

REVIEW ON CONCEPT OF VARIOUS *PARIKSHA* (DIAGNOSTIC TECHNIQUES) OF
AYURVEDA AND THEIR PATHOLOGICAL INDICATIONDr. Ashish Kisanlal Chandak*¹, Dr. Sandhyarani R. Agarkar² and Dr. Ashwini Gajanan Wahile³¹Professor, Rog Nidan and Vikruti Vidyan, Shekhavati Ayurved College, Pilani Dist. Zunzunu, India.²Associate Professor, Balrog, Bhausahab Mulak Ayurved Mahavidyalay, Nagpur, India.³Assistant Professor, Department Agadanttra, Dr. VJD Gramin Ayurveda College, Patur, India.***Corresponding Author: Dr. Ashish Kisanlal Chandak**

Professor, Rog Nidan and Vikruti Vidyan, Shekhavati Ayurved College, Pilani Dist. Zunzunu, India.

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ABSTRACT

Ayurveda the classical way of healthy and long life believes in fact that prevention of disease is better than cure. Ayurveda further emphasized importance of proper diagnostic technique and in this regards this science mentioned various diagnostic tools to assess pathological condition at early stages. According to ayurveda diagnosis of disease play key role in their treatment and it is prerequisite to diagnose disease properly at early stage. Ayurveda described many *Pariksha* (diagnostic methods) for estimation of pathological condition and these approaches solely based on the logical and rationale principles of Ayurveda philosophy. *Darsanam, Prasnam, Sparsanam, Purisha Pariksha, Moothram Pariksha, Jihwa and Nadi Pariksha*, etc. are some examples of Ayurveda approaches of disease identification. These approaches utilize commonly and also for specific conditions since each technique resembles particular types of pathological indications. This article presents basic concepts and pathological correlation of various *Pariksha* used for disease diagnosis.

KEYWORDS: Ayurveda, Pariksha, Nidana, Diagnosis.**INTRODUCTION**

Ayurveda give prime focus to human health and in this regards ayurveda emphasizes role of methods used to prevent & treat diseases, moreover ayurveda mentioned specific consideration for the approaches utilizes for disease diagnosis since accurate diagnosis only can help to treat disease properly. As per classical philosophy it is believed that disease pathogenesis may occur due to the imbalance of *Tridoshas*. Therefore diagnosis of specific *Dosha* involved in disease pathogenesis is very important to select proper remedies.^[1-3] Ayurveda emphasized personalized method of diseases diagnosis depending upon *Prakriti* of individual. Physical inspection, observation, touching sensation, questioning and family history, etc. are employed to identify diseases.^[4-7]

Prasna is approach of disease diagnosis in which investigation made on the basis of patient's responses towards questioning put by physician. This approach gives idea about history of illness and severity of symptoms.

Panchendriya pariksha involves physical examination of head, neck, chest, abdomen, upper and lower extremities to analyze functioning of *Srotas* and *Dhatu*s. *Darshana* and *sparsana* can be used here for physical examination purpose.

Ashtavidha pariksha involves examination of complexion, examination of eyes, examination of speech and voice, examination of the tongue, examination of the skin, examination of the stool, examination of the urine and examination of the pulses.

The examination through touch helps to assess pathological manifestation diseases through sensory modulation. The diagnostic approaches needs consideration of other factors like; *Prakriti* of patient, time of inspections, seasonal conditions and pandemic situation if any persisted.

There are correlation in patient's complaint or physical observation and pathological consequences of *Doshas*; say for example dry skin and muscle stiffness resembles probable vitiation of *Vata Dosha*, thus in such condition *Vata* pacifying drugs can be used.

Similarly patient gaining weight too fast and becoming obese in consecutive clinical observation then such types of condition can be correlated with *Kapha* vitiation.

Patient complaining about digestive issue, feel low appetite and complaint of hyperacidity then this can be correlated to the *Pitta* vitiation. Here *Pitta* pacifying drugs can be used to correct metabolic problems.

Ayurveda mentioned that *Doshic* vitiation resembles common manifestation which can be understood by

simple clinical examination or patient's complaint during clinical observations as mentioned in **Figure 1**.

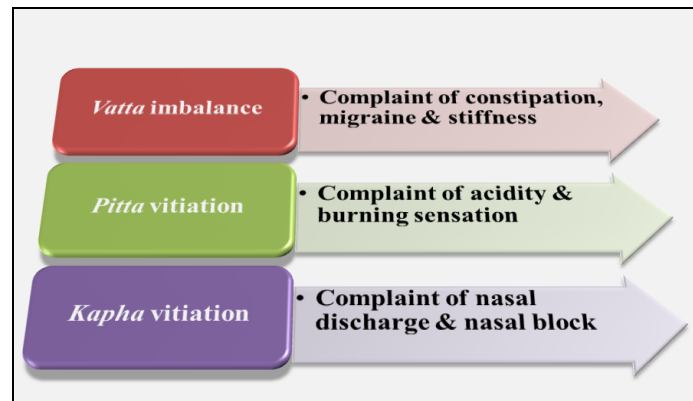


Figure 1: Ayurveda correlation between clinical complaints or common symptoms and related *Dosha* aggravation.

Examination of Excretory Matter and Pathological Correlation

Purisha Pariksha

Purisha Pariksha is important diagnostic method which is a component of *Ashtasthana Pariksha*. This examination involves observation of changes in excretory products due to the pathological condition. Disease arises due to the accumulation of *Ama* & toxins can be identified by this way thus this examination gives idea about constipation & diarrhea or other conditions mainly associated with *Agnimandya*. Severe abdominal infection, worms and presence of harmful substances can be detected through *Purisha* examination and this approach play important role for the diagnosis of *Bala-Roga*. *Purisha Pariksha* involves observation of color, odor, quantity, froth, consistency and frequency of *Purisha* to confirm pathological conditions.

The specific characteristics of *Purisha* resemble particular type of diseases or pathological symptoms; froth in stool may be due to the *Vata Dosha*, indicative of *Kapha Dosha* can be observed as changes in stool consistency. *Ghranaja Pariksha* indicates *Amagandhi*, *Visragandhi* (smell of raw meat) and *Kunapagandhi* (smell of dead body). *Sheetata*, *Snigdhatata*, *Rukshata* and *Ushnata* characteristics of stool also indicate pathological correlations.^[5-7]

Mutra pariksha

The change in excretory fluids especially urine also indicates some pathological consequences therefore Ayurveda advocated observation of color, odor, appearance, consistency and frequency of urine as diagnostic tool. Ayurveda mentioned specific correlation between urine characteristics and their pathological correlation as depicted in **Table 1**.

Table 1: Urine examination and related pathological conditions.

S. No.	Pathological involvement	Urine Characteristics
1	Disease of <i>Kapha</i> aggravation	<i>Snigdha</i> urine
2	Diseases of <i>Pitta</i> aggravation	Yellowish urine
3	Disease of <i>Vata</i> aggravation	<i>Pandu varna</i> urine
4	<i>Ajirna</i>	<i>Tandulodaka</i> appearance
5	<i>Rakta</i> aggravation	<i>Snigdha</i> urine
6	Condition of <i>Sannipata</i>	<i>Krishna Varna</i> urine

Tailabindu pariksha is another approach of *Mutra pariksha* in which urine of early morning is collected in clean earthen pot, oval in shape & one drop of *Tila taila* slowly dropped over the urine surface under sunlight. The oil drop distribution patterns on urine gives idea about many pathological conditions; umbrella shape can be related with *Pittaja roga*, *Mukta* like spread of urine resembles *Kaphaja roga*, snake like image correlated with *Vata roga*, circular shape of *Taila* associated with *Vata* aggravation, *Budbuda* shape of *Taila* resembles *Pitta* diseases, *Chalini* shape of *Taila bindu* indicates

Kuladosha and globule shape indicates *Kapha* diseases.^[7-9]

CONCLUSION

Ayurveda mentioned different *Pariksha* for the identification of disease, these investigational method includes; *Darsanam*, *Sparsanam*, *Prasnam*, *Nadi Pariksha*, *Jihwa Pariksha*, *Moothram* and *Purisha Pariksha*, etc. These approaches helps in appropriate diagnosis of disease and on the basis of correct diagnosis physician can plan appropriate drug regimen for disease treatment. Ayurveda further advised consideration of

other factors during disease diagnosis, these factors can affect decision making process. These factors are *Prakriti* of individual, seasonal variations, dietary habits, family history, climatic aspects and existence of pandemic situations, etc.

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