

Review Study of Ashtasthana Pariksha

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Abstract

Ayurveda is based on sound of principles of diagnosis. Since ancient period, Acharyas diagnosed disease & treated very well with the help of rugna pariksha. This parikshas are helpful in current era also. Its Ayurveda's pleasure that this pariksha are also adapted by Modern medicine by adding advance aids. Astavidha pariksha (eight fold examination) include Nadi (Pulse), Mutra (Urine), Mala (Stool), Jivha (Tongue), Shabda (Voice), Sparsha (touch/sensation), Druk (vision), Aakruti (Body build)¹. This Pariksha gives detail idea of patient's physical as well as mental health.

Asthavidha Pariksha (eight fold examination) in Ayurveda is one of the important examination to find the various causes behind the diseases. Present literature study explores about Ashtavidha Pariksha which are taken into consideration during the examination and tests carried out with the patients.

Keywords: - Ashtavidh Pariksha, Ayurveda, Vata, Pitta, Kapha, Dosha.

1. Nadipariksha :-

According to Yogratnakara, Examination of nadi at left hand in female & at right hand in male because nadi is much clear and prominently feel in mention sides of hand. Nadipariksha will done at early morning period (pratakala) with no any disease or pain in hand.²

Avoid nadi examination – After bath, after meal, after massage, hungry and thirsty patient, person who sleep or just wake up from sleep.

2. Mutrapariksha :- Examination of urine

For urine examination, urine must collect at last part of night (antim prahar) in clean glass container and examine at early morning. While collecting Urine, middle flow of urine is collected in container is good for examination³.

Table [1]: Examination of nadi gat according to dosha

Sr. No.	Type of Nadi	Position	Gati
1	Vataj	Feel at index finger	Fast and rapid Like snake or leech
2	Pittaj	Feel at middle finger	Filling bounding like walk of crow or frog
3	Kaphaj	Feel at Ring finger	Regular, Steady with good volume like walk of pigeon, peacock.
4	Vata-pittaja		Sometimes fast , sometime bounding
5	Vata-kaphaja		Sometimes Fast, sometimes slow and steady
6	Pitta-Kaphaja		Sometimes bounding and sometimes slow, steady
7	Sannipataja		Mixing of tridosha gati

Table [2]: Colour variation of urine according to dosha dushti.

Sr.No.	Type of urine	Description
1	Vatprakop	Pale color urine,
2	Pittaprakop	bloody Urine
3	Kaphaprakop	Turbid urine
4	Dvandaja	Mix color of urine due to vitiation of any two dosha
5	Sannipataj	Blackish urine

3. Mala /Purish Pariksha – Examination of faeces

Examination of stool gives information related to dosha, dhatu, ahara paka dushti (vitiation). In purish pariksha varna (colour), Pramana (quantity), Samsthana (Shape), Samayoga (Admixture) and smell is also examined.

In ayurvedic text saama and niram mala was explained. Saama mala has foul smell, and settle at bottom in water while niram mala also have smell but less stronger and float on water⁴

4. Jiwha Pariksha – Examination of tongue⁵

Jiwha is the index of the stomach implying its importance in diagnosis of digestive disorder.

1. *Darshana* (Inspection) – tongue look for *varna* (colour), *Akruti* (Shape & Size), *Lepa* (Coating), *Chesta* (Movement).
2. *Sparshan* (Palpation) – Under this method *Khartwa* (Roughness), *Kathinya* (Hardness), *Mrudutva* (Softness), *Ruja* (Pain), *Supti* (Loss of sensation) will examine.
3. *Ghrana* (Olfaction) – Concern with smell of mouth.
4. *Rasana* (Gustation) – Capacity to understand taste of the material

Above methods helps to examine *sannipat lakshana*, *arishtha lakshana*, *varna vikruti* (i.e. *Sweta*, *haridra*, *Nila*, *Krishna Jiwha*), *Akruti vikruti* (Abnormal shape i.e. *maha jiwha* (macroglossia), *Hraswa jiwha* (microglossia), *sptatva* (Fissure) etc.)

5. Shabda pariksha – examination of voice

Examination of normal and abnormal sounds will be advantageous to arrive at correct diagnosis of disease. *Shabd pariksha* includes examination of various sound produce by the different body organ like heart, joint, bowel etc. and voice of person⁶. Some abnormal sound includes *Asthi garshana* (Friction sound of bones), *Ambu sanchar shabd* (Fluid thrill), *Minmin* (Nasal voice), *Gadgad* (Stammering), *Avyakta* (indistinct), *Dina* (Humble), *Jarjar* (Harsh/Unpleasant). This all sounds are examined under *shabda pariksha*.

6. Sparsha pariksha – Examination by touch

Twacha (skin) is *dnyanendriya* which widely occupying body .skin plays roll in excretion of waste product, absorption of medicine, temperature regulation. *Twacha* Acts like mirror which reflects healthiness or illness of person.

Table [3]: Touch of skin according to dosha dushti.⁷

Sr. no	Features	Diseased Condition
1	<i>Ushna</i> (Hot)	Pittaj vikar
2	<i>Shita</i> (Cold)	Kapha Vikar
3	<i>Shita and Ruksha</i> (cold, Dry and rough)	Vata prakruti
4	skin is dry and dull	vitamin deficiency , liver diseases
5	Krushnabha (blakish)	Agnimandya related disease
6	Thick, rough, dry	Hypothyoidisom
7	Black spots or rash in baby	Worm Infection

7. Druk pariksha/Netra pariksha – Examination of eye

Eyesight, colour of eye and eye orientation examined under *druk pariksha*.

Table [4]: Variation in eye according to dosha dushti.⁸

Vata	Pitta	Kapha
Dhumra (Smoky)	Aruna (Pink)	Sweta (White)
Aruna (Pink)	Haridra (Yellow)	Dhavalala (Glistening)
Neela(Blue)	Rakta (Red)	Pluta(Watery)
Ruksha(Dry)	Malina (Dirty)	Snigdha (Greasy)
Chanchala (Unsteady)	Tikshna (Penetrating)	Jyothihina (Lustreless)
Antahpravista(Sunken)	Dipa dwesha(fear of light)	Kanduyukta (with itching)
Roudra (terrifying)	Dahayukta (Burning sensation)	
Antarjwala (Glow inside)		

8. Akruti pariksha - External feature of body

This pariksha includes examination of *asta nindita purisha* (Unhealthy pysicsue), *Visham asana-shayan* (abnormal posture & gait), *Sahaja Vikruti* (congenital deformities), and *mukha bhava* (facial expression)⁹.

Disease like *pakshaghata* (Paralysis), gait of patients change after treatment also it produce deformities related to nerves.

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