

THE DIAGNOSTIC METHODOLOGY OF DIFFERENT DISEASES IN AYURVEDA

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ABSTRACT

In today's era for diagnosis of the diseases many diagnostic tools are available. To rule out the different diseases these diagnostic tools play an important role. The treatment literally depends upon the diagnostic examinations. In ancient time such tools or the techniques were not available, in spite of all these the vaidyas diagnose the disease and treat them. There were some methods established by the ancient vaidyas for the screening of the disease conditions in patients. Those methods were so useful and successful in that time and in this time too. In ayurvedic concept for the nidana of the vyadhi there are many methods i.e. parikshas. The physical examination includes urine and stool examinations by this same and niram avastha of the mala can be known. The chemical examination in which the blood, mutra, parikshas are included. The tail bindu pariksha is the best example of this; it specifies the saddhyatva and asadhyatva of the vyadhi. The pitta, kapha and blood can also be examined during the procedure like vaman, virechana, and raktamokshana. These can evaluate the doshanubandha, dosha dusti. Some disease conditions like avarana, sam- niram avastha, mansik vyadhi can not be evaluated by the modern tools. In such conditions the ayurvedic diagnostic methodology plays a crucial role.

KEYWORDS: Pariksha, nidaan panchak, astavidha pariksha, diagnosis.

INTRODUCTION

Disease is a reflection of abnormalities in the normal structural, physiological or psychological aspects of the body. Treatment is aimed in bringing back the normality. Before application of medication a well-organized examination should be carried out, for an explicit diagnosis as also for designing proper line of treatment. The due process of examination by which the exact nature of an object is determined is known as *pariksha*.

On the basis of these different pariksha the treatment becomes easier. This pariksha includes trividha pariksha i.e. darshan, sparshan and prashna. The ashtavidha pariksha i.e. nadi, mala, mutra, jivha, shabda, sparsha, druka, akruti. And the dashavidha pariksha. Ayurvedic text also includes the clinical, physical, chemical and physiological examinations. The clinical examinations include darshan, sparshan and prashna pariksha. The ashtavidha pariksha also plays an important role as a diagnostic method. The ashtavidha pariksha contains nadi, mala, mutra, jivha, shabda, sparsha, druka, akruti. This study puts a view on the clinical importance of ashtavidha pariksha.

Aim and objective - To study the application of ashtavidha pariksha in clinical practices.

MATERIAL AND METHOD

Many acharyas mention about the different parikshas in ayurvedic classical texts. The ayurvedic classical text includes many parikshas. Ashtavidha Pariksha is one of them and is an important component in the diagnosis of diseases. Ashtavidha pariksha is one of the best rogi pariksha. Here are the different parikshas below.

S. No	Method of examination	Method
1	Dwividha Pariksha ^[1]	Pratyaksha and Anumana
2	Trividha Pariksha ^[2]	Aptopadesha, Pratyaksha and Anumana Darshana, Sparshana and Prashna
3	Chaturvidha Pariksha ^[3]	Aptopadesha, Pratyaksha, Anumana and Yukti
4	Sadvidha Pariksha ^[4]	Panchendriya pariksha and Prashna Pariksha
5	Ashtavidha Pariksha ^[5]	Nadi, Mala, Mutra, Jihva, Shabda, Sparsha, Drika, Akrti
6	Navavidha Pariksh ^[6]	Dosha, Aushadha, Desha, Kala, Satmya, Agni, Satva, Vaya and Bal
7	Dashavidha Pariksha ^[7]	Prakriti, Vikriti, Sara, Samadhana, Pramana, Satmya, Satva, Aharashakti, Vyayama Shakti and Vaya
8	Ekadashavidha Pariksha ^[8]	Dosha, Bheshaja, Desha, Kala, Bala, Sharira, Ahara, Satmya, Satva, Pakriti and Vaya
9	Charakokta Dwadashavidha Pariksha ^[9]	Dosha, Bheshaja, Desha, Kala, Bala, Sharira, Sara, Ahara, Satmya, Satva, Prakriti and Vaya
10	Sushrutokta Dwadashavidha Pariksha ^[10]	Dosha, Bheshaja, Desha, Kala, Bala, Sharira, Sara, Ahara, Satmya, Satva, Prakriti, Vaya

Ashtavidh pariksha is one of the best rogi pariksha. it is safe and noninvasive diagnostic tool. Asthavidh pariksha fulfill most of all the criterias for the investigation of the disease.

- (1) Nadi Pariksha (Pulse Study)
- (2) Mutra Pariksha (Examination of Urine)
- (3) Mala Pariksha (Stool Examination)
- (4) Jihwa Pariksha (Tongue Examination)
- (5) Shabda Pariksha (Voice Examination)
- (6) Sparsha Pariksha (Skin Examination)
- (7) Drik Pariksha (Eye Examination)
- (8) Akrti Pariksha (General appearance Examination)

1. Nadi Pariksha (Pulse study)

Nadi pariksha is very important for determination of the condition of the doshas. Nadi pariksha is examined with respect to its rate, volume, tension and type of pulsation. There are various praryayas of Nadi are mentioned in texts like Snayu, Nadi, Hansi, Dhamani, Dharani, Dhara, Tantuki, and Jeevan Gyan.^[11] Location of Nadi – Vata lies under Tarjini (index finger), Pitaa lies in Madhyama (middle finger) and Kapha nadi lies under Anamika (ring finger) of examining physician.^[12] By placing fingers in position over nadi we can know the condition of Tridosha and their gati i.e. Manda, Madhyama and Tikshna^[13] The index finger denotes Vata, the middle finger denotes Pitta and the ring finger denotes Kapha. By Nadi Pariksha we can get to know about involvement of dosha- Vata, Pitta and Kapha, Dwandaja (any two dosha) and Tridoshaja (all three dosha), and Sadhya Asadhyata (prognosis of disease)^[14]

Examination of nadi

During examination of nadi of the patient patient should be mentally strong with peace of mind Nadi. As regards methodology, the elbow (Kurpara) of the patient should be lightly flexed to the left and the wrist slightly bent to the left with the fingers distended and dispersed. Nadi should be examining repeatedly for three times by applying and releasing pressure alternately over Nadi to assess the condition of Doshas rightly.^[15]

Nadi Gati^[16,17]

Vataja Nadi- Snake and leech

Pittaja Nadi- Crow, lark and frog
Kaphaja Nadi- Swan, pigeon and cock.
Vata Kaphaj Nadi – Snake and swan
PittaKaphaj Nadi- Monkey and swan
Vata Pittaj Nadi- Snake and frogs
Sannipataja Nadi- Wood pecker

Pathological Conditions Nadi Gati (Pulse movements)

1. Jwara- Gambheera, Ushna and Vegavati
2. Kama- Krodha Vegavati (rapid)
3. Chinta and Bhaya- Kshina (weak)
4. Mandagni-Manda (slow)
5. Rakta Dosha- Ushna, Gurvi (heavy) and Sama
6. Ama-Gambheer
7. Deeptagni-Laghu and Vegavana
8. Kshudhita- Chanchala (unstable)
9. Tripta- Sthira (stable)
10. Asadhya Vyadhi-Kampana (vibration) and Spandana (pulsation)

2. Mutra Pariksha (Examination of Urine)

The present continuing pathology inside the body can be examine or understood by Mutra Pariksha.^[18] Urine is the end product of metabolism by billions of human cells and the body chemistry, blood pressure, fluid balance, nutrient intake, and the state of health are key elements in establishing the characteristic of urine.^[19]

Method of Collecting urine

The early morning sample around 4o'clock is taken. The urine sample of subsequent flow in a clean glass vessel by avoiding the first early morning urine stream and examine thoroughly for the assessment of disease^[20-21]

Doshas involve in appearance of urine –

In aggravated Vata dosha- urine is rough, light yellowin colour & dries early;

In aggravated Pitta dosha - urine is in reddish colour,

In aggravated kapaha dosha-urine is oily, watery, unctuous and having more bubbles in urine, in aggravation of blood- urine is hot & bloody.^[22]

3. Mala pariksha (Stool Examination)

The status of the digestive system is typically reflected in the character of stool.^[23] By Mala pariksha, condition of disease and dosha involve in disease can be determined^[24]. If vata is aggravated then stool is hard, ruksha (dry), tritita broken, fenila (frothy), dhumala (smoky). If pitta aggravates then stool is yellowish in colour, shyam, baddha (binding), tritita (broken). In kapha aggravation stool is Shweta (white), peeta, Pichchhila, ishata Sandra. In Tridosha prakop stool is Shyama, Pittabha, Baddha Sweta.^[25]

4 .Jihva pariksha (Tongue Examination)

Type of disease and its condition can be examined by jihva Pariksha^[26]. In different dosha prakopa there is different conditions of jihva. In Vata dosha, jihva is cold, rough and cracked (brown or black). In Pitta dosha aggravation, the jihva is reddish & blackish. In kaphaja dosha jihva is sticky and whitish and in tridoshaj prakop jihva is kantaka (thorny), blackish and dry.^[27]

5. Shabda Pariksha (Voice Examination) - The voice will be healthy and natural, when doshas are in a balance state. Different type of dosha prakop will generate different types of shabda like in Vataja dosha hoarse or rough shabda. In pittaja dosha Sphuta vaktra (cracked) shabda. And in kaphaja dosha Guru (heavy) shabda^[28]. Auscultation can be compared with the Shabda Pariksha of Ayurveda. Four auscultatory areas of the heart facilitate clinical diagnosis. Interscapular area, infrascapular area, cranial area, abdominal area and peripheral arterial sites may disclose murmurs of diagnostic significance.^[29] In Respiratory examination, inspiratory and expiratory sounds with or without an intermediate pause or interval is observed as normal condition.^[30]

6. Sparsha Pariksha (Skin Examination)

In sparsha pariksha, due to different types of Doshas the sparsh is feel different like rough and cold sparsha due to vataja dosha, moist and hot sparsha due to pittaja dosha and cold and wet sparsh due to kaphaja dosha.^[43] Touch examination in healthy and diseased states should be carried out with hands. Sheeta, ushna, snigdha, ruksha perceptions, fever, edema etc. should be examined. As in Kapha diseases skin is moist/wet, in Pittaja skin is ushna and in Vataja disorders skin texture is ruksha and sheeta in touch.^[31]

7. Drik Pariksha (Eye Examination)

By drik pariksha conditions of dosha can be examined. As eyes become reddish brown, sunken and dry in vata prakopa. Due to pitta eyes become yellow or turn to red and patients have burning sensations & photophobia. In kapha prakop eyes become watery & wet with heaviness in eyelids^[32]. Prakop of Vata dosha prakop make drishti Dhumra, Aruna, Nila, Ruksha, Chanchala, Antrapravista, Roudra, Antarjwala. Due to prakop of pitta dosha drishti will become Aruna, Haridra, Rakta, Malina, Tikshna, Dipa dwesha, Dahayukta. And in prakop of kapha dosha

the drishti will be Sweta, Dhavala, Pluta, Snigdha, Sthira, Santa, Jyotish, Kanduyukta. In prakopa of dwandaja Doshaslakshanas of involved Doshas will be seen. In prakop ofsannipataja dosha drishti will become Rakta, Roudra, sunken and lusterless.^[33]

8. Akrti Pariksha (General appearance Examination)

By akrti pariksha physician is able to know the nature of the disease as the dosha influencing the patient, reflect on the face. As by examining the personalities of patient the condition of dosha can be examined. As in Vataja peoples, they are more prone towards diseases, having dry skin, split hairs, dhusara varna & they don't like cold atmosphere. In pittaja peoples there is, fair complexion, less hairs, brave, egoistic and they have strong appetite and thirst. In kaphaja personalities, there is, well built & joints, able to tolerate thirst and hunger, having oily skin.^[34]

DISCUSSION AND CONCLUSION

The need of the time to understand a patient's discomfort properly is by means of patient examination. A list of patient examination techniques are told well in both systems i.e. Ayurveda as well as modern science. As diagnosis is the first step towards the treatment of the disease The treatment is totally depends upon the diagnosis. Insist of modern tools the ayurvedic diagnostic methodology is convenient and effective. Physician should have a full flesh knowledge of various pariksha for a good clinical practise. The asthavidh pariksha is the primary tool which helps to lighten the specific image of the patient's disease.

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