

ROGNIDAN: AN INTEGRATIVE REVIEW OF AYURVEDIC DIAGNOSTIC PRINCIPLES AND THEIR CLINICAL RELEVANCE IN CONTEMPORARY HEALTHCARE

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ABSTRACT

Background: Rognidan (Ayurvedic diagnostics) forms the cornerstone of disease identification and management in Ayurveda. It encompasses a systematic approach to understanding disease etiology, pathogenesis, clinical manifestations, prognosis, and patient assessment. **Objective:** To review the classical concepts of Rognidan and evaluate their clinical significance and applicability in contemporary healthcare. **Methods:** A narrative review of classical Ayurvedic texts, including Charaka Samhita, Sushruta Samhita, Madhava Nidana, Ashtanga Hridaya, and Sharangadhara Samhita, was conducted. Relevant peer-reviewed literature on Ayurvedic diagnosis, integrative medicine, and personalized healthcare was also reviewed. Information was organized according to the

principles of Nidana Panchaka, diagnostic examination methods, and their modern clinical correlations. **Results:** The review demonstrates that Rognidan provides a comprehensive diagnostic framework through Nidana Panchaka, Trividha Pariksha, Ashtavidha Pariksha, and Dashavidha Pariksha. These principles facilitate early disease detection, individualized patient assessment, understanding of disease progression, prognosis, and treatment planning. Several Ayurvedic diagnostic concepts correspond with modern clinical approaches, including etiological analysis, clinical examination, pathophysiology, and personalized medicine. **Conclusion:** Rognidan remains a scientifically relevant diagnostic discipline that complements modern clinical practice by emphasizing holistic evaluation and individualized care. Future research should focus on standardization, validation, and integration with evidence-based diagnostic methods.

KEYWORDS: Rognidan, Ayurveda, Nidana Panchaka, Diagnosis, Vikriti Vigyana, Personalized Medicine, Integrative Healthcare.

INTRODUCTION

Diagnosis is the foundation of effective healthcare. Accurate identification of disease determines the success of treatment, prognosis, and preventive strategies. Ayurveda recognizes this principle through the science of Rognidan, which systematically evaluates disease causation, progression, manifestations, and patient-specific factors. Unlike disease-centered diagnostic models, Ayurveda adopts a patient-centered approach by assessing Dosha, Dhatu, Mala, Agni, Srotas, Prakriti, and environmental influences. This comprehensive evaluation enables physicians to identify disease at an early stage and formulate individualized therapeutic plans. With the increasing prevalence of chronic lifestyle disorders and the growing emphasis on personalized medicine, the diagnostic principles of Rognidan have gained renewed attention. Integrating these classical concepts with modern diagnostic techniques may improve clinical decision-making and patient outcomes.

AIM

To review the diagnostic principles of Rognidan and evaluate their clinical importance in modern healthcare.

OBJECTIVES

- To describe the fundamental principles of Rognidan.
- To explain the components of Nidana Panchaka.
- To discuss classical diagnostic examination methods.
- To correlate Ayurvedic diagnostic principles with modern medical diagnosis.
- To highlight the relevance of Rognidan in personalized and integrative healthcare.

Materials and Methods Study Design

This study is a narrative review of classical Ayurvedic literature and contemporary scientific publications.

Sources of Literature

The review included information from the following classical texts

- Charaka Samhita

- Sushruta Samhita
- Madhava Nidana
- Ashtanga Hridaya
- Sharangadhara Samhita

Relevant review articles, research papers, and books related to Ayurvedic diagnostics and integrative medicine were also consulted.

Search Strategy

Published literature on Rognidan, Nidana Panchaka, Ayurvedic diagnosis, Vikriti Vigyana, personalized medicine, and integrative healthcare was reviewed. Information was critically analyzed and organized according to classical diagnostic principles and modern clinical relevance.

INCLUSION

Criteria Classical Ayurvedic references on diagnosis.

- Peer-reviewed review articles.
- Studies discussing integration of Ayurvedic and modern diagnostics.
- English-language publications.

EXCLUSION

- Criteria Duplicate publications.
- Articles unrelated to diagnostic principles.
- Non-academic reports without scientific relevance.

RESULTS

Classical Framework of Rognidan The review identified four major diagnostic components forming the basis of Ayurvedic diagnosis.

1. Nidana Panchaka

The five components include:

- Nidana (Etiological factors)
- Purvarupa (Premonitory symptoms)
- Rupa (Clinical manifestations)
- Upashaya-Anupashaya (Therapeutic assessment)

- Samprapti (Pathogenesis) These collectively explain disease origin, progression, and clinical presentation.

2. Trividha Pariksha

Clinical examination consists of

- Darshana (Inspection)
- Sparshana (Palpation)
- Prashna (History taking)

These remain fundamental methods of bedside examination.

3. Ashtavidha Pariksha

Eight-fold examination includes

- Pulse
- Urine Stool Tongue Voice Touch
- Eyes
- Body build

These provide information regarding systemic health and Dosha predominance.

4. Dashavidha Pariksha

Ten-fold patient examination evaluates:

- Prakriti
- Vikriti Sara
- Samhanana
- Pramana Satmya Satva
- Ahara Shakti
- Vyayama Shakti
- Vaya

This facilitates individualized diagnosis and treatment planning.

Clinical Applications

The literature indicates that Rognidan assists in

- Early diagnosis
- Disease differentiation Assessment of severity
- Prognostic evaluation Individualized treatment

- Prevention of disease recurrence
- Monitoring therapeutic response

Correlation with Modern Medicine

Ayurvedic Principle Modern Diagnostic Concept Nidana Etiology and Risk Factors
Purvarupa Prodromal Phase Rupa Clinical Signs and Symptoms Upashaya Therapeutic Trial
Samprapti Pathophysiology Trividha Pariksha Clinical Examination Dashavidha Pariksha
Comprehensive Patient Assessment The review suggests that Ayurvedic diagnostic principles complement rather than replace laboratory investigations and imaging.

DISCUSSION

Rognidan represents one of the earliest organized diagnostic sciences. Its emphasis on identifying causative factors before treatment aligns with modern preventive medicine. The concept of Nidana Parivarjana (elimination of causative factors) resembles current recommendations regarding lifestyle modification and risk-factor reduction. Nidana Panchaka offers a logical sequence for disease evaluation beginning with causation and ending with complete understanding of disease pathogenesis. This systematic approach enables clinicians to diagnose disease at different stages rather than relying solely on established clinical manifestations. The multidimensional patient assessment provided by Dashavidha Pariksha supports individualized treatment planning. Modern medicine increasingly recognizes personalized healthcare based on genetics, lifestyle, and environmental influences. Ayurveda has traditionally incorporated similar concepts through Prakriti, Agni, Satmya, and Satva assessment. Despite its strengths, wider clinical acceptance of Rognidan requires standardized diagnostic protocols, objective assessment tools, inter-observer reliability studies, and evidence-based validation. Collaborative research integrating Ayurvedic principles with laboratory biomarkers, imaging techniques, and digital technologies may improve reproducibility and scientific acceptance. Overall, Rognidan offers a holistic diagnostic model that remains clinically relevant in both traditional Ayurvedic practice and integrative healthcare settings.

CONCLUSION

Rognidan is a comprehensive diagnostic science that extends beyond disease identification to include causative factors, disease progression, patient constitution, prognosis, and therapeutic planning. The principles of Nidana Panchaka, Trividha Pariksha, Ashtavidha Pariksha, and

Dashavidha Pariksha continue to provide an effective framework for individualized clinical assessment. Integrating these principles with modern diagnostic methods can strengthen patient-centered healthcare and promote evidence-based integrative medicine.

FUTURE SCOPE

- Development of standardized Ayurvedic diagnostic protocols.
- Validation of classical diagnostic parameters through clinical research.
- Integration of biomarkers with Dosha assessment.
- Artificial intelligence-assisted Ayurvedic diagnosis.
- Multicenter clinical studies evaluating diagnostic reliability.
- Strengthening evidence-based Ayurvedic diagnostics.

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