

AYURVEDIC APPROACH FOR NIDAN (DIAGNOSIS) OF DISEASES***¹Dr. Anuja Sudhir Kulkarni and ²Dr. Sonali Sunil Mahajan**¹Professor, Rog Nidan Dept., Dr. VJD Gramin Ayurved College, Patur (Maharashtra).²Asst. Professor, Rog Nidan Dept., Dr. VJD Gramin Ayurved College, Patur (Maharashtra).Article Received on
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Diagnosis is a very important aspect of Ayurveda. As per ayurveda diagnosis involves the identification of causes of diseases. Proper diagnosis is essential feature of disease treatment. There are various factors can affect health such as; diet, life style and some external factors. Since ayurveda treats according to the prakriti of an individual thus proper diagnosis required for the accurate suggestion of medicine intake. Basically ayurveda believes that diseases are occurs due to the imbalance of three vital component known “tridosha” i.e. Vata, Pitta and Kapha. The tridosha imbalance may occur due to the improper diet & lifestyle and need to be diagnosed properly for specific treatment of a particular disease. This article discusses some diagnostic approaches of ayurveda as tool for nidan.

KEYWORDS: tridosha, Ayurveda, Nidan.**INTRODUCTION**

Ayurveda is a traditional medicine and natural healing system in India. A physician ‘s humanistic effort ensures an honourable place for him in society.^[1] Ayurvedic diagnosis is based on etiological factors. The approach of diagnosis involves investigation of causes and their correlation with sign & symptoms. Charak Samhita and Sushrut Samhita described diseases according to Nidan Panchak.

Madhav Nidan is a classical approach of diagnosis having more than 5,000 signs and symptoms for the identification of diseases. Diagnosis in ayurveda mainly depends on the prakriti of an individual and progression of the diseases. Another important aspect of diagnosis (vikriti pariksha) is considération of dosha movement and pathology of dhatu & mala. There are many abnormal conditions can be corelated with ‘dhatu & dosha imbalance’

i.e; hormone imbalances can be correlates with problem of Dhatu. Similarly Kapha and Vata problems indicates higher and lower level of hormones respectively. Stress can be correlated with Vata disturbance. Disturbances of Pitta indicates problem like; acidity, blood pressure and burning eye. Likewise Kapha imbalance can be correlates with condition of fatigue, restlessness, etc. Looking importance.s of dosha imbalance ayurveda suggests some points need to be consider as diagnostic tools; known as Pancha Nidana; these are the cause (nidana), signs (purva rupa), symptoms (rupa), investigative methods (upashaya) and disease prognosis (samprapti). The pancha nidana utilizes causative factor (nidana) as a part of dosha imbalance. It is also important to identify type of dosha.

Pancha Nidana

Nidana Purvarupa Samprapti Rupa Upashaya.

Nidana

Nidana considers the disease causing factors like; diet, life style, environmental factors and injuries as sources of any diseases which overall leads the imbalance of doshas. The ancient text of ayurveda correlates causative factors with the type of dosha associated with disease. In ayurveda, nidana parivarjana or “avoiding the cause” is considered as the first line of treatment in most of the diseases.

Purvarupa

Purva rupa considers initial sign and symptoms of disease. These symptoms may term as warning symptoms for any particular disease and appear before the other aggravated symptoms appeared. Each disease has specific preliminary signs and purva rupas approach believes that many diseases may have similar sign and symptoms but their initial features may vary thus disease can be diagnosed accurately initially and treat accordingly.

Rupa

Rupa considers main sign and symptoms of a disease as actual manifestation process. This is a prompt and well defined stage of disease with clear-cut specified symptoms. The rupa can be considered as advanced form of the warning signs (purva rupa).

Upashaya

Many diseases having special preliminary signs and symptoms these are the basic consideration of upashaya applied for the some special type of diseases. The investigational

and treatment options involve utilization of proper diet, herbal remedies or physical therapies. Dietary changes may be recommended to confirm suspected diagnosis.

Samprapti

Samprapti is to get the proper knowledge about the pathway of disease manifestation. This provides complete knowledge of the disease development stages, starting from the causes to the final stage of investigation; this approach considers role of doshas as well as location where the imbalance prompt (dooshya). This approach takes each and every stage of disease development as tool of diagnosis and treatment.

Principles of Ayurvedic Nidana

It has been said that the origin of ayurveda involve scientific reasoning which works around its principles. Diagnostic methods of ayurveda based on the principle concept of dosha imbalances. On the basis of dosha imbalances ayurveda suggests some methodologies for diagnosis of diseases such as; Trividh, Astavidh, Dashvidh, Nadi Pariksha.

1. Trividh: The decision regarding disease must be established only after complete examinations for this purpose ayurveda describes some triads under the category of Trividh Pariksha as follows according to Sushrut Samhita.^[2]

- . Darshana
- . Sparshana
- . Prashna

Darsana Pareeksha

Darsana Pareeksha means diagnosis of disease through patient observation including physical manifestations of symptoms like; skin colour, eyes appearance and behaviors etc.

Prashna Pareeksha

Principle of this approach based on the detailed discussion as questions and answers between physician and patients which helps to correlate with the instances of dosha imbalance.

Sparshana Pareeksha

This nidana approach principally involves diagnosis by using touching sensation, palpitation and percussion.

Trividh pariksha in Charak Samhita – Aaptopadesha, Anumama, Pratyaksha.^[3]

2. Ashtavidh: Ashtavidh Pariksha considers eight various aspects for diagnosis purpose. It is described in Yog Ratnakar.^{[4][5]}

- . Nadi Pariksha (Pulse examination)
- . Jivha Pariksha (Tongue examination)
- . Shabda Pariksha (Voice examination)
- . Sparsha Pariksha (Skin examination)
- . Drka Pariksha (Eyes examination)
- . Akrti Pariksha (General appearance examination)
- . Mutra Pariksha (Urine examination)
- . Mala Pariksha (Stool examination)

3. Dashvidh Pariksha: This approach utilizes following ten factors for making decision regarding disease. It is described in Charak Samhita.^[6]

- . Prakriti (Physical constitution)
- . Vikriti (Pathological condition)
- . Sara (Conditions of tissue)
- . Samhanana (Body frame work)
- . Pramana (Limbs and elements)
- . Satmya (Homologation)
- . Sattva (Mental constitution)
- . Ahara shakti (Agni)
- . Vyayama shakti (Capacity of exercise)
- . Vaya (Age)

4. Nadi Pariksha (Pulse Diagnosis) according to Yog ratnakar

In ayurveda the pulse examination is very vital component of traditional diagnostic methodology which involves observation of circulatory movement of vessels of wrist (Pulse examination).

Diagnosis through pulse requires highly expert technical hands to establish accurate correlation between pulsation and disease type. Three fingers placed in position over Nadi indicate the condition of tridosha. The index finger denotes Vata, middle for pitta and ring finger for kapha. Nadi Gati are Manda, Madhyam and Tikshna.^[10] This approaches based on the fact that the pulsations dictate the physiological status of the entire human body. It involves examination of pulse by applying pressure until to get maximal pulsation and then

observation of various pulse phases with varying pressure.

Pulses need to be observed deeply, to predict physiological changes. Generally examination of radial pulse performed to diagnose disease.^[7,8]

Shatkriyakaal

Shatkriyakaal is an ayurvedic concept describes stages of disease prognosis means physiological transitions from normal to abnormal conditions. These stages help in early diagnosis of diseases.^[9]

CONCLUSION

This review describes some disease diagnosis approaches as basic tool of Rog-Nidana as per ayurveda; articles also suggest that utilization of proper diagnostic techniques helps to determine the accurate treatment option to cure disease permanently. Ayurveda suggests various techniques for Rog-Nidana (disease diagnosis) including pancha nidana which helps to identify causes and type of disease. Preliminary consideration of signs and symptoms of a particular disease can help to eliminate disease initially even before the disease has actually established. The knowledge of disease pathway helps to select treatment regimes in order to ensure the permanent cure. The ultimate aims of all Rog-Nidana approaches are to determine improper physiology of internal tissues, excretory system, agni (digestive system) and immune system, etc. Proper Rog-Nidana approach is very essential to prevent disease or disease prognosis.

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