

## IMPORTANCE OF TRIVIDHA PARIKSHA PADHHATI FOR DIAGNOSIS OF DISEASE: A REVIEW STUDY

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### INTRODUCTION

in ayurveda specific pareeksha must be performed in order to find out the specific cause of a diseases. In todays healthcare setting, making an correct diagnosis is essential. effective patient and illness evaluation is essential for a successful clinical practice. among the diagnostic aspects, roga pariksha and rogi pariksha play important role in disease assessment and progression of a disease can be checked only with the help of proper pariksha. Different methods of examination for diagnosis of disease are trivid, shadvidh, asthvidh and dashavid. These two distinct Trividha Pariksha components Aptopadesha, Pratyaksha, Anumana, and Darshana, Sparshana, Prashna help to achieve the aforementioned objectives. trividha pariksha is the basis for all of the many examination methodologies that our treatises teach. **Aim and Objectives:** To study the importance of Trivid pareeksha padhhati for diagnosis of disease. **Methodology:** Ayurvedic Samhitas, Modern literature, Journals, and review articles have been analysed for the

study. **Result:** Trivid pariksha in ayurveda has a key role in current clinical practise.

**Discussion:** Trividha pariksha is the foundation of all diagnostic techniques. Modern diagnostic techniques, such as MRIs, CT scans, and x-rays, are merely a medium for contemporary technology. Proficiency in Trividha pariksha is necessary for accurately interpreting any illness. A thorough understanding of Trividha pareeksha, or excellent clinical practise, is necessary for accurate diagnosis and therapy.

**KEYWORDS:** Trividha pareeksha, clinical practise.

## INTRODUCTION

Ayurveda is a complete science of life. It is a branch of health science that explains daily activities and pathyapathya, or dos and don'ts, in order to maintain health. It provides thorough explanations of a wide range of illnesses, treatment plans, and diagnostic techniques.<sup>[1]</sup> In Ayurveda, the physician's approach to clinical examination (disease diagnosis and patient diagnosis) is used to determine the disease's treatment and root cause. The process of disease management includes clinical examination, modifications to diet and lifestyle, diagnosis, and treatment.<sup>[2]</sup> The clinical examination is the foundation for a correct disease diagnosis and the organization of treatment. Making diagnostic decisions in Ayurveda is a difficult process. The "body humors" (dosha), body tissues (dhatus), excretory products (malas), digestive force (agni), and body channels (srotas) are among the many aspects associated with disease manifestation that are interpreted.<sup>[3]</sup>

Ayurveda also takes into account seasonal factors, pathogenic factors, and a patient's entire treatment plan, including diet, medication, and a constitution-appropriate regimen. This survey examines about Trividh Parisksha and its applications.<sup>[2-4]</sup>

## Pariksha

The root "iksha," which means to view, examine, or consider, and the preposition "pari," which means fixed in all directions, are what give rise to the word Pariksha; Therefore, pariksha refers to observation from all angles. There are numerous diagnostic methods in Ayurveda. There are two kinds of assessments: Rogi Pariksha and Roga Pariksha are examples of disease examinations.<sup>[5]</sup>

The Nidan Panchak, which contains Hetu (Etiological elements), Purvaroop (Prodromal side effects), Roopa (Genuine introducing side effects), Upashaya - Anupashaya (Side effect alleviating or irritating variables), and Samprapti, is remembered for Roga pariksha (Pathogenesis of sickness). These five elements (Nidan Panchak) examine while studying any condition.<sup>[6]</sup> Ask the patient how the condition started, whether it started suddenly, gradually, or with a particular sign or symptom. Find out about the advancement and relapse of the patient's side effects, as well as irritating and dying down factors. The use of the Trividh pariksha (Darshana, Sparshan, and Prashna) during a patient's examination is referred to as Rogi pariksha. Presenting symptoms will almost always be accompanied by accompanying symptoms, pointing to Vyadhi vinishchay, or diagnosis. Trividh pariksha is the groundwork of all Ayurvedic clinical assessments. Ayurvedic samhitas talk about and clarify it in various

spots. The patient's immunity and the patient's past disease history both reveal whether the current illness is related to a previous illness. The patient may have had some childhood disorders like masurika, romantika, and balapakshaghat. Common conditions include prolonged fever, hemoptesis, Madhumeha, Rajayakshma, and other serious conditions. Ask about Rutukala, Garbhasrava, Garbhapata, Prasava from female patients. Ayurvedic diagnostic techniques include Darshana, Sparshana, and Prashna, which are the most fundamental and crucial. The wide range of various symptomatic strategies are pretty much in view of these three-crease assessments.<sup>[7]</sup>

### **Darshana Pariksha**

Darshana is a Sanskrit expression that signifies "investigation." In order to fully examine the patient, observation is carried out. In vimanasthana, Acharya Charak point by point the assessment technique.<sup>[8]</sup> He proceeded to say that tone, shape, size, radiance, typical and neurotic conditions of the body, as well as other unmentioned perspectives ought to be generally analyzed with the eyes. The vital color examination (Varna) has the potential to act as a diagnostic marker. The shade of the skin, sclera, nails, and other body parts changes strangely in a few problems. The change in color is one of the defining features of various disorders.<sup>[9]</sup> The term "samsthana" refers to the body's structural shape or organs. One more substance that is concentrated on through investigation is structure. It could have a shape that is symmetrical, asymmetrical, even, or uneven.<sup>[10]</sup> At times, it could be raised or lowered abnormally. Some messes cause strange changes looking like body organs or then again body parts, for example, shotha and sandhivakrata in entanglements of sandhigatavata or amavata, Mukhavakrata in ardita, Stomach distension in Udara, etc.

The ratio of a person's body parts to their height and width is referred to as "Praman." It could be short, tall, or medium in stature. Acharya provided explanations for Anjali and Anguli Praman in Sharira Sthana and atirhaswa and atideergha in Ashtauninditiyaadhyay. This praman pariksha is similarly performed exclusively through darshan.

The term "examining the shadow and normal glow of the body" (Chhaya and Prabha) refers to the person's complexion and luster in relation to the shadow and normal glow of their body. Chhaya obscures the skin, while prabha lights up it. Darshana inspects both of the substances.

Different boundaries can be investigated with the utilization of darshana, for example, gati, or the patient's step; A gridhrasi patient may exist if the patient walks with one leg in a shaky

position. The stride of a heavy drinker or a sandhigata victim becomes sporadic also. Darshana can also be used to evaluate entities like aasan (sitting position), shayan (lying down position), kampa (tremors), and stambha (stiffness). Darshan pariksha can also include new imaging techniques like X-rays, CT scans, MRIs, and endoscopies that have been developed in recent years.

### **Sparshan Pariksha**

Sparshan pariksha is a strategy of assessment that utilizes contact to inspect the patient. Sparshan pariksha could include any and all percussion and palpation techniques. The temperature, growth, sore, expanding, as well as chilliness, hotness, unbending nature, throb, delicateness or harshness ought to be generally felt with the palmar surface of the hand.<sup>[11]</sup> The doctor who needs to know the patient's remaining life expectancy by palpation should touch the whole body of the patient.<sup>[12]</sup> Acharya Sushruta likewise referenced that cool, hot, smooth, harsh, delicate, hard, and so on., perception of touch in fever, swelling, etc., ought to be surveyed with palpation.<sup>[13]</sup>

Just sparshan can at times feel sandhikujan or joint crepitations. Sparshan can be utilized to survey hyperesthesia and delicacy. Numerous illnesses manifest atypical changes in neighborhood temperature of substantial parts, like the temperature of the stomach, joint, boil, or brow, which can be estimated with sparshan what's more, used to help, analyze the sickness. In sparshan pariksha, percussion and palpation techniques can also be used. Nadi is part of sparshan pariksha, and sparsha pariksha comes from ashtasthana pariksha.

### **Prashna Pariksha**

The main test done by verbal association with the patient or his relative is prashna pariksha, and that implies cross examination. Interrogation is a crucial component of the art of history taking. The specialist patient relationship is helped by vocal contact, which makes it simpler to assemble a total clinical history from the patient. According to Charakacharya, questions about bowel movements, dream types, preferences, pain, and pleasure should be asked through interrogation. According to Arundatta, an Ashtanghriday commentator, prashana pariksha was incorporated into shadvidh pariksha through interrogation and asked for the following things to be noted: Desham, Kalam, Jatim, Satmyam, Atanksamutpattim, Vedana samucchayam, Balam, Antaragnim, Vatapravritti or apravritti, Mutrapravritti or Learn about the patient's dreams, feelings, and whether or not they have had health problems since birth, as well as how long they have had them.<sup>[11]</sup> Prashna pariksha vidhi is explained by the following

points: Pradhanvedana, Rogi purvavritta, Parivarika charitra, and Vyaktigata charitra.<sup>[14]</sup>

### **Pradhan Vedana**

Pradhan vedana refers to the patient's symptoms of pain, discomfort, vomiting, and itching. The inspector ought to initially ask about the patient's concerns, for which the individual in question is looking for clinical guidance, trailed by a solicitation for sequential grouping.

### **Roga Purvavritta**

Grill the patient about how the condition started, whether it was unexpected, slow, or started with a particular sign or side effect.

### **Rogi Purvavritta**

It refers to a patient's assessment in regards to past sickness history tells whether the ongoing disease is connected with a past sickness and likewise the patient's resistance.

### **Pariwarika Charitra**

It has to do with the history of a family. It provides information about the health of close relatives and family members. It gives data about the patient's genotype, or hereditary cosmetics.

### **Vyaktigata Charitra**

Even though the illness is the same for everyone, each person has their own unique dehaprakruti, vaya, sattva, satmya, and sara, all of which contribute to the disease's pathogenesis. Cross examination can uncover data such as conjugal history, word related history, ecological history, social history, propensities, day to day daily schedule and food propensities, compulsion, history of satmya and asatmya, etc.

The patient's country of beginning or home has a huge influence on the illness' movement. Where you live affects your eating habits, lifestyle, mentality, and diet suitability. Since scourge sicknesses have a typical dwelling region.<sup>[15]</sup>

Occasional and age stages, as well as the start of affliction, are completely alluded to as Kaala. These kaala can exasperate disorder, consequently the age and specific times when side effects decline (if any) ought to be asked about and recorded. Satmya refers to the body's regular responses to potentially harmful substances. Prashna Pariksha helps with the assessment of satmya as well as vyasan, or enslavement.

## CONCLUSION

According to the preceding literature, the Ayurveda parikshan paddhati is centered on the trividh pariksha, or Darshan, Sparshan, and Prashna. The most comprehensive of all clinical tests is Trividh Pariksha. In the Trividh pariksha, Ayurveda incorporates indeed, even the littlest insights concerning a patient's clinical assessment.

For great clinical practice, a doctor should have a careful comprehension of assorted Pariksha. An accurate diagnosis can be made through proper case management without the need for specific investigations. Half of the patient's symptoms can often be reduced through positive interaction. Many refined instruments and tests are presently accessible to help with the clinical finding of illness; However, Trividh Pariksha continues to play a significant role in the diagnosis of diseases.

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