

INTRODUCTION OF ASHTASTHAN PARIKSHA ACCORDING TO AYURVEDA

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ABSTRACT

Ayurveda is the science of Indian traditional medicine consisting of a great history. It focuses on complete physical, mental, social and spiritual health of a person. It is the science of health and disease free life which is based on the principle of diagnosis. There are various diagnostic tools described in Ayurveda under Rog Pariksha and Rogi Pariskha. Ashtasthana Pariksha is one such important diagnostic tool for diagnosis of diseases. It also helps in providing disease – specific treatment. Ashtasthana Pariksha given in Yogratnakar includes examination of Nadi (pulse), Mutra (urine), Mala (faecal matter), Jihwa (tongue), Shabda (voice), Sparsha (touch/skin), Drik (eyes & vision) and Akriti (general body appearance). It is a complete and thorough examination of the diseased person. This helps in diagnosis

as well as establishing prognosis of diseases. This review article elaborates Ashtavidha pariksha on the basis of its clinical importance so that it can be applied in the medical practices.

KEYWORDS: Ayurveda, Ashtasthan, 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).^[1] 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.

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 normalcy². 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 awoken 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 Trina³. 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.^[4]

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.^[5]

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.^[6]

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”.^[7]

S. No.	Dosha	Lakshana in the eyes
1.	Vata	Dhumra (smoky), Aruna, Nila, Ruksha, Chanchala (unstable), Antahpravishta (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.^[8]

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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