

RELEVANCE OF RADIOLOGY (VIKIRAN AVUM CHHAYA VIGYAN) IN AYURVEDA

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Article Received on
09 June 2020,

Revised on 29 June 2020,
Accepted on 19 July 2020,

DOI: 10.20959/wjpr20208-18258

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ABSTRACT

AYURVEDA is based on genuine fundamentals, it has the longest uninterrupted tradition of healthcare practice, and its holistic approach to healthcare management emphasizes upon disease prevention and health promotion. If it opens up to incorporate emerging new knowledge into mainstream *Ayurveda* while maintaining fidelity to *Ayurvedic* fundamentals. It will certainly provide a broad-based opportunity to address the majority of the problems that have emerged from the advent of new diseases and healthcare related issues. Radiology and other relevant technological advances are also essential to be collaborated with *Ayurvedic* system of teaching, training and professional practice for better understanding of diseases, proper

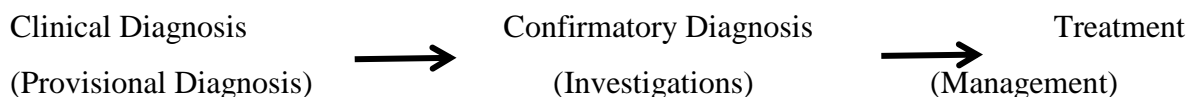
utilization of *Ayurveda* science and its resources for efficient management and wellbeing of patients.

KEYWORDS: Radiology, Vikiran Avum Chhaya, Relevance, Pariksha.

INTRODUCTION

RADIOLOGY, also called diagnostic imaging, is a series of different tests that take pictures or images of various parts of the body. Many of these tests are unique in that they allow doctors to see inside the body. A number of different imaging exams can be used to provide this view, including X-ray, MRI, ultrasound, CT scan, mammography, nuclear medicine, fluoroscopy, bone mineral densitometry and PET scan. Radiology's role is central to disease management, with a wide choice of tools and techniques available for the detection, staging and treatment. Diagnostic imaging provides detailed information about structural or disease

related changes. Early diagnosis saves lives. Without diagnosis there can be no treatment, there can be no cure.



Importance of Confirmatory Diagnosis

- To Choose / Plan Appropriate method of Management
- To initiate Early Treatment
- To avoid late Complications
- For Medico-legal Overcome
- For Future Follow-up

REVIEW OF LITERATURE

The literature for the role of radiology in the diagnosis of various diseases is available as per the guideline of W.H.O. which also mention the role of *Ayurveda* as a part of traditional system of medicine, in the diagnosis and management of various diseases and on further study we see the connection of *Ayurveda* and how various advanced technologies like radiodiagnostic procedure may help in traditional health services to reach every corner of country effectively.

Importance of Radiology (As Per W.H.O.) in Public Health Care

According to W.H.O.,_Medical imaging encompasses different imaging modalities and processes to image the human body for diagnostic and treatment purposes and therefore plays an important role in initiatives to improve public health for all population groups. Furthermore, medical imaging is frequently justified in the follow-up of a disease already diagnosed and/or treated. Medical imaging, especially X-ray based examinations and ultrasonography, is crucial in a variety of medical setting and at all major levels of health care.

In public health and preventive medicine as well as in both curative and palliative care, effective decisions depend on correct diagnoses. Though medical/clinical judgment may be sufficient prior to treatment of many conditions, the use of diagnostic imaging services is paramount in confirming, correctly assessing and documenting courses of many diseases as well as in assessing responses to treatment.

Role of Ayurveda (As Per W.H.O.) In Public Health Care

Amongst the mandates of United Nations, health of mankind is the thrust area of UN through World Health Organization (WHO). Planning and execution of policies for mainstreaming of traditional medicines (TRM) of respective countries along with conventional system of medicine (Allopathy), first in the country of origin followed by the international arena, is the priority agenda of operations of WHO.

Within Indian context, WHO accorded prime focus to *Ayurveda* in its activities related to TRM. The Government of India has already recognized *Ayurveda* as one of the official systems of medicine to be practiced in this country. WHO moved ahead with several programs for global acceptance of *Ayurveda*, which include preparation of guidelines for safe use of *Ayurvedic* medicines, parameters and measures for standardization of *Ayurvedic* medicines and many more substantial measures to promote the system of *Ayurveda*.

Ayurveda is based on genuine fundamentals, it has the longest uninterrupted tradition of healthcare practice, and its holistic approach to healthcare management emphasizes upon disease prevention and health promotion. If it opens up to incorporate emerging new knowledge into mainstream *Ayurveda* while maintaining fidelity to *Ayurvedic* fundamentals. It will certainly provide a broad-based opportunity to address the majority of the problems that have emerged from the advent of new diseases and healthcare related issues.

How Radiology is Helpful in Ayurvedic System of Medicine

Though radiology and other advanced investigative tools and techniques were not available in ancient golden period of *Ayurveda*, still importance of confirmatory diagnosis has been mentioned in various *Ayurvedic* texts.

“Rogamado parikshet tatoanantar aushadham tatah karma bhishak paschaaggyanpoorvam samacharet”

(Ch. Su.20/20)

It means for getting success in the management of a disease, a physician /surgeon first should completely examine the disease and reach up to confirmatory diagnosis, before starting any treatment i.e. he must proceed proficiently to manage any disease.

MATERIAL AND METHOD

After review of literature we are here discussing various material and methods used for diagnosis of diseases in *Ayurveda*, and how recent advanced technologies can be used to aid the diagnostic methods in *Ayurveda roga rogi pariksha*.

Various important *Rog- Pariksha* for Confirmatory Diagnoses (as written in various *Ayurvedic* texts)

- ***Trividh Rog Pariksha***

- ❖ “*Trividham khalu roga vishesh vigyanam bhavati, tadyatha Aaptopaeshah, Pratyaksham, Anumaanam cheti*” (Ch. Vi. 4/3)
- ❖ “*Darshan-prashna-sansparshe pariksha trividdha smrita*” (Ch. Chi 25/ 22-23)

There are three different kinds of *roga pariksha*

(A) *Aaptopadesh, Pratyaksh* and *Anuman*.

(B) *Darshan, Prashna* and *Sparsh*

- ***Shad-vidh Rog Pariksha***

- ❖ “*Aaturamabhipashyet sprishet, prikchech tribhiret vigyanopaye rogah Shadvidho hi roganam vigyanopayah : tadyatha panchbhi shrotadibhi prashnen cheti*” (Su. Su. 10/4)

Sushruta has said about six different kind of mediums to examine a patient-

1. *Prashna Pariksha*

Pancha-indriya Pariksha- 2. *Darshan*, 3. *Sparsha*,

4. *Shabda*, 5. *Rasan*,

6. *Gandha*.

- ***Ashta- Sthan Pariksha***

- ❖ “*Nadi mutram malam jihva shabda sparsha drik aakruti Rogaakranta sharirashya sthananyashto parikshyeta*” (Yoga Ratnakar)

Yoga Ratnakar stated eight different sites/ features/ products of the body to examine a patient for various diseases. These are-

1. *NADI PARIKSHA*

2. *SHABDA PARIKSHA*

3. SPARSHA PARIKSHA
5. AAKRITI PARIKSHA
7. MALA PARIKSHA

4. DRIK PARIKSHA
6. MUTRA PARIKSHA
8. JIHWA PARIKSHA

- **Dash-vidh Rog Pariksha**

- ❖ “Tasmadaturam parikshet prakrititascha, vikrititascha, saarscha, samhananascha, pramanascha, satmyascha, satvascha, aaharshaktitascha, vyayamshaktitascha, vayascheti, balapramanvishesh grahanhetoh”

(Ch. Vi. 8/ 94)

Charaka mentioned ten features to be examined during disease examination

- | | |
|-------------|------------------|
| 1. PRAKRITI | 6. SATMYA |
| 2. VIKRITI | 7. SATVA |
| 3. SARA | 8. AAHAR SHAKTI |
| 4. SAMHANAN | 9. VYAYAM SHAKTI |
| 5. PRAMAN | 10. VAYA |

How Radiology is helpful in Ayurvedic System of Medicine

Radiology like other investigative tools and techniques, is an important tool for confirmatory diagnosis, and thus is as much rationale in *Ayurveda* in this era, as there were other *pariksha* (*trividh/ chaturvidh/shadvidh/ asth-sthan pariksha*) which are described in *Ayurvedic* texts and were in wide use in ancient times for confirmatory diagnosis of a disease.

Rationale for the need of Radiology (Vikiran Avum Chhaya vigyan) in Ayurveda

- The *Vikiran Avum Chhaya* (Radiology and Imaging) is the most efficient and non-invasive diagnostic tool, and is also a tool for *Darshan Pariksha*.
- *Darshan Pariksha* can be done with many tools like *Nadi Yantra* etc.
- It is necessary to propagate the knowledge of Radio-diagnosis amongst medical graduates, to understand the *Ayurvedic* context, to enhance the knowledge of Student for the help of suffering peoples, and to evaluate the effectiveness of indigenous drugs for global acceptance of *Ayurveda*.

Why Radiology should be included as a part of Ayurvedic System of Medicine

- As described earlier that confirmatory diagnosis is the first step to start management of a disease in any system of medicine and Radiology is an important tool to make

confirmatory diagnosis, here comes the question that why and how an advanced technology (like Radiology) can be a part of an ancient science (*Ayurveda*).

Our *Acharyas* had already given answers to such questions in their own way...

- “*Nahi gyanavayavena kritsne gyeye vigyanamutpadyate*”

(Ch. Vi. 7/4)

We cannot evolve our science, if we are aware of only few parts of whole knowledge. Similarly in this era we cannot evolve our ancient science if we do not collaborate with advanced tools and technologies.

- “*Gyanpurvakam hi karmanam samarambham prashasanti kushala*

Karanam bhishag Paryavadatshrutata, paridrishtakarmata, dakshyam, shaucham, jithastata, upkaranvatta, sarvendriyopannata.....”

(Ch. Vi 8/89)

- “*Parikshyakarino hi kushala bhavanti,.. .. .tatha bhishak swagunasampanna upkaranvan vikshya..... bhavati*”

(Ch. Su. 10/5)

- A skillful physician/ surgeon should examine the patient completely and must understand the pathogenesis and prognosis of disease before starting management of disease. For this purpose he must expertise in theoretical and practical knowledge of his system, and he should also be aware and proficient of all those advanced tools and techniques which can help in diagnosis and further management of disease.

DISCUSSION

- Although *Ayurveda* is endless, eternal and infinite, but still it has grown with time and collaborated with other sciences also, by including and accepting various new herbal drugs, metallic preparations etc. from various other sciences, in different eras, even up to medieval period.
- To fulfill basic aim and objective of our science (*Ayurveda*) i.e., to maintain good health and longevity, and to eradicate diseases and reduce suffering of patient, we must understand and be aware of pathophysiology of disease and health, and for that we also

must continue to incorporate emerging new knowledge into mainstream *Ayurveda* while maintaining fidelity to *Ayurvedic* fundamentals.

CONCLUSION

“Gyanbuddhi pradeepena yo na vishati tatwavit.

Aaturasya antaratmanam na sa roganschikitsati.”

(Ch. Vi. 4/9- 12)

“Ekam shastrmadhiyano na vidyatchastranishchayam

Tasmadbahushrutah shastram vijaniyachhikitisakah”

(Su. Su. 4/7)

When a physician /surgeon do not try to completely understand soul sufferings of a patient with all his knowledge and skills, then he could not be able to eradicate the disease of that patient. Excellence or perfection is a continuous process of knowledge and awareness; if we want to evolve and continue ancient glory of our science we must collaborate and pool resources from modern technology. Thus Radiology and other relevant technological advances are also essential to be collaborated with *Ayurvedic* system of teaching, training and professional practice for better understanding of diseases, proper utilization of *Ayurveda* science and its resources for efficient management and wellbeing of patients.

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