



## CONCEPT OF *NIDAN PANCHAKA* WITH SPECIAL REFERENCE TO ITS CLINICAL IMPORTANCE IN DIAGNOSIS

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### Abstract

There are various concepts pertaining to the diagnosis and treatments of illnesses have been explained by Ayurveda. Amongst them *Nidan Panchak* is a vital diagnostic approach that is essential to comprehending the nature, prognosis and contributing aspects of an illness. The five parts of *Nidan Panchak* are *Purvarupa*, *Rupa*, *Upashaya*, *Samprapti* and *Nidana*. The disease's underlying factors are referred to as *Nidana*, early or prodromal symptoms are referred to as *Purvarupa*, and fully exhibited signs and symptoms are referred to as *Rupa*. While *Samprapti* describes the disease's progressive etiology, *Upashaya* uses therapeutic or diagnostic techniques to help confirm the diagnosis. The assessment of a person's *Prakriti*, which is based on the dominance of *Doshas*, is the basis of Ayurvedic disease diagnosis. Certain *Doshas* are influenced by specific etiological causes; therefore, understanding these causative elements helps in determining the vitiation of *Dosha*. Concept of *Nidan Panchak* plays vital role in this aspect since it support in diagnosis as well as treatment of disease.

**Key-Words:** Ayurveda, *Nidan Panchak*, *Rupa*, *Samprapti*, *Dosha*

## **Introduction**

Preserving human health and treating illnesses is the original goals of the science of Ayurveda. Ayurveda explains the concepts of *Trisutra*, which consists of *Aushadha*, *Linga* and *Hetu* in order to achieve this goal. The importance of *Roga Pariksha* in Ayurvedic therapy is emphasized by the fact that the third *Sutra* is used in treatment, although the first two are mostly used for disease diagnosis. A precise diagnosis is essential to effective treatment. Traditional Ayurvedic literature outlines diagnostic methods based on a number of *Pramanas*, such as *Aaptopadesha Pramana*, *Yukti Pramana* and *Pratyaksha Pramana*. These techniques facilitate the evaluation of *Dosha*, *Dooshya*, and the *Sammurchhna*, or *Dosha-Dooshya* interaction site. The comprehensive Ayurvedic diagnostic concept known as *Nidana Panchak*, which identifies five key elements for diagnosing diseases including *Samprapti*, *Purvarupa*, *Rupa*, *Upashaya* and *Nidana* [1-4].

### **Clinical Importance of *Nidan* and *Nidana Panchak*:**

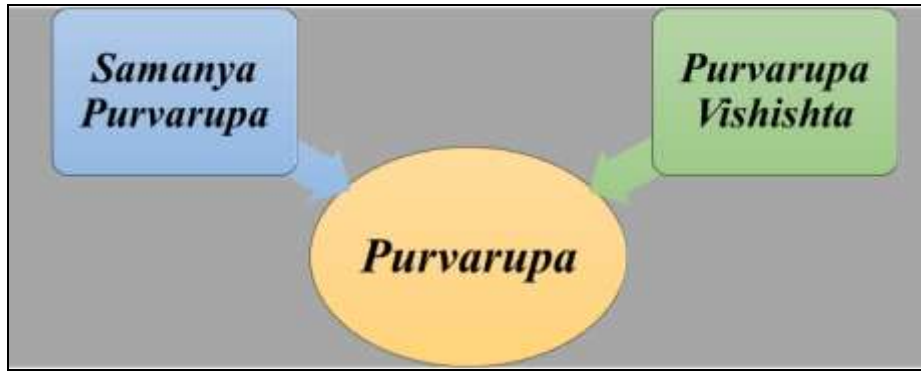
Understanding *Nidana* is essential for determining the underlying causes of a disease's development. In order to prevent the emergence of many disorders, it not only helps in the formulation of a suitable treatment protocol but also helps in the planning of an ideal food and lifestyle regimen.

*Nidana* ensure clarity in diagnosis, *Nidana* helps in the differentiation of two diseases when their signs and symptoms are identical. *Nidana* ensure particular course of therapy,

patient's *Prakriti* and the underlying cause determine the course of treatment. *Nidana* helps in assessing a disease's prognosis and chronicity. The five elements of *Nidana Panchak* help significantly in disease diagnosis as discussed here [4-6].

### **Importance of *Purvarupa***

The symptoms that appear before a disease fully develops are referred to as *Purvarupa*. These symptoms reveal information about how the illness will appear in the future. *Purvarupa* are two types as mentioned in **Figure 1**.



**Figure 1: Different presentation of *Purvarupa***

As mentioned above *Samanya Purvarupa* identifying *Dosha* involvement, symptoms show the onset of the disease. For instance, skin discoloration, weakness, and exhaustion in *Jwara*. *Vishishta Purvarupa* offer hints about the condition and show *Dosha* participation. For instance *Vataja Jwara's Jrimba*, *Pittaja Jwara's Nayanadaha* anorexia, or *Annabhilasa*, in *Kaphaja Jwara*.

- ✓ *Purvarupa's* helps in early diagnosis prior to the full presentation of the condition.
- ✓ Indicates whether the illness is curable or incurable.
- ✓ Supports differential diagnosis in cases of ambiguous symptoms

### **Importance of *Rupa***

The symptoms and indicators that follow the completion of *Dosha-Dushya Sammurchhana* are referred to as *Rupa*. Even if the pathological process takes place internally, clinical aspects are how it shows up on the outside. The symptoms of subjective sensations are that the patient perceives, like hunger, thirst, or irregular sleep patterns. Objective observations made by the physician, like rashes, edema, or discolored skin. *Rupa* gives details about the vitiated *Dosha* and its attributes while also reflecting the nature of *Dosha-Dushya Sammurchhana*. It helps in prognosis, differential diagnosis, disease confirmation and prompt action [5-7].

- ✚ *Rupa* determines the pathology's location and vitiated *Dosha*.
- ✚ *Rupa* verifies the kind and stage of the disease.
- ✚ *Rupa* directs the proper management line of disease treatment.

### Importance of *Upashaya*

*Upashaya* is the term for therapeutic response in diagnostic assessment. *Upashaya* covers medications, food, and lifestyle choices that are utilized to either alleviate or exacerbate symptoms. *Satmya Upashaya* is disease-relieving actions while *Asatmya Anupashaya* make illness worse. *Upashaya* is the proper use of *Aushadha*, *Ahara*, and *Vihara* in opposition to the cause of sickness [6-8].

- ✚ *Viparita Upashaya* measures that are in opposition to either *Vyadhi* or *Hetu*.
- ✚ *Vipritarthakari* measures that, despite having comparable properties, have opposing impacts.
- ✚ *Upashaya* uses observation and therapeutic trials to assist diagnose illnesses with vague or moderate symptoms.
- ✚ *Anupashaya* is the antithesis of *Upashaya* and refers to actions including *Aushadha*, *Ahara* or *Vihara* that exacerbate illness symptoms.

### Importance of *Samprapti* in Disease Diagnosis and Management

*Samprapti* is the term used to describe the entire course of disease development, starting with exposure to causal elements, *Dosha* disturbance, *Purvarupa* manifestation, *Rupa* appearance, and the disease's progression through different stages. Understanding *Samprapti* gives one a thorough grasp of how diseases progress from their etiology to their complications. It enables precise diagnosis, prognosis, and logical treatment planning by elucidating the roles of *Dosha*, *Dushya*, and site of pathology. Knowing *Samprapti* entails knowing the illness and helps to plan correct treatment strategy [8-10].

### Conclusion

In Ayurveda, *Nidanpanchak* is a significant and all-encompassing diagnostic technique. Every element of *Nidanpanchak* is essential for recognizing an illness at various phases of its progression. It includes the patho-physiology of the disease, prodromal aspects, exhibited signs and symptoms, differential diagnosis, causative variables, and *Dosha* vitiation. The prevention of illness progression and early detection are aided by our collective understanding of these factors. The elements of *Nidanpanchak* works together and individually to help the physician for making an

accurate diagnosis and suggests best course of action. *Nidanpanchak* is therefore a significant step in Ayurvedic diagnosis and is essential to the efficient treatment of illnesses.

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