

## ROLE OF MODERN DIAGNOSTIC TECHNIQUE IN DAY TO DAY AYURVED PRACTICE

Dr. Dhananjay V. Hange<sup>\*1</sup>, Dr. Rupali Bawankar(Hange)<sup>2</sup>, Dr. G. H. Kodwani<sup>3</sup> and  
Dr. Govind Asati<sup>4</sup>

<sup>1</sup>Assistant Professor, Rognidan Dept., Govt. Ayurved College, Nagpur.

<sup>2</sup>HOD & Associate Professor, Rasashashtra Dept., Ayurved College Buldhana, Nagpur.

<sup>3</sup>HOD & Professor, Rognidan Dept., Govt. Ayurved College, Nagpur.

<sup>4</sup>Professor, Rognidan Dept., Govt. Ayurved College, Nagpur.

Article Received on  
28 Sept. 2020,

Revised on 18 Oct. 2020,  
Accepted on 08 Nov. 2020

DOI: 10.20959/wjpr202015-19260

### \*Corresponding Author

Dr. Dhananjay V. Hange

Assistant Professor,

Rognidan Dept., Govt.

Ayurved College, Nagpur.

### ABSTRACT

To maintain the healthy state of body and mind is the main principle of Ayurveda.<sup>[1]</sup> Even after following the *Dincharya* and *Ritucharya* if disease occurs that time we will make the diagnosis with the help of *Trividha Rog Pariksha*, *Pratyaksha Rogi Parikshya Agni, Desh, Kala, Bala*, of the patient and *Nidana Panchaka*.<sup>[2]</sup> After diagnosis we have to decide either that disease is curable with medicine or surgical treatment will require. Ayurveda has clearly mentioned that if the disease is from prolonged duration, patient has lost weight and *Bala* (immunity)<sup>[3]</sup>, it is better not to treat that disease. Now a day we can take help of modern technology to make the diagnosis easy, to see the severity of the disease and to know the Ayurvedic treatment respectively.

**KEYWORDS:** Ultrasonography, *Nidan Panchak*, *Rogi Pariksha*, Ayurveda.

### INTRODUCTION

Presently, most of the ayurvedic physicians are earning money not treating the disease of the patient. As many patients are consulting to ayurvedic physicians when they became more ill, such as advanced stage of *Arbud* (malignancy) chronic stage of renal diseases, liver cirrhosis etc. In this situation we must know our limitations with the help of *Trividha Rog Pariksha*, *Pratyaksha Rogi Parikshya Agni, Desh, Kala, Bala*, of the patient and *Nidana Panchaka*.<sup>[4]</sup> we cannot treat the patient properly, so that time we have to take the help of essential investigations for confirm the diagnosis, to see the severity of disease and to categories the

disease. It will help you to know that either disease is curable with medicine or need surgical treatment.<sup>[5]</sup>

In this paper, the focus is only made on ultrasonography as modern technical tool which will help us to make diagnosis or to see severity of disease. It will also help to decide whether to treat the disease or not. Ultrasonography is used to diagnose a wide range of conditions that affect our organs and soft tissues of the body including liver, gall bladder, ureter, uterus, fallopian tube, intestine, heart, kidney, lungs, prostate, thyroid, testes and breast.

USG is used to detect ovulation, age of fetus, general healthy condition IUGR etc. It also detects congenital anomalies such as CHD, Hydrocephaly, Microcephaly and Spinal deformity. In this paper we use Ultrasound only in case of abdominal anomalies.

## AIM AND OBJECTIVES

- 1) To study the role of ultrasonography in diagnosis of disease.
- 2) To decide the limitations of Ayurveda science in day to day practice.

## MATERIALS AND METHODS

For successful treatment, it is better to diagnose the disease before to start the treatment.<sup>[1]</sup> In some situations, even with careful history and thoroughly physical examinations, we have some confusion about diagnosis that time we have to take help of modern science. To confirm diagnosis, severity of disease, and also to decide either disease will cure by drug therapy or need surgical treatment.<sup>[5]</sup>

Here we are using ultrasonography as a diagnostic tool. With the help of Ultrasonography, we will able to know our limitations. Following are some diseases which can be diagnosed by USG. In Jaundice with help of *Trividha Rogipariksha* (Ayurvedic diagnostic tool) i.e. *Darshan*, *Sparshan* and *Prashana* (interrogation).<sup>[6]</sup> Anorexia, fever, malaise and pain in right hypochondria can be confirmed by *Prashana Parikshya* Icterus and yellow discoloration of skin and mucous membrane by *darshan Parikshan* (inspection).<sup>[7]</sup> Hepatomegaly can be confirmed by *Sparshan Parikshan* (palpation). In this way, we are just capable to make the diagnosis by Ayurvedic technique. To see the grade or stage of disease, site (liver, gall bladder, common bile duct) prognosis and differential diagnosis (Hepatitis, Amoebic liver abscess, fatty liver, hepatocellular carcinoma) we used ultrasonography.

We can treat mild to moderate prostatomegaly successfully with diet plan and ayurvedic

treatment but after USG if size of prostate more than 60 gm or less can confirm and that time surgical procedure is advised. In case of renal calculus, we can make probable diagnosis of calculus in the urinary system with the help of *Trividha Parikashan* i.e. *Darshan, Sparshan and Prashna Parikshana* but to decide the type of treatment ultrasonography is required.

In cholelithiasis patient is having pain in right hypochondria with minimal alimentary symptoms.<sup>[8]</sup> After ultrasonography gall stones are few with small size. If patient is thin built and pain is bearable, we can treat that condition confidently with Ayurvedic treatment. In this way, there is great role of modern diagnostic technique in day to day successful Ayurvedic practice.

## DISCUSSION

There is a big role of modern technology in day to day Ayurveda practices. modern diagnostic technology not only helps in diagnosis but also in differential diagnosis and prognosis of the diseases. It also helpful to us to know our limitations of Ayurveda science described in *Charak Samhita*. If you use modern technology in day to day practice, it will be beneficial to patient it will save patients time, money and life also.

## SUMMARY

Most of the time in day to day Ayurveda practice ayurvedic physicians are making diagnosis with the help of proper history taking *Trividh Rogi Pariksha* (*Darshan, Sparshan, Prashanan*) Inspection (*Prateksha*), *Aptopadesh* and inferences (*Anuman*) *Shadvidh, Ashthvidh Pariksha*.<sup>[9]</sup> After diagnosis giving therapy accordingly. But sometime patient does not get enough result that time to confirm correct diagnosis we have to take help of modern technology (diagnostic tool) it will not only help us to make the diagnosis but also to see the severity of disease. It gives us clue about medical treatment or surgical treatment. Thus, modern technology is helping ayurvedic physician to identify the disease and its severity. it will save patients time money and life also. It will save physicians image. Hence modern technology plays an important role in day to day Ayurvedic practice.

## REFERENCES

1. Tripathi R, Charak Samhita Vol-1, Vaidya Manorama Hindi Commentary, Chaukhamba Sanskrit Pratishthan, Delhi, 2013, Sutrasthan Adhyay 20, verse no.20, page no. 396.
2. Tripathi R, Charak Samhita Vol-1, Vaidya Manorama Hindi Commentary, Chaukhamba Sanskrit Pratishthan, Delhi, 2013, Sutrasthan Adhyay 11, verse no.35, page no. 236.

3. Shastri A, Sushrut Samhita, Ayurveda-Tattva-Pradipika Hindi commentary, Chaukhamba Sanskrit Sansthan, Varanasi, Sutrasthan Adhyay 15, verse no.21, page no. 235.
4. Tripathi R, Charak Samhita Vol-1, Vaidya Manorama Hindi Commentary, Chaukhamba Sanskrit Pratishthan, Delhi, 2013, Nidanstan Adhyay 01, verse no.6, page no. 580.
5. Tripathi R, Charak Samhita Vol-1, Vaidya Manorama Hindi Commentary, Chaukhamba Sanskrit Pratishthan, Delhi, 2013, Sutrasthan Adhyay 10, verse no.11-20, page no.220.
6. Tripathi B, Ashtang Hridayam, Nirmala Hindi Commentry, Chaukhamba Sanskrit Pratishthan, Delhi, Sutrasthan Adhyay 1, verse no.22, page no.3.
7. Tripathi R, Charak Samhita Vol-1, Vaidya Manorama Hindi Commentary, Chaukhamba Sanskrit Pratishthan, Delhi, 2013, Chikitsastan Adhyay 16, verse no.34, page no. 275.
8. Davidson S, Textbook of Medicine, E & S Livingstone Ltd., 9<sup>th</sup> edition, 1968, page no.891.
9. Tripathi R, Charak Samhita Vol-1, Vaidya Manorama Hindi Commentary, Chaukhamba Sanskrit Pratishthan, Delhi, 2013, Chikitsatan Adhyay 25, verse no.22, page no. 566.