

# Ayurveda diagnostic approaches and factors need to be consider during Diagnostic procedure

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## REVIEW ARTICLE

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### ABSTRACT

Ayurveda the science of India believes in the prevention of diseases than treatment. In this regards Ayurveda mentioned various approaches for the prevention of disease and it was also believed that if disease invade than early diagnosis help in complete eradication of any diseases. The use of appropriate diagnostic methods helps to maintain healthy physical and mental status since disease eradication mainly depends upon their early diagnosis. Ayurveda considered that correct diagnosis of diseases is very important for the planning of appropriate treatment methodology. Ayurveda described different diagnostic tools including; Pariksha, Ashtasthana Pariksha, Purisha Pariksha and Pramana Pariksha, etc. This article explored various diagnostic techniques described in Ayurveda text in a view to explore this area for future research.

**Keywords:** Ayurveda, Disease, Diagnosis, Pariksha, Ashtasthana Pariksha.

### 1. Introduction

As per Ayurveda there are various factors responsible for diseases pathogenesis like; unwholesome diet, disturbed life style and infections, etc. These factors cause imbalance of *tridosha* which is major pathological consequence behind disease prevalence. Ayurveda believe that diagnosis of disease play important role towards adopting correct treatment approaches. It is believe that same symptoms may need different treatment approach since *Prakriti* (specific constitution) vary person to person (1-5). Therefore it is very essential to diagnose disease correctly using appropriate diagnostic tools since wrong diagnosis may worsen disease severity. Ayurveda described treatment of diseases depending upon individual constitution thus there is need to have personalized method of diseases diagnosis. *Sparsanam*, *Prasnam*, *Darsanam*, *Jihwa Pariksha*, *Purisha Pariksha*, *Moothram Pariksha*, *Nadi Pariksha* and examination of skin, etc. are some investigational approaches used for the identification of disease pathogenesis. *Darsana*, *Sparsanam* and *Prasnam* are major diagnostic tools of Ayurveda which involves

inspection, observation of various factors like age and physical characteristic along with touching sensation and palpation accompanied with questionnaire session in which patient asked about his/her symptoms and disease conditions. These all diagnostic approaches help in the identification of causative factors and guide a path way for the planning of correct treatment methodology. *Panchendriya pariksha* is another important approach of Ayurveda used to diagnose abnormalities related to upper body portion like; head, neck, abdomen, chest and upper extremities (4-7).

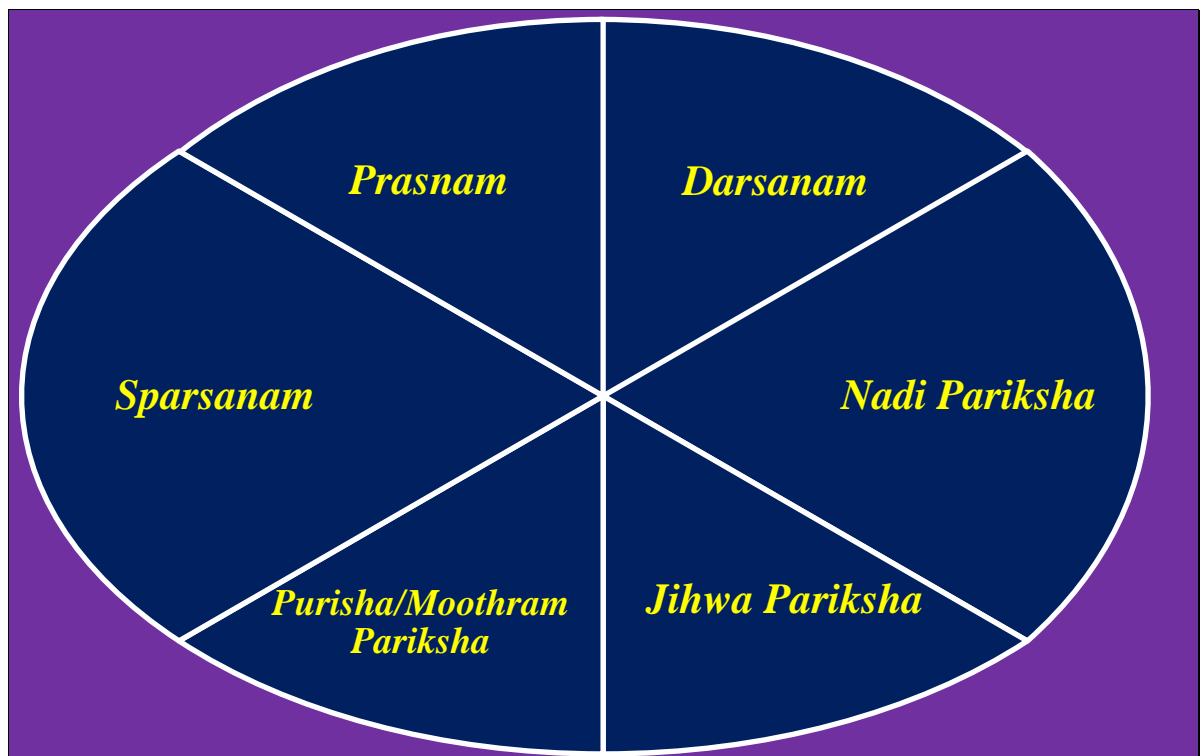
This article explored various diagnostic techniques described in Ayurveda text in a view to explore this area for future research.

The various diagnostic tools of Ayurveda are as follows:

#### *Dasavidha Pareeksha*

1. *Dooshyam*: Structural and functional examination.
2. *Desham*: Consideration of geographical belonging of diseased person.

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|--|---|
| 3. <i>Balam</i> : Consideration of strength of diseased person.                        | 7. <i>Vayas</i> : Consideration of age factors.                                     |
| 4. <i>Kalam</i> : Consideration of climatic conditions specific to disease prevalence. | 8. <i>Satvam</i> : Consideration of mental status of diseased person.               |
| 5. <i>Analam</i> : Analysis of patient's digestive system.                             | 9. <i>Sathmyam</i> : Patient's habits such as; smoking, drinking and daily regimen. |
| 6. <i>Prakrithi</i> : Examination of patient's <i>Thridoshic</i> constitution.         | 10. <i>Aharam</i> : Nature food habitants.  |



**Figure 1.** Common Diagnostic approaches as per Ayurveda

#### ***Ashtasthana Pareeksha***

1. *Nadi*: Examination of pulse.
2. *Moothram*: Examination of urine.
3. *Malam*: Examination of stool.
4. *Jihwa*: Examination of tongue.
5. *Sabdham*: Voice and speech analysis.
6. *Sparsham*: Touching sensation.
7. *Drik*: Examination of eyes and vision.
8. *Akrithi*: Analysis of whole body built-up; strong or weak, etc.

#### **Factors affecting diagnosis process:**

1. *Seasonal diversity*
2. *Dietary pattern*

#### *3. Constitutional characteristics*

##### **1. Seasonal diversity**

These all diagnostic approaches require consideration of seasonal variations since different symptoms may observe for a diseases in different season due to climatic diversity. Seasonal dependent specific physiological changes may observe in body therefore consideration of effect of seasonal diversity on body is important during diagnosis process in this regards we can take following examples:

1. *Pitta* accumulates in summer especially in later half thus diseases related to *Pitta* aggravation may observed in this time
2. In morning time of summer *Vata* may aggravates thus *Vayu* related problems may observe.

3. In winter *Kapha* accumulation is common thus cough and cold can be observed in this time.
4. In spring allergic symptoms can be diagnosed due to high *Kapha* predominance.
5. In rainy season infectious diseases are predominant thus fever can be diagnosed as result of infection in rainy season.
2. If patient had consumed pomegranates, raw apples and cranberries then chances of *Vata* vitiation are high.
3. *Pitta* related abnormalities can be diagnosed if patient consumed chilies, tomatoes, garlic and onions.
4. Similarly physician can reach to a conclusion that patient may have *Kapha dosha* predominance if he/she consume excessive dairy products, fried foods, cold and chilled materials.

## 2. Dietary pattern

Ayurveda further mentioned that consideration of dietary factor also help physician to ascertain diseases pathogenesis. In this regards following diagnostic correlation may be established:

1. Consumption of potatoes, tomatoes and peppers can induce symptoms of stiff and pain which resembles diseases of *Vata* predominance.

## 3. Constitutional characteristics

Ayurveda describe various individual characteristics which need to be considered during disease diagnosis. These factors help physician to predict disease pathogenesis as well as treatment plan, the individual characteristics are as follows:

**Table 1. Constitutional characteristics need to be considered during diagnostic process**

S. No.	Constitutional characteristics	Role in diagnosis
1	<i>Prakriti</i>	<i>Prakriti</i> resembles physical and mental built up of an individual. This aspect play vital role in disease pathogenesis since predominance of <i>Dosha</i> depends <i>Prakriti</i> of an individual.
2	<i>Vikriti</i>	<i>Vikriti</i> resembles inherent deviation from original <i>Doshic</i> constitution. This aspect discloses predominance of diseases depending upon extent of specific <i>Dosha</i> deviation.
3	<i>Sara</i>	<i>Sara</i> resembles inherent qualities of the various <i>Dhatus</i> and help to diagnose mental abnormalities.
4	<i>Vaya</i>	<i>Vaya</i> describe aging factors since many diseases occurs eventually with ageing thus common age related diseases predicted on the basis of symptoms of <i>Vaya</i> .

Ayurveda also described that consideration of *Doshic* predominance help greatly in disease prediction. According to Ayurveda the knowledge about some specific initial

symptoms help physician to understand pathogenesis of diseases associated with *Vata*, *Pitta* and *Kapha* predominance (6-9).

**Table 2. Diagnostic symptoms and their correlation with *Doshic* imbalances**

S. No.	Initial Diagnostic Symptoms	<i>Doshic</i> imbalances which triggered disease pathogenesis
1	Constipation, insomnia, migraine, muscles stiffness, weight loss and vertigo	<i>Vatta</i> imbalance
2	Acidity, fever, burning sensation, infections and mouth smell.	<i>Pitta</i> vitiation
3	Cough nasal discharge, anorexia, nasal block and headache.	Imbalance of <i>Kapha</i>

## Conclusion

Ayurveda mentioned various diagnostic tools for the investigational purpose and these diagnostic methods (*Pariksha*) helps to identify specific diseases pathogenesis. The important diagnostic methods are *Darsanam*, *Prasnam*, *Sparsanam*, *Purisha Pariksha*, *Moothram Pariksha*, *Jihwa Pariksha* and *Nadi Pariksha* etc. These all approaches help to select appropriate treatment regimen. However Ayurveda also described that there are various factors which need to be considering during diagnosis process since these factors affect decision making steps and provides useful information related to specific pathological conditions. Individual constitutional consideration, dietary habits, seasonal variations and climatic as well as demographic aspects, these are the factors which significantly affect accuracy of diagnostic process thus physician should consider these all factors before making treatment plan.

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## Conflict of Interest

The author declares that there is no conflict of interest regarding the publication of this article.

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