurveda system. *Aptopadesha* (authoritative statement), *Pratyaksha* (perception), *Anumana* (inference) *Yukti* (sound reasoning) and *Upamana* (analogy). *Aptopadesha Pramana* (Authoritative Statement) considers learned, the precept of learned and not associated with *Rajas & Tamas*. *Apta* possess knowledge devoid of doubt, indirect & partial acquisition and attachment. *Pratyaksha Pramana* (direct perception) involves various types of the methods for knowledge acquisition; knowledge perceived by sense organs & mind. *Anumana Pramana* involve act of inferring knowledge of unknown from the known facts it is indirect reasoning based knowledge. It involves three types of interface; inference of the cause from the effect which relates to past, inference of the effect from the cause which relates to future. While the third interface involve commonly observed events at present. *Yukti Pramana* considered knowledge which produced by combination of multiple causative factors (rationale or logical reasoning). It is aimed to achieve three objects; *dharma, artha & kama. Yukti* involve rational & fruitful combination of several factors. *Yukti* is the rational planning of therapeutic measures; proper planning of treatment associated with dosage & time of administration of drug.[8]

Mutra pariksha

The color, appearance, odor and consistency of urine provide significant information about various pathological conditions as follows:

- *Pandu varna* or *Nilam* urine: *Vata* aggravated diseases.

- Frothy or *Snigdha* (cloudy) urine: *Kapha* aggravated diseases.
- Yellowish or *Rakta Varna* (reddish) urine: *Pitta* aggravation diseases.
- *Snigdha* and *Ushna* urine: *Rakta* aggravation.
- *Krishna Varna* (blackish) urine: *Sannipata* state.
- *Tandulodaka* (rice water) appearance of urine: *Ajirna*.

Tailabindu pariksha

Mutra pariksha (examination of urine) is an important diagnostic method as per Ayurveda and has been exclusively mentioned in various Ayurveda literature such as; *Yogaratnakar, Basavarajiyam* and *Chikitsasara* etc. Consideration of color, appearance, odor and consistency of urine provide significant information about various pathological conditions. *Tailabindu pariksha* is a special technique for the examination of the *Mutra*, in this method patient's early morning urine sample is collected in clean oval shaped earthen pot, one drop of *Tila taila* (sesame oil) is slowly dropped over the surface of urine under sunlight. The patterns of oil drop distribution on the urine are considered as diagnosis tool to estimate disease prognosis as follows:

- Snake like image of *Tailabindu*: *Vata roga.*
- Umbrella shape: *Pittaja roga.*
- If urine spreads like Pearl (*Mukta*): *Kaphaja roga.*
- *Mandala* (circular shape) of *Taila: Vata* aggravation.
- *Budbuda* (bubbles) shape of *Taila: Pitta* diseases.
- *Bindu* (globule or droplet) shape of *Taila: Kapha* diseases.
- *Chalini* (sieve) shape of *Taila bindu*: *Kuladosha* (genetic disorder).
- *Taila bindu* takes image of *Narakaram: Bhutadosha.*

The literature study reveals that the *Mutra pariksha & Tailabindu pariksha* acts as vital diagnostic tool which provides important information related to the disease pathology and disease progression.[9,10]

CONCLUSION

Ayurveda system described various investigational methods (*Pariksha*) for the identification and treatment of disease i.e.; *Sparsanam, Darsanam, Prasnam, Moothram Pariksha, Purisha Pariksha, Nadi Pariksha* and *Jihwa Pariksha,* etc. These all approaches play significant role towards the appropriate diagnosis of disease and correct diagnosis of disease is very essential to decide select treatment regimen. The *Rogi Pariksha* encompasses conventional as well as some especial diagnostic method like; *Tailabindu pariksha* and every method contribute significantly towards the management of diseases. This article presents basic *Siddhanta* of various *Pariksha* used for disease identification.

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