

## A REVIEW ON CLINICAL IMPORTANCE OF NIDAN PANCHAK IN AYURVEDA

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## ABSTRACT

Ayurveda described various concept related to the disease diagnosis and management, The concept of *Nidan panchak* is one such approach of Ayurveda which help to diagnose and cure diseases. *Nidan panchak* is important method of disease diagnosis in which causative factors and prognosis of disease play vital role to identify types of disease. *Nidan*, *Purvroop*, *Roop*, *Upshaya* and *Samprati* are components sub types of *Nidan panchak*. The causes of disease means *Nidan* comes first followed by initial symptoms (*Purvroop*) and signs (*Roop*), the examination methods (*Upshaya*) help to diagnose disease correctly and finally pathogenesis of disease (*Samprati*) manifested as progressive stage. The diagnosis of disease mainly done on the basis of *Prakriti* of patient depending upon predominance of *Doshas*. The specific etiological factors affect particular *Doshas* thus by knowing possible causative factors the related *Dosha* vitiation can be ascertain. Mainly dietary and daily regimen causes imbalances of *Doshas* thus pathological events merely arise as consequences of awful conduct of *Ahara-Vihara*.

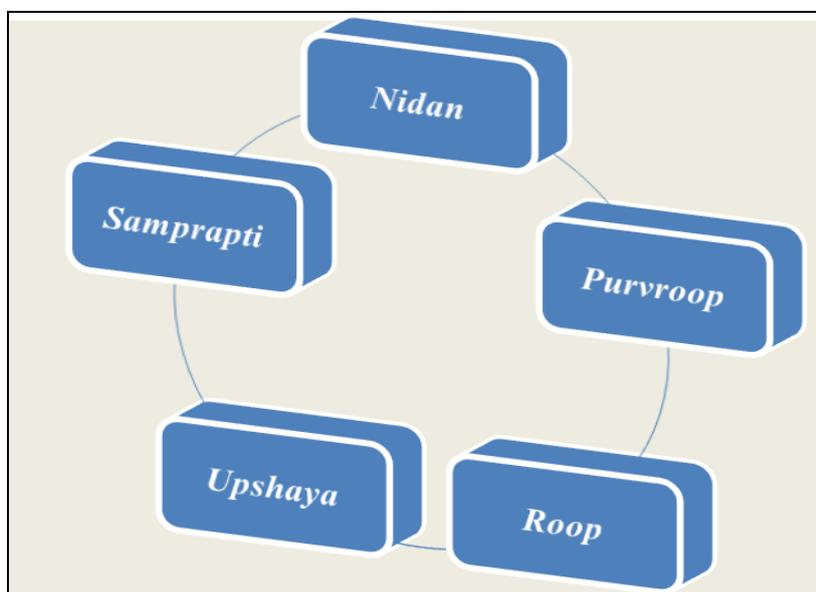
**KEYWORDS:** Ayurveda, *Nidan panchak*, *Dosha*, Etiology, Disease.

## INTRODUCTION

Ayurveda the traditionally described many ways to cure diseases and correct diagnosis is first stage of disease management. Ayurveda emphasizes several approaches of disease diagnosis and *Nidan panchak* is one such modality of Ayurveda which help to diagnose diseases. The diagnosis of disease mainly based on the causative factors since specific etiological factors manifested as

particular signs and symptoms of disease. Etiological factors mainly affect *Doshas*, *Datu* and *Mala*, etc. then leads pathological imbalances inside the body.

The ayurveda concept of *Nidan panchak* utilizes causative factors as prime approach to diagnose disease, the **Figure 1** depicted components of *Nidan panchak* which helps in diagnostic disease.

Figure 1: Factors help to diagnose disease under heading of *Nidan panchak*.

The first component is *Nidana* means causative factors of disease. *Hetu* is synonyms of *Nidan*, the *Nidan* aggravates *Dosha* and leads pathological manifestations. Dietary and daily regimen related factors mainly considered as disease causative factors along with others like microbial invasion in case of infectious diseases. *Sanikrishta Nidan* cause disease immediately since no aggravation of *Doshas* takes places i.e; consumption of *Ruksha aahar (Nidana)* leads immediate *Vata* problem. While *Viprikrishta Nidan* causes diseases by distant reasons i.e; *Rudrakop* is the cause of *Jawara*. Another type of *Nidana* is *Vyabichari Hetu* which generally not capable to produce disease. Opposite to that *Pradhanika Hetu* causes disease even death immediately after their invasion in body say for example poison and allergens.

Ayurveda mentioned various types of causative factors of disease as follows:

- ❖ *Dosha Hetu* i.e; Seasonal aggravation of *Dosha*
- ❖ *Vyadhi Hetu* i.e; disease caused by actual factor
- ❖ *Ubhaya Hetu* i.e; *Dosha* and *Dushya* involved in disease occurrence
- ❖ *Utpadaka Hetu* i.e; predisposing cause
- ❖ *Vyanjaka Hetu* i.e; exciting cause increases disease occurrence
- ❖ *Bahya Hetu* i.e; some external factors
- ❖ *Abhyantar Hetu* i.e; internal factors

*Purvrop* (symptoms) produced in body before the pathogenesis of disease, these symptoms help to diagnose diseases. The aggravation of *Dosha* and *Dushya* in body produces *Puravroop* and these symptoms resembles specific pathogenesis of disease. The symptoms appear as per the types of *Dosha* involved in disease pathogenesis. *Puravroop* may be *Agraja* (first one), *Purogami* (which first appear then disease arrived) and *Anyalakshan* (other symptom describing disease). The *Samanya* is one of the types of *Purvrop* say for example fatigue & weakness in fever. *Vishishth Purvrop* are specific manifestation i.e.; *Jrimba* in *Vatika* fever, *Nayandaha* in *Pitika* fever and *Nanabhinandanama* in *Kaphaja* fever.

*Roop* means signs of disease, which are also important in the diagnosis of disease. The signs generally appeared after aggravation of *Doshas*. Intimation by patient, *Lakshana*, *Chinh* and *Sansthana* resembles *Roop* of disease.

*Upshaya* means examination methods are also used to rule out diseases. Treatment, lifestyle, diet and drugs used as therapy, etc. also considered in *Upshaya*.

*Samprapti* means pathogenesis of disease in which *Dosha Dushya* gets vitiated and produces diseases. It is considered as stages of disease evolution in which consequences of *Nidan* turned to *Doshic* abnormalities. *Sanchyavtha*, *Prakopavastha*, *Prasaravastha*, *Sathansansharaya*, *Vayakti avastha* and *Bedha avastha* are various stages of *Samprapti*. *Sanchyavtha* involves

accumulation of *Dosha*, *Prakopavastha* involve aggravation of *Dosha*, *Prasaravastha* involve spread of *Dosha* to other places of body, in *Sathansansharaya* *Dosha* get accumulated in *Khavyaguna*, in *Vayakti avastha* sign and symptoms of disease arises and in *Bedha avastha* complications of disease may be observed.

#### Clinical importance of *Nidan panchak*

- ✓ Knowledge of disease causative factors (*Nidan*) help in disease identification.
- ✓ Identification of *Nidan*, *Purvrop*, *Roop* and *Samprati* helps to plan treatment appropriately.
- ✓ Concept of *Nidan panchak* suggest about chronicity of disease.
- ✓ The state of disease can be ascertained using *Nidan*, *Purvrop*, *Roop* and *Samprati* of disease.
- ✓ The knowledge about disease causative factors helps patient to remain away from disease causing factors and avoidance of such factor prevent disease progression.
- ✓ The early diagnosis prevents further complications of disease.
- ✓ Knowledge of *Nidana* helps physician to ascertain prognosis of disease.
- ✓ The intensity of causative factor affects severity of disease weather curable or incurable.
- ✓ *Purvaroop* *Awastha* also helps to identify disease after invasion of causative factors but before complete pathogenesis of disease.
- ✓ *Purvrop* & *Roop* suggest involvement of *Doshas* thus disease treatment can be planed at early before it becomes progressive.
- ✓ *Nidan* not only gives idea about disease but also suggest factors which are to be avoided.
- ✓ *Samprati* of disease is progressive stage in which immediate care require to stop disease progression.
- ✓ *Upshaya* directly deals with diagnostic methods which help to identify diseases.

#### CONCLUSION

The proper use of concept of *Nidan panchak* helps to identify disease manifestation and thus cure disease easily. *Nidan panchak* is useful aspect of diagnosis, this concept not only provide ways of disease diagnosis but also prevent complications of disease. *Nidan* suggests possible etiological factors of disease, avoidance of such factors can help to prevent disease progression. *Purvaroop* means symptoms of disease helps to diagnose stage of disease progression. *Roopa* indicates characteristic sign of disease thus indicates severity of disease. *Upshaya* helps in differential diagnosis while knowledge of *Samprati* helps to break pathogenesis of disease. Thus concept of *Nidan panchak* not only supports in disease diagnosing but also provides ways to treat disease in early stage.

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