

TRIVIDHA PARIKSHA: A FUNDAMENTAL APPROACH IN CLINICAL RESEARCH

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ABSTRACT

Ayurveda emphasizes detailed patient examination before treatment. Trividha Pariksha, consisting of Darshana (inspection), Sparshana (touch/palpation), and Prashna (interrogation), is one of the most important diagnostic methods in Ayurveda. This study explains the clinical importance of Trividha Pariksha using observational data collected from 50 patients.

INTRODUCTION

Ancient Ayurvedic scholars such as Charaka and Sushruta emphasized patient examination before treatment. Trividha Pariksha helps assess physical, mental, and lifestyle-related aspects of disease.

AIM OF STUDY

To evaluate the role of Trividha Pariksha in clinical diagnosis and patient assessment.

OBJECTIVES

1. To understand the practical application of Trividha Pariksha.
2. To analyze findings obtained through Darshana, Sparshana, and Prashna.
3. To assess its usefulness in clinical research.

MATERIALS AND METHODS

Observational clinical study conducted on 50 patients over a duration of 2 months. Patients were examined using Darshana, Sparshana, and Prashna Pariksha.

Table 1: Age-wise Distribution.

Age Group	Number of Patients	Percentage
18–30 years	14	28%
31–45 years	20	40%
46–65 years	16	32%

Table 2: Gender Distribution.

Gender	Number	Percentage
Male	28	56%
Female	22	44%

Findings of Darshana Pariksha

Observation	Number of Patients	Percentage
Pale appearance	10	20%
Yellowish discoloration	5	10%
Obesity	12	24%
Weak body structure	8	16%
Normal appearance	15	30%

Findings of Sparshana Pariksha

Observation	Number of Patients	Percentage
Increased body temperature	11	22%
Tenderness	14	28%
Dry skin	9	18%
Swelling	6	12%
Normal findings	10	20%

Findings of Prashna Pariksha

Symptoms/History	Number of Patients	Percentage
Stress and anxiety	18	36%
Irregular diet	22	44%
Disturbed sleep	16	32%
Chronic pain history	12	24%
Digestive complaints	20	40%

Combined Clinical Assessment

Diagnostic Benefit	Percentage of Patients Benef
Early disease identification	76%
Better treatment planning	82%
Identification of lifestyle factors	88%
Holistic patient assessment	90%

DISCUSSION

Trividha Pariksha provides a complete understanding of the patient by combining observation, touch examination, and history taking. Darshana Pariksha identifies visible

abnormalities, Sparshana Pariksha helps detect inflammation and tenderness, while Prashna Pariksha reveals lifestyle and psychological causes.

CONCLUSION

The observational data from 50 patients demonstrates that Trividha Pariksha is highly useful for disease assessment, lifestyle evaluation, and treatment planning. It remains an important Ayurvedic diagnostic tool and can be integrated with modern clinical methods.

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