

CONCEPT OF ASTHAVIDHA PARIKSHA W.S.R TO MALA PARIKSHA

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ABSTRACT

Stool examination is an important laboratory investigative tool in medicine, which is used to understand the health and disease condition of a person. Asthavidha Pariksha(eight fold examination) in Ayurveda is one of the important examinations to find the various causes behind the diseases. In Ashtavidha Pariksha there are eight factors which are taken into consideration during the examination and tests carried out with the patients. Also, Mala Pariskha is one the most important examination part for diagnosis the diseases of patients. Ashtavidha pariksha: Nadi (Pulse), Mootra(Urine), Malam(Fecal matter), Jihwa (Tongue), Sabdam(Voice of patients), Sparsham (Touch), Druk(Eyes & Vision), Akriti(General body build). In this article an attempt has been made to focus on Ashtavidha Pariksha with special reference to Mala Pariksha. Hence Ahstavidha Pariskhawith Mala Pariksha plays an unique role in Ayurvedic Chikitsa.

KEYWORDS: Asthavidha pariksha, Mala pariksha, Purish, Stool, Vata, Pitta, Kapha, Ayurveda.

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 ofpatients through Mala Pariksha.

AIMS AND OBJECTIVES

Importance of Mala Pariksha in Asthvidha Parikasha.

Objectives

- 1) To evaluate the Nadi Pariskha in chikitsa.
- 2) To aware the Mala Pariskha importance in Asthvidha Pariksha.

Materials- Asthavidha Pariksha

Following are the eight fold examinations

1. **Nadi Pariksha(Pulse examination)**– It is examined with respect to its rate, volume, tension and type of pulsation. The status of Dosha in relation to age, sex, constitution, time of the day, season, physical activity, food intake, etc.

2. **Mala Pariksha (Stool examination)**–The status of the digestive system is typically reflected in the character of stool.
3. **Mutra Pariksha (Urine examination)**–The urine is examine with respect to its appearances, clarity, volume, color, etc.
4. **Jivha Pariksha (Tongue examination)**–Tongue is usually examined with respect to perception of taste, color, roughness and softness of surface. It also gives idea about status of digestion and disease state.
5. **Sparsha Pariksha (Palpation and percussion)**– Palpation is useful on knowing tenderness, temperature, changes in the texture and contour of the body parts.
6. **Shadbda Pariksha (voice/sound examination)**– Voice of the patients is examined with respect to its quality and nature. The nature of voice differs in accordance with the psychosomatic constitution of the individuals.
7. **Druk Pariksha (Eyes/vision examination)**–The changes in the color, expression, etc exhibit the characters of the morbid Dosha and are helpful in arriving at diagnosis and prognosis.
8. **Akriti Pariksha (stature)**–General appearances of the patients will be affected in some of the neurological problems, nutritional disturbances, disabilities etc.

Mala Pariksha

Purisha comes under Sharirika Mala. After digestion, the Sarabhaga (nutrient portion) gets absorbed and the remaining undigested part becomes solid and that is called as Purisha. In Ayurvedic texts, examination of stool is limited mainly up to the examination of physical characteristics such as color, quantity, odor, froth, and consistency. Besides these, a specialized technique of stool examination, i.e., Jala Nimajjana Purisha Pariksha has been described to detect the presence of Ama thereby inferring the status of Agni in the body.

Characteristics of normal Purisha

Well-formed stool that is neither too hard nor too soft (about the consistency of a ripe banana) indicates proper digestion healthy system. Characteristics of normal stool in terms of physical characteristics such as Gandha (odor), Sparsha (touch), Varna (color), and Vaishadya (unstickiness/clear) are not described separately in the ancient and medical period texts of Ayurveda, but stool examination has been given due importance in context of the diseases. Only Pramana (quantity) of Purisha has been described by Acharya Charaka as Sapta Anjali Pramana.

Importance of Purisha Pariksha

1. Status of Agni (digestive fire)
2. Symptoms of abnormal Doshas (body humors)
3. Prognosis of diseases
4. Presence of parasites.

Method of Examination

There are two methods of Purisha Pariksha described in Ayurveda:

1. Physical examination of stool
2. Jala Nimajjana Purisha Pariksha to detect the presence of Ama.
3. Dosha Mala Relation

Physical examination of stool A great detail regarding the changes in physical characteristics of stool has been described under various diseases in Brihatrayi.

1. **Chakshusha Pariksha (inspection)** -Through Chakshusha Pariksha, one can assess color, consistency, presence of froth, abnormal constituents, etc.
2. **Examination of color** -The Pitta Dosha according to Ayurveda is responsible for the production of colors. Tridoshas also play an important role in affecting the color of stool as well as other parts of body. Vitiating of Doshas causes changes in different color. Some of the changes in color of Purisha is the characteristic features of several diseases.
3. **Presence of froth**:- Froth in stool according to Ayurveda is due to Vata Dosha. The froth in stool is observed in different pathological states and diseases, which are Vata predominant.
4. **Changes in consistency**:- The consistency of the stool in terms of Sandra (dense), Baddha/Vibaddha

(solid), Drava (watery), Bhinna (looseness), and Shushka (dryness) is observed in various types of disease conditions. The consistency Sandra is mainly due to Kapha Dosha, Baddha /Vibaddha, and Shushka is due to Vata Dosha and Drava, and Bhinna Purisha is due to the predominance of Pitta Dosha

5. **Prashna Pariksha (interrogation)**:- Prashna Pariksha is an important method of examination, which gives a lot of information about the condition of the patient. The same may be applied to obtain information related to frequency and amount of stool and associated symptoms such as pain.
6. **Sparsha Pariksha**:- Under this, Sheetata (coldness), Ushnata (hotness), Snigdhatata (unctuousness), and Rukshata (roughness) of stool can be taken into consideration. Thus, on the basis of differences in touch only; one can diagnose the altered state or the diseases. However, practically, it is very difficult to assess
7. **Ghranaja Pariksha (examination by odor)**:- By Ghranaja Pariksha, the odor of the stool can be examined. Changes in odor of stool also can provide information about the altered pathological state of Agni. Various types of odors have been described in the context of various diseases. Amagandhi (smell of Ama), Visragandhi (smell of raw meat), and Kunapagandhi (smell of dead body) are the typical odors found in many diseases.

Jala Nimajjana Purisha Pariksha (examination of stool by dipping in water)

This is the only objective method which was used in ancient times to detect the presence of Ama in stool. Ama is considered as an important cause not only for the gastrointestinal disorders but also as the cause of many systemic diseases such as Jvara and Amavata. To detect the early presence of Ama, a special methodology was used that is Jala Nimajjana Purisha Pariksha. In this method, by observing the behaviour of stool, i.e., whether it sinks or floats in water is noted down. If stool sinks, it indicates the presence of Ama. If it floats, then Ama is absent in stool.

Dosha-Mala

Mala vitiated by Vata- Dry, hard with blackish discoloration.

Mala vitiated by Pitta-Yellow and Green color.

Mala vitiated by Kapha- white colored stools.

CONCLUSION

Stool is an important by-product of the metabolism and reflects the changes occurring in the body in different pathological and diseased conditions. Hence, this has been given third place in *Ashtasthana Pariksha* after *Nadi* and *Mutra*. Abnormal changes in stool pertaining to its color, smell, consistency, frequency, and quantity have been described in various disease conditions. An attempt has been made to collect these scattered references from Samhitas at one place

and one can refer these changes in stool for diagnosis of various disease conditions.

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