



IJAYUSH
International Journal of AYUSH
AYURVEDA, YOGA, UNANI, SIDDHA AND HOMEOPATHY
<http://internationaljournal.org.in/journal/index.php/ijayush/>

International Journal
Panacea
Research library
ISSN: 2349 7025

Review Article

Volume 10 Issue 02

March – April 2021

IMPORTANCE OF DIAGNOSTIC APPROACHES IN AYURVEDA AND MODERN SCIENCE: A REVIEW

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Abstract

Ayurveda the traditional modality of Indian medicine emphasizes many aspects related to the disease prevention and treatment, in this regards Ayurveda mentioned that disease diagnosis is first stage of disease management. Therefore diagnosis of disease is one of the prime concerns of medical physician since proper diagnosis play vital role in disease management. Diagnosis helps to identify root cause of disease, the elimination of root cause of disease required to acquire permanent relief from pathological conditions. Ayurveda mainly believe to identify and avoid causative factors of disease since internal or external factors causes imbalance of *Doshas* which results disease conditions. Ayurveda suggested that causative factors, sign, symptoms and pathological progression of diseases help to ascertain *Dosha* vitiation thus treatment can be planed accordingly. Considering this aspect present article deals with modern and conventional approaches of disease diagnosis and their clinical importance.

Key-Words: *Ayurveda, Diagnosis, Nidan, Diseases*

Introduction

Ayurveda believes that diagnosis and treatment of disease vary patient to patient and individual patient needs different attention due to the constitutional variation from others. Ayurveda treats person as per his/her constitution therefore disease diagnosis also depends persons to person and personalized methods adopted to manage various diseases. The method of diagnosis mainly helps to assess aggravation of *Doshas* i.e. *Vata*, *Pitta* and *Kapha*. The causative factors which can affect *Doshas* mainly belong from daily and dietary origin. The diet, life style, environmental and genetic factors mainly causes diseases thus these factors considered for disease diagnosis purpose. Causes of disease, early symptoms, warning symptoms, signs and pathogenesis of the condition, etc. can be consider diagnosing disease. The various approaches of disease diagnosis as per ayurveda depicted in **Figure 1**, which helps greatly to assess disease prognosis and thereby support in disease management.



Figure 1: Common ancient approaches of disease diagnosis

As per ayurveda there are two approaches to diagnose disease:

Rogi pareeksha

1. This examination assesses *Prakriti, Samhanana, Satwa, Agni, Vyayamasakti* and *Vaya* of patient.
2. *Prakriti pariksha*: Assessment of constitution of person.

Roga pareeksha

1. This examination helps to assess *Dosha, Dushya, Nidana, Samprapti, Rogamarga, Poorvarupa* and *Rupa* of disease.
2. *Vikriti pariksha*: Assessment of disease or imbalance of biological humor in person body.

Specific Diagnosis of *Doshas*:

Ayurveda believed that identification of specific *Doshas* involved in disease pathogenesis is very important since treatment planed only to pacify that particular *Dosha* responsible for disease occurrence. Therefore Ayurveda suggested that *Dosha* vitiation can be assumed on the basis of etiological factors and symptoms as mentioned in **Table 1**.

Table 1: Etiological factors and symptoms associated with specific *Dosha* vitiation:

S. No.	<i>Dosha</i> involved in disease	Possible causative factors of specific <i>Dosha</i> vitiation	Related symptoms of specific <i>Dosha</i> vitiation
1	<i>Vatta</i>	<ul style="list-style-type: none"> ✓ Excessive intake of cauliflower, mushrooms and raw foods. ✓ Excessive travelling. ✓ Sleeping late nights. ✓ Exposure to electric 	<ul style="list-style-type: none"> ✓ Joint Pains ✓ Constipation ✓ Palpitation ✓ Stiffness of muscles ✓ Migraine

		gadgets. ✓ Excessive sexual intercourse. ✓ Excessive physical stress.	✓ Tremors
2	<i>Pitta</i>	✓ Drinking too much coffee. ✓ Alcohol and smoking. ✓ Hot and spicy food. ✓ Exposure to sun.	✓ Hyperacidity ✓ Burning sensation ✓ Skin diseases ✓ Fever ✓ Ulcers ✓ Liver disorders
3	<i>Kapha</i>	✓ Consumption of sugars ✓ Excess intake of fats & oils ✓ Excess intake of meats ✓ Sleeping during day time ✓ Lack of physical activities	✓ Cough and cold ✓ Obesity ✓ Anorexia ✓ Lethargy

Modern and Ayurveda Correlation:

The clinical data obtained from modern science can be correlated with ayurveda theories in following ways:

- ✚ Blood analysis indicating hormone imbalances can be considered as imbalance of *Majja* or *Shukra Dhatu*.
- ✚ Excessive hormonal levels shows *Kapha* problems
- ✚ Deficient hormonal levels can be considered as *Vata* problems

- ✚ Liver dysfunction may indicates *Pitta* or *Agni Dushti* problems
- ✚ Level of inflammatory mediators in blood indicates *Vata* problem may be associated with painful and infectious conditions.

The diagnosis of disease depends upon knowledge about pathological involvement of *Dosha*, *Dhatu* and *Mala*. The various Ayurveda techniques of disease diagnosis possess specific benefits as mentioned follows:

- ✓ Failure to identify progression of *Dosha* results improper diagnosis and thus inappropriate treatment plan.
- ✓ Questioning (*Prashnana*) helps to identify pathological consequences in terms of patient perspective since in diagnosis it is very important to know feeling of patients. This approach helps to know about background of disease and previous health condition of patient. Here assessment of disease can be done on the basis of possible causative factors related to the daily schedule of patient, diet, habits and familiar history.
- ✓ Observation (*Darshana*) helps to know primary symptoms through which involvement of *Dosha* and severity of disease may be ascertained. Body shape, voice tone, gestures, colour of skin and general appearance gives idea about the progressive stage of disease, if patient's gesture and posture not very comfort then disease to be considered in progressive stage and *vice-versa*.
- ✓ Touch (*Sparshana*) helps to understand acute consequences of disease like fever and palpitation, etc. Tone of the muscles and pulse rate can be examined by this way.

Conclusion

Ayurveda believe that utilization of proper diagnostic techniques helps to assess disease accurately and correct treatment can be planed according to the involvement of *Doshas*. Consideration of preliminary signs and symptoms also helps to identify and

eliminate diseases at initial level. Ayurveda advised consideration of time, place and environmental factors while making diagnosis of disease. *Trividh*, *Dashvidh*, *Astavidh* and *Nadi Pariksha*, etc. are approaches of Ayurveda which utilizes for the diagnosis of diseases. *Shatkriyakaal* is another ayurveda aspect to describe stages of disease prognosis, the assessment of these stages can help to diagnose progression of disease.

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