



“बेटी बचाओ, बेटी पढ़ाओ”

JAYOTI VIDYAPEETH WOMEN'S UNIVERSITY, JAIPUR
Faculty of Ayurvedic Science

FacultyName	- Jv'n Dr. Suman Shekhawat (Assistant Professor)
Program	- BAMS 4 th Year
Name of Course	- Kayachikitsa
Topic of e-Self Notes	- Ashtasthana Pariksha

Academic day starts with –

Greeting with saying Namaste by joining hands together following by 2-3 minute happy session, celebrating birthday of any student of respective class and national anthem.

Lecture starts with-

Review of previous session – in previous session as I had discussed about introduction of pranvah srotogat vyadhi today we will be discussing about astavidha pariksha.

Introduction-

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.

According to Yogaratnakara the eight parts of body which should be examined during daily clinical practices are Nadi (Pulse), Mala (Stool), Mutra (Urine), Jivha (Tongue), Shabda (Speech), Sparsa (Touch), Druk (Eyes) and Akruti (Physique).

IMPORTNACE IN DIAGNOSIS AND PROGNOSIS

Nadi pariksha Nadi(Pulse)- Nadi means passage or channels of various bodily constituents that connect various functional aspects and is indicative of the alteration from its normalcy. 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.

- Character of nadi and Modern comparison according to Dosha Involved-
- 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 duck Slow, steady and somewhat heavy

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.

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.

Example:

- Mala vitiated by Vata- Dry, hard with blackish discolouration
- Mala vitiated by Pitta- Yellow & green coloured
- Mala vitiated by Kapha- White coloured stools

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.

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 and 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

Shabda Pariksha -

Tone, strength to speak, continuity, hoarseness and clarity of speech give us the idea of the dosha involved in the pathogenesis of disease and the underlying disease processes.

Dosha Involved and Nature of speech

Vata prakopa- Abnormal other than guru & sphuta

Pitta prakopa-Aspashta

Kapha prakopa -Guru Durbala Aspashta Nasarodha Anunasika

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

Dosha Prakopa Sparsa Visesha

Vata- Sheeta

Pitta -Ushna

Kapha -Ardra

Drig Pariksha-

In drig(netra) pariksha we observe:

- Color of sclera
- Conjunctiva
- Size of eye ball

- Dryness
- Shape of eyes
- Area around eyes

Proper examination of eyes gives us an idea about the signs and symptoms of various diseases.

Dosha involved and their Sign & symptoms

Vataja- Dhumra, aruna varna, ruksha, chanchala and antahpravishtha

Pittaja- Haridra & rakta varna, tikshna, prabha- lustrous and dahayukta

Kaphaja- Sveta, dhavala, Snigdha

Akruti Pariksha-

Akruti pariksha is the judgement of one's disease status by the examination of one's 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.

Pravara Samhanana- Well demarcated bones, Well knit joints, Well bound muscles and blood, Strong body built and excellent strength

Madhyama Samhanana- Moderately demarcated bones, Moderately knit joints, Moderately bound muscles and blood, Moderate body built and strength

Avara Samhanana- Weakly demarcated bones, Moderately knit joints, Weakly bound muscles and blood Weak body built and strength. As per Acharya Yogratnakara in every disease, it is always compulsion to assess the patients

Nadi, Mutra, Mala, Jihva, Shabda, Sparsha, Drig and Akrti thoroughly before treating it.

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.

We know that the imbalance and disproportionate ratio in three biological humours of body Vata (air), Pitta (Bile) and Kapha (Phlegm) is the main factor that causes diseases. Unhealthy food consumption and unhealthy living habits are the factors that vitiate the dosha and make ill health. To achieve health and eradicate diseases it is necessary to apply rogi pariksha before roga parikshat clinicians unaware of the sign and symptoms of the rogi pariksha (Ashtavidha Pariksha) will definitely kill the patients and never achieve success in his clinical practice. 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.

Q.1 Which is not in astavidha pariksha

- a) nadi b) mala c) mutra d) none