

## INTRODUCTION OF DASHA VIDHA ROGI PARIKSHA IN AYURVEDA- A REVIEW

Dr. Gunvanti Ratre<sup>1\*</sup>, Dr. Nidhi Markam<sup>2</sup> and Dr. Omprakash Koshima<sup>2</sup>

<sup>1</sup>Professor Dept. of Samhita Siddhant, Government Ayurved Medical College and Hospital,  
Dist.- Bilaspur, Chhattisgarh.

<sup>2</sup>Lecturer Dept. of Samhita Siddhant, Government Ayurved Medical College and Hospital,  
Dist.- Bilaspur, Chhattisgarh.

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\*Corresponding Author

Dr. Gunvanti Ratre

Professor Dept. of Samhita  
Siddhant, Government  
Ayurved Medical College  
and Hospital, Dist.-  
Bilaspur, Chhattisgarh.

### ABSTRACT

The *Dasha Vidha Atura Pariksha*, or tenfold examination, is a personalized health assessment that evaluates both the physical and mental aspects of an individual. It also assesses the pathological factors contributive to a patient's condition, helping in actual treatment planning. Despite the accessibility of modern tests concentrating on full organ examination, this examination remains relevant by seeing the patient's personality. Out of the ten factors examined, nine focus on the individual's health profile. *Prakriti* examines *Dosha* status, *Sara* indicates tissue nutritional status, and *Sattva Sara* and *Sattva Pariksha* assess psychological setup. Other issues like *Samhanana* (compactness), *Pramana* (body measurements), *Vyayama shakti* (exercise tolerance), and *Vaya* (age) deliver insight into physical strength. *Satmaya* and *Ahara shakti* specify food habits and *Agni* status. *Dasha Vidha Pariksha* is unique due to its individualistic,

noninvasive, and qualitative/quantitative analytical approach, making it an ideal clinical tool for today's physicians. This article aims to highlight the broader applicability of this ancient wisdom.

**KEYWORDS:** *Dasha Vidha Pariksha, Roga Bala, Rogi Bala, Dashavidha Pariksha, Vyadhi, Swasta, Dasha Vidha Atura Pariksh, Tenfolds* of examination.

## INTRODUCTION

Medicine is not just a science; it is an art that demands expertise in both diagnosis and treatment. Charaka, a foundational figure in Ayurveda, underscores the significance of accurate diagnosis, asserting that understanding the disease is the critical first step for effective treatment. In Ayurveda, the term "Pareeksha" signifies careful examination or study, involving a comprehensive analysis in three dimensions: understanding the purpose (Uddesha), specific instructions (Nirdesha), and characteristics (Lakshana). This scrutiny relies on our senses and a focused mind, with various methods such as direct observation (Pratyaksa) and logical reasoning (Anumana). Patient examinations are categorized into types like Dwividhapareeksha (direct observation and logical reasoning), Trividha pareeksha (observation, touch, and questioning), Chaturvidha Pariksha (direct observation, logical reasoning, advice, and practical knowledge), Shadvidha Pariksha (examining sensory organs and asking questions), and Astha vidha pariksha (checking pulse, urine, stool, tongue, sound, touch, sight, and appearance).

Furthermore, Dasha Vidha Pariksha involves examining ten factors related to a disease, emphasizing aspects like Kaarana (cause of action), Karana (instrument), Karyayoni (original source of action), Karya (action), Karyaphala (result of action), Anubandha (after effect), Desha (place of action), Kala (time), Pravrutti (initiation of action), Upaya (plan of treatment). The place in Dasha Vidha Pariksha is of two types: physical location (Bhumi Desha) and the patient's condition (Aatura Desha). Examining the patient helps determine their lifespan or strength level, with treatment plans tailored based on the patient's strength and the severity of their condition. Traditional examinations usually focus on either disease analysis or patient examination, but Dasha Vidha Atura Pariksha stands out by evaluating both the disease and the patient.

## OBSERVATIONS AND DISCUSSION

Out of the ten points of Dashavidha Priksha, nine mainly deal with the health profile, while the remaining one, Vikriti, represents the analysis of pathological factors. This analysis helps physicians determine the suitability of food and drugs and their effective doses for a particular patient. Therefore, each factor of Dasha Vidha Pariksha is discussed in detail.

### 1. *Prakriti Pariksha*<sup>[2]</sup>

- Definition: *Prakriti* refers to an individual's inherent constitution.

- Influence Factors: Formed at conception, influenced by gametes, maternal uterus, dietetics, habits, and environment during fetal life.
- Importance: Determines health status, immunity, digestion, metabolism, and influences disease and its management.<sup>[3]</sup>
- **Benefits**
  - Prediction of Health Status: *Prakriti* predicts the physical and mental health status and longevity of a person.
  - Promotion of Health and Prevention of Diseases: *Prakriti* assessment reveals the dominant *Dosha* status of a person.
  - Prognosis: Disorders induced by the dominant *Dosha* of *Prakriti* are expected to be more challenging to manage.
  - Treatment Planning: Helps in planning rational treatment.
  - Research Opportunities: Analyzing the results/effects of treatment according to *prakriti* can determine the effectiveness of drugs in patients with different *Prakritis*.

## 2. *Vikruti Pariksha*

A patient should be examined with respect to *Vikruti* also. *Vikruti* represents the pathological manifestations may be called as pathological disorder or disease. The disease should be examined in terms of strength of: Hetu (Cause of disease), *Dosha* (Three basic humors viz. Vata, Pitta, Kapha), *Dooshya* (Seven viz. plasma, blood, muscular, adipose, bone, nervine and seminal), *Prakriti*, *Desha* (Geographical residence of the patient), *Kala* (Season in which the disease has evolved), *Bala* (Defensive power of the patient), *Linga Vishesh* (Symptoms). Importance of *Vikruti Pareeksha*: The strength of the pathology depends upon the strength of the vitiated *Doshas*. Hence, it is of the three types as per the three *Doshas*. Depending upon the severity of the pathological strength of vitiated *Doshas*, the medicine should be administered. The severity of the disease is decided on the strength of the above-mentioned *Dosha*, *Dooshyadi* pathological factors. The disease in which there is favorability of *Dosha*, *Dooshya*, *Prakriti* etc. factors is said to be severe. Whereas, unfavourability in above factors cause less severe disease.<sup>[4]</sup>

## 3. *Sara Pariksha*

- Definition: Examines the status of *Dhatu* (tissues) and *Mana* (mind).<sup>[5]</sup>
- Sara Types: Eight types, with *Sattva Sara* considered the best.

- **Benefits**

- Utility for Prediction of Health Status: Judging a person's strength based on external features can be misleading.
- Promotion of Health and Prevention of Diseases: A person with *Pravara Sara* possesses optimal strength.
- Prognosis: Diseases in individuals with *Avara sara* are generally more difficult to manage.
- Treatment Planning: Correlations can be drawn between sara types and optimum presence of various body elements.
- Research Opportunities: Correlations can be drawn between sara types and various health parameters.

#### 4. Samhanana and Pramana<sup>[6]</sup> Pariksha

- Samhanana: Assesses the compactness of the body and the integrity of tissues.<sup>[7]</sup>
- Pramana: Measures various body parts and subparts.<sup>[8]</sup>
- Importance: Crucial for predicting, promoting health, ascertaining prognosis, planning treatment, and research.

- **Benefits of Samhanana**

- Prediction of Health Status: A compact body indicates good strength.
- Promotion of Health and Prevention of Diseases: Improving *Avara Samhanana* through regular exercise can strengthen the body.
- Ascertaining the Prognosis: Diseases in obese or flabby individuals are harder to cure.
- Planning the Treatment: *Avara Samhanana* individuals may not tolerate strong drugs well.
- Research Utility: Studies correlating *Samhanana* with BMI and other tests for measuring body fat and related factors can provide valuable insights.

#### 5. Satmya<sup>[9]</sup> (Homologous) Pariksha

- Types: *Pravara*, *Madhyama*, and *Avara*.
- Importance: Evaluates adaptation to certain foods.<sup>[10]</sup>

- **Benefits**

- Prediction of Health Status: People with *Pravara Satmya* are generally strong.<sup>[11,12]</sup>
- Promotion of Health and Prevention of Diseases: Understanding a person's tolerance through *Satmya* analysis helps in maintaining health.

- Ascertaining the Prognosis: Diseases in people with *Pravara Satmya* may be easier to treat.
- Planning the Treatment: Knowing *Satmya* helps in creating an effective treatment plan.
- Research Utility: Studies can be conducted to connect the concept of *Asatmya* with modern terms like allergens and allergies.

## 6. *Sattva* (physical)<sup>[13]</sup>

- Role: Crucial in the development, progression, and management of physical diseases.
- Levels: *Pravara*, *Madhyama*, and *Avara*.
- **Benefits**
  - Prediction of Health Status: *Pravara Sattva* individuals are less likely to engage in behaviors that cause diseases.
  - Ascertaining the Prognosis: *Pravara Sattva* individuals may endure serious diseases without much complaint.
  - Planning the Treatment: *Pravara Sattva* individuals may not readily express their suffering.
  - Research Utility: The role of *sattva* in various somatic and psychological diseases can be explored.

## ➤ **Stave ( mental)**

If we talk about *satva* it may lead us to mental status of person but we have seen that for becoming healthy we need physical and mental health fitness. Mind or psyche along with the soul controls the body of a person. *Satva Pareeksha* is a *Manobala* or mental stamina examination. *Satva* is of three types- *Pravara* or anybody having excellent psyche does not get puzzled by the onset of disease originated pain and tolerate well in comparison to other types of *Satva*. Least tolerance, for the similar degree of painful condition in a disease, is found in *Avara* (least capacity) *Satva* child/person. *Madhya Satva* person can perform the work after counseling, while an *Avara Satva* person/child does not satisfy by self or any other and has intolerance to mild disease, suffered with fear, greediness etc. and becomes unconscious just by looking blood etc.

## 7. *Ahara Shakti* (Food Power)

- Definition: Includes the ability to eat and digest.<sup>[14]</sup>
- Importance: Reflects digestive strength (*agni*).<sup>[15]</sup>

- How *Ahara Shakti* Helps
  - Predicting Health Status: Our strength and lifespan depend on the food we eat.
  - Promoting Health and Preventing Diseases: Balanced nutrition is crucial to prevent deficiencies and diseases.
  - Assessing Prognosis: Poor digestion suggests poor nutrition and weak immunity.
  - Planning Treatment: Proper understanding of *Agni* helps plan effective treatment.
  - Research Opportunities: Various methods like dietary recall, food frequency questionnaires, and food diaries can assess diet and digestion accurately.

## 8. *Vyayama Shakti* (Exercise Power)

- Definition: Capacity for physical work or tolerance for exertion.<sup>[16]</sup>
- Recommendation: Daily exercise up to half of one's strength.
- How *Vyayama Shakti* Can Help
  - Predicting Health Status: The ability to tolerate exercise indicates good strength.
  - Promoting Health and Preventing Diseases: Regular exercise contributes to both physical and mental well-being.
  - Assessing Prognosis: Diseases in individuals with good strength are generally more manageable.
  - Planning Treatment: The strength of a person influences the type and dosage of medications prescribed.
  - Research Opportunities: Various tests developed in the fields of defense and physical education can assess exercise capacity.

## 9. *Vaya Pariksha* (Age Assessment)<sup>[17]</sup>

- Stages: Childhood, Young Age, Old Age.
- **Benefits of Vaya for**
  - Ascertaining the Prognosis: Childhood and old age diseases may complicate if not properly treated.
  - Advance Old Age Diseases: Generally, more challenging to treat.
  - Young Age: Compactness and regenerative capacity make it favorable for disease cure.
  - Planning the Treatment: Children and aged individuals often require mild drugs and low doses.
  - Research: Research to assess the role of drugs in different age groups can guide treatment.

**10. Vikriti Pariksha (Assessment of Deviation from Normal)<sup>[18]</sup>**

- Evaluation: Deviation from normalcy in *Dosha, Dushya, Srotas, Agni*, etc.
- *Nidana Panchaka*: Aids in *Roga Pariksha*, determining disease status.
- Modern Techniques: Enhance diagnosis for targeted treatment based on specific disease stage.<sup>[19]</sup>

**CONCLUSION**

In conclusion, Dashvidha Pariksha emerges as a crucial diagnostic tool within Ayurveda, offering a meticulous examination of an individual's health. By evaluating body constitution, tissue conditions, age-related factors, and overall health status, this tenfold assessment equips physicians with a comprehensive understanding of patients. The dual assessment of both patient vitality (Rogi Bala) and disease strength (Roga Bala) provides a holistic perspective that guides the formulation of tailored treatment plans. Recognized as a vital diagnostic tool, Dashvidha Pariksha is positioned to play a central role in examining patients and predicting disease outcomes, emphasizing its profound significance in the realm of healthcare.

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