

## AYURVEDIC REVIEW ON ROGI PARIKSHA SIDDHANT IN SHORT

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### ABSTRACT

Ayurveda system of medicine works on logical concepts and facts and based on fundamental principles which involves; Tridosha theory, Pancamahabhuta theory and concept of three vital pillar. The management of disease needs proper diagnosis and selection of appropriate treatment regimen. There are various investigational methods (Pariksha) available for the identification of pathological condition such as; Sparsanam, Darsanam, Prasnam, MoothramPariksha, PurishaPariksha, NadiParikshaand JihwaPariksha, examination of colour of skin and state of the pupil. This article presents basic Siddhantaof various Parikshaused for disease identification.

**KEYWORDS:** Ayurveda, Pariksha, Purisha Pariksha, Ashtasthana Pariksha, Pramana Pariksha.

### INTRODUCTION

Ayurveda emphasized not only treatment modalities of disease but also gives importance to the various diagnostic methods which play significant role towards the identification of pathological condition. The different Pareekshafor disease diagnosis involve methods such as; Darsana, Sparsanamand Prasnam, etc. Darsanainvolves inspection and observation and considers various factors like age and physical characteristic of the patients. Sparsanam involves observation through touching sensation; it considered palpation, percussion and auscultation. Prasnaminvolve interrogation where patient asked about his ailments and

symptoms associated with disease conditions.<sup>[1-3]</sup>

### **Dasavidha pareeksha**

- Dooshyam: Consider structural and functional abnormalities.
- Desham: Geographical consideration of diseased person.
- Balam: Consideration of strength.
- Kalam: Consideration of climatic conditions.
- Analam: Consideration of patient's digestive system.
- Prakrithi: Consideration of patient's Tridosha constitution.
- Vayas: Consideration of patient's age.
- Satvam: Consideration of patient's mental status.
- Sathmyam: Habitual consideration such as; smoking, drinking and daily life routine.
- Aharam: Consideration of nature food habits.

### **Ashtasthana pareeksha**

- Nadi : Pulse examination.
- Moothram : Urine examination.
- Malam : Stool examination.
- Jihwa : Tongue examination.
- Sabdam : Examination of voice and speech.
- Sparsham : Touching sensation.
- Drik : Eyes and vision examination.
- Akrihi : Consideration of general body buildup; lean or muscular, etc.<sup>[2-5]</sup>

### **Pramana parikshavigyaniam**

Pramana Vigyaniam is considered as an important method of Ayurveda system. Aptopadesha (Authoritative statement), Pratyaksha (Perception), Anumana (Inference) Yukti (Sound reasoning) and Upamana (Analogy). Aptopadesha Pramana (Authoritative Statement) considers learned, the precept of learned and not associated with Rajas & Tamas. Aptapossess knowledge devoid of doubt, indirect & partial acquisition and attachment. Pratyaksha Pramana (Direct perception) involves various types of the methods for knowledge acquisition; knowledge perceived by sense organs & mind. Anumana Pramanainvolve act of inferring knowledge of unknown from the known facts it is indirect reasoning based knowledge. It involves three types of inference; inference of the cause from the effect which relates to past, inference of the effect from the cause which relates to future. While the third

interface involve commonly observed events at present. YuktiPramanaconsidered knowledge which produced by combination of multiple causative factors (rationale or logical reasoning). It is aimed to achieve three objects; dharma, artha & kama. Yuktiinvolve rational & fruitful combination of several factors. Yuktiis the rational planning of therapeutic measures; proper planning of treatment associated with dosage & time of administration ofdrug.<sup>[8]</sup>

### **Purisha pariksha**

Stool examination is an important investigational method used for disease diagnosis. It is a component of AshtasthanaPariksha. The changes in metabolic process during the disease condition may be observed in excretory products such as; urine, sweat and stool. The disease can be identified by investigating metabolic products and stool examination help to understand presence of various disease such as; Ama, constipation, diarrhea and Agnimandya. The changes in physical state of Purisha (stool) during pathological condition play significant role for the diagnosis of Bala-Roga. Jala Nimajjana Purisha Parikshahelps to understand functioning of Agni and presence of Ama. Malasare two types; Sharirika Mala and Dhatu Mala, Sharirika Mala classified into three parts Mutra, Purishaand Sweda, Purishaformed after digestion and Purisha Parikshamainly involve examination of stool characteristics such as; color, quantity, odor, froth and consistency. Presence of froth Froth in stool according to Ayurveda is due to Vata Dosha. Changes in consistency of stool may be indicative of Kapha Dosha, Baddha/Vibaddha, Shushkaand Pitta Dosha. GhranajaParikshaof stool indicates condition such as; smell of Ama (Amagandhi), smell of raw meat (Visragandhi) and smell of dead body (Kunapagandhi) while SparshaParikshaof stool involve consideration of Sheetata, Ushnata, Snigdhaand Rukshataofstool.<sup>[6-7]</sup>

### **Mutrapariksha**

The color, appearance, odor and consistency of urine provide significant information about various pathological conditions as follows:

Pandu varnaor Nilamurine: Vataaggravated diseases.

- Frothy or Snigdha (cloudy) urine: Kaphaaggravated diseases.
- Yellowish or Rakta Varna (reddish) urine: Pitta aggravation diseases.
- Snigdhaand Ushnaurine: Raktaaggravation.
- Krishna Varna (blackish) urine: Sannipatastate.
- Tandulodaka (rice water) appearance ofurine:  
Ajirna.

### Tailabindupariksha

Mutrapariksha (Examination of urine) is an important diagnostic method as per Ayurveda and has been exclusively mentioned in various Ayurveda literature such as; Yogaratnakar, Basavarajiyamand Chikitsasaraetc. Consideration of color, appearance, odor and consistency of urine provide significant information about various pathological conditions. Tailabindupariksha is a special technique for the examination of the Mutra, in this method patient's early morning urine sample is collected in clean oval shaped earthen pot, one drop of Tilataila (Sesame oil) is slowly dropped over the surface of urine under sunlight. The patterns of oil drop distribution on the urine are considered as diagnosis tool to estimate disease prognosis as follows:

- Snake like image of Tailabindu: Vataroga.
- Umbrella shape: Pittajaroga.
- If urine spreads like Pearl (Mukta): Kaphajaroga.
- Mandala (Circular shape) of Taila: Vata aggravation.
- Budbuda (Bubbles) shape of Taila: Pittadiseases.
- Bindu (Globule or droplet) shape of Taila: Kapha diseases.
- Chalini (Sieve) shape of Tailabindu: Kuladosha (Genetic disorder).
- Tailabindutakes image of Narakaram: Bhutadosha.

The literature study reveals that the Mutrapariksha & Tailabindupariksha acts as vital diagnostic tool which provides important information related to the disease pathology and disease progression.<sup>[9,10]</sup>

### CONCLUSION

Ayurveda system described various investigational methods (Pariksha) for the identification and treatment of disease i.e.; Sparsanam, Darsanam, Prasnam, Moothram Pariksha, Purisha Pariksha, Nadi Pariksha and Jihwa Pariksha, etc. These all approaches play significant role towards the appropriate diagnosis of disease and correct diagnosis of disease is very essential to decide select treatment regimen. The Rogi Pariksha encompasses conventional as well as some especial diagnostic method like; Tailabindupariksha and every method contribute significantly towards the management of diseases. This article presents basic Siddhanta of various Pariksha used for disease identification.

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