

**CONCEPT OF ASHTAVIDHA PARIKSHA IN AYURVEDA****Dr. Shashank Shukla\***

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**ABSTRACT**

Ayurveda is an ancient system of life and also the oldest surviving medical system in the world. Dating back almost 5000 years, it is also considered to be an ancient science of healing that enhances longevity. It has evolved from the quest to have a happy life, through a deep understanding of creation and its maintenance, perceived and conceived by the rishis or seers of ancient India. Ayurveda emphasizes upon life in general with bit more emphasis on human life. The science of Ayurveda is based on the sound tenets of diagnosis which necessitates no clinical or costly investigations which are beyond the reach of the common and less privileged populace. To find out the real source of the diseases Ayurveda follows certain tests and examinations

in different stages of diseases. ASHTAVIDHA PARIKSHA, one of the clinical assessment methods of Ayurveda thoroughly analyzes the overall condition of a patients' body to find the underlying symptoms. The Ashtavidha Pariksha, the eight limbs of clinical assessment – Nadi, Mutra, Mala, Jihva, Shabda, Sparsha, Drik and Akriti, give us detailed perception about the disease.

**KEYWORDS:** Ancient, Ashtavidha, Nadi, Mutra, Mala, Jihva, Shabda, Sparsha, Drik , Akriti.

**INTRODUCTION**

According to Ayurveda, each one of us has a unique mix of three body components that constitutes our mental, physical and spiritual well-being. These three components are known as doshas, which are further classified as Vata (air-ether), Kapha (water-earth) and Pitta (fire-water). But each individual has its own unique constitution that is usually governed by one or two of the doshas predominantly. It means that that our Ayurvedic constitution is mainly be

either of these doshas or a mixed constitution of two doshas like Vata & Kapa, Kapa & Pitta or Vata & Pitta.

### **Vata**

The vata dosha is known to govern all the movements of mind and body. From controlling the blood flow to elimination of the waste and harmful toxins to breathing and the flow of thoughts in the mind; the vata dosha is like a predominant force that minimizes stress and feeds the creativity within you. If the vata dosha is in balance, you will feel energetic, enthusiastic and lively, but the moment it becomes imbalanced, it manifests in the body problems like constipation, hypertension, fatigue, digestive challenges and restlessness among others.

### **Pitta**

The pitta Dosha controls digestion, metabolism, and energy production. The primary function of Pitta is transformation. Those with a predominance of the Pitta component have a fiery nature that manifests in both body and mind. Pittas have a lustrous complexion, perfect digestion, abundant energy, and a strong appetite. When out of balance, Pittas may suffer from skin rashes, burning sensations, peptic ulcers, excessive body heat, heartburn, and indigestion.

### **Kapha**

Kapha dosha governs all structure and lubrication in the mind and body. It is the component that holds the cells together and forms the muscle, fat, bone, and snayu. It controls weight, growth, lubrication for the joints and lungs, and formation of all the seven tissues — nutritive fluids, blood, fat, muscles, bones, marrow and reproductive tissues. It helps build excellent stamina but when it goes out of balance it can also cause a person to become overweight, sleep excessively, and suffer from the problem of diabetes, asthma and depression.

In Ayurveda classical texts, Acharyas like Charak, Sushruta, Vagbhatt, Yogratnakar had given different Parikshas to assess the condition of the patient. “Asthashana Pariksha” also termed as “Ashtavidha Pariksha” was given by Yogratnakar.<sup>[1]</sup>

It has its own significance in the diagnosis of diseases. Yogratnakar described eight varieties of Rogi Pariksha namely<sup>[2]</sup>

- Nadi Pariksha - Examination of Pulse
- Mutra Pariksha - Examination of Urine
- Mala Pariksha - Examination of Stool
- Jihva Pariksha - Examination of Tongue
- Shabda Pariksha - Examination of Voice
- Sparsha Pariksha - Examination by Touch (skin)
- Drik Pariksha - Examination of Eyes
- Aakriti Pariksha - Examination of General Appearance (Physique or body)

**1- Nadi pariksha:** Nadi(Pulse) means passage or channels of various bodily constituents that connect various functional aspects and is indicative of the alteration from its normalcy. The examination of strength, rhythm, speed, quality of the nadi shows each change occurring in the body, just similar to the strings of veena which produce music. Nadi can tell us doshapradhanya, dosha involved in pathogenesis, prognosis, a span of life, forthcoming death etc.

Dosha Involved	Character of nadi	Modern comparison
Vata	Fast, regular, moves like a snake/leech	Thread or irregular pulse
Pitta	As a jumping frog	Throbbing, forceful, rich and elevated in the middle
Kapha	As a movement of swan	Slow, steady and somewhat heavy

**2- Mutra pariksha:** Urine is an important waste product of the body and its examination yields valuable information regarding health and ill health and is always examined by naked eyes to check the colour, consistency, frequency, sediments if present. Tailabindu pariksha is a diagnostic tool of urine examination developed by the Ayurvedic scholars and also enlightens knowledge on the prognosis of the disease condition. Sadyaasadyata i.e. prognosis of diseases can be determined by performing taila bindu pariksha on mutra of different individuals. Mutra pariksha should be performed after the nadi pariksha and it is said that only the knowledge of mutra pariksha is enough to know the signs and symptoms of the diseases.

### **Taila – Bindu Pariksha**

Taila Bindu Pariksha is one of the important method for Mutra Pariksha mentioned in Yogratnakar. The patient should be awaken in the early morning and urine must be collected

in a fresh glass jar. We should let go the first few drops of urine and collect only the middle stream and examination of collected urine is done. A drop of Tila taila is put in the collected urine with the help of Trina.<sup>[3]</sup> The shape and the direction in which the taila spread indicates a lot of information for the physician to make a prognosis.

#### **Taila Bindu Appearance in Different Dosha Vikar.<sup>[4]</sup>**

S. No.	Dosha	Appearance
1.	Vata	Sarpakara (Snake)
2.	Pitta	Kshatrakara (Umbrella)
3.	Kapha	Muktakara (Pearl)

**3- Mala Pariksha:** Colour, consistency, floating nature, smell, presence of blood or mucus and frequency of mala i.e. stool gives us the knowledge of the dosha involved in pathogenesis, sign and symptoms of diseases, prognosis, a span of life forthcoming death etc. The idea of digestive fire i.e. Agni of the patient can be known through the examination of faecal matter by the naked eye. So, it is necessary to perform mala pariksha during the assessment of the patients.

**4- Jivha Pariksha:** Features like coating, loss of sensation, change in size, ulcers, and any discoloration are assessed in jivha (tongue) of patients to diagnose the dosha abnormalities.

Dosha Involved	Sign & symptoms
Vata prakopa	Cold & rough, cracked
Pitta prakopa	Yellow or red
Kapha prakopa	White & slimy
Dwanda prakopa	Combined features
Sannipata prakopa	Black with thorn like structure

**5- Shabda Pariksha:** Shabda Pariksha is the examination of the various sounds produced by the various organs of the body. Some of the organs like the heart, lungs, etc produce sounds during their normal functioning. During the condition of a disease, these sounds undergo changes. Hence, Shabda Pariksha will be very helpful to arrive at correct diagnosis.<sup>[5]</sup>

S. No.	Dosha	Shabda
1.	Vata	Guru (Heavy)
2.	Pitta	Sphuta Vakta
3.	Kapha	Guru and Sphutita (Absence of these two characters)

**6- Sparsa Pariksha:** Sparsa Pariksha Idea perceived (skin temperature, its colour, tenderness, abnormality in pattern) by inspecting or palpating the patients give us an idea of

the doshapradhanya of the diseases and the information about many chronic alignments present.<sup>[6]</sup>

S. No.	Dosha	Shabda
1.	Vata	Sheetal (cold and rough)
2.	Pitta	Ushna (Hot)
3.	Kapha	Aadra (wet and cold)

**7- Drik Pariksha:** Drik refers to eyes and vision. Eyes are one of the most important part of the human body as well as the physical examination. The examination of the eyes of the patients provides some very useful information about the Doshic conditions. Hence, examination of eyes i.e. Drik Pariksha has been included in the “Ashtasthana Pariksha”.<sup>[7]</sup>

S. No.	Dosha	Lakshana in the Eyes
1.	Vata	Dhumra (smoky), Aruna, Nila, Ruksha, Chanchala (unstable), Antahpravishita (sunken), Roudra (terrifying), Antarjwala (glows inside)
2.	Pitta	Haridra, Rakta, Malina (dirty), Tikshna (penetrating), Prabha (lustre), Dahayukta (burning sensation), Dipa – dwesha (Fear of light)
3.	Kapha	Shweta, Dhavala, Pluta (watery), Snigdha (greasy), Sthira (steady), Jyotihina (lustreless), Kanduyukta (with itching)
4.	Dwandwaja	Mixed Lakshana of the involved Doshas
5.	Sannipataja	Shyam-varna, Tandra, Moha – yukta, Roudra and Rakta Varna

**8- Akriti Pariksha:** Akriti pariksha is the judgement of owns disease status by the examination of owns body features because the overall built is indicative of the amount of strength, stamina and life force. Pramana (measurement) & samhanana (compactness) pariksha are essential in this. Clinical examination of the measurement of individual organs of the body to understand the superiority, mediocrity and inferiority of one's anthropometry in response to his age and sex is known as pramana pariksha and the examination of patients with reference to his compactness of the body is known as samhanana pariksha.<sup>[8]</sup>

S. No.	Dosha	Akriti
1.	Vata	Dhusar Varna, split hair, prone to diseases, dislikes cold, dry skin, Mitrata and Gati are chanchal (unstable).
2.	Pitta	Fair in colour, Hot, Tamra Varna, Shoor & Maani (Swabhimaani) and Alpa Kesha (less hair).
3.	Kapha	Saumya, well built body and joints, Sthula & Balvana, Gambhira

**For Example:** The doshic influences that reflect on the face of the patient enable physicians to gauge the basic constitution and the nature of the disease. The constitution or body type of

the individual may have a bearing on the disease process. The regional distribution of eruptions gives an idea of the diagnostic clues. Abnormal dryness of the skin from loss of sweating may be found in dehydration, hypothyroidism, Scurvy etc.

## DISCUSSION AND CONCLUSION

Proper assessment and investigation of patient help in ruling out the root cause of the diseases, pathogenesis, planning the treatment protocol according to the nature of patients and diseases. Prognosis fully depends upon the nature & chronicity of disease, dosha involved in the pathogenesis and prakriti of patients, so if we plan the treatment according to it, we can definitely achieve a win over the diseases and eradicate the diseases from its root. Thus, this examination greatly helps the clinician to gather adequate information about the nature of pathology and its location in the body. Hence it is always necessary to perform the Ashtavidha Pariksha during treating patients in order to have a proper diagnosis and plan treatment according to diagnosis to have a proper prognosis of the diseases.

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