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Abstract:

The term *Pariksha* is used for the Examinations done on patient for appropriate diagnosis. The prime duty of any Physician is to diagnose the ailment of the patient. The diagnosis cannot be done just on basis of one type of examination. In *Ayurveda* different types of examinations have been mentioned which were and still are useful in diagnosing the various diseases in patients. Two basic processes. 1) Interrogation or history taking or anamnesis, 2) Physical examination^[1] and at present time pathological and radiological examinations are the basic requirements by which factual data of the diseases are collected. *Ayurveda* has mentioned in detail about the various *Parikshas* which have been categorized in *Trividh*, *Panchvidh*, *Shadvidh*, *Ashtavidha Pariksha* have been mentioned. Here *Trividh Pariksha* – *Darshan*, *Sparshan* and *Prashna* and its all aspects will be discussed in perspective of both *Ayurveda* and Modern medicine. These basic methods which are practiced today, with modern terminologies have one of the important place in *Ayurvedic Nidan* (diagnosis).

Keywords:- *Trividh Pariksha, Ayurveda, Nidan, History Taking*

Introduction:

त्रिविध परिक्षा।

दर्शन स्पर्शन प्रश्नैः परीक्षेत च रोगिणम् ।

(अ.ह.सू.१/२२)^[२]

१) दर्शन परिक्षा (Darshan Pareeksha)

वर्ण संस्थान प्रमाण छायाः, शरीर प्रकृतिविकारौ,
चक्षुर्वर्षयिकाणियानि ...। (च. वि.४/७)^[३]

२) शरीरोपचयापचयार्थलक्षण बलवर्ण
विकारादयः । (सु. सू. १०/५)^[४]

Description^[4]:-

- Colour, shape, measurement and complexion (*Varna samsthana pramana chaya Shareera prakruti vikaro*).
- Natural & unnatural changes in body
- Other findings examined visually like signs of the disease, lustier and other Abnormalities which indicate *Bala, Aayushya* also.
- In case of *Mrutbhakshanaja Pandu- Shoona Gandakshkoot Shoth* is told which is perceivable by *netra*.

Darshan Pariksha can be correlated with the following:-

- Inspection^[7]

A) Clinical examinations:

- Shape of the abdomen/Chest, and the movement of the abdominal/chest wall with respiration
- Skin abnormalities, Scars, stretch marks, lesions, dilated veins, or rashes, wounds due to trauma or burn injuries
- Any bumps, Abdominal distension, or depressions.
- *Colour changes*:-of tongue, eye-sclera, Nails, Gums Teeth,

e.g.

1. Blue / Black *discolouration*-skin- Cyanosis, Thrombosis, Blue Baby Syndrome.
2. Red *colouration* – skin- Inflammation, sclera- *subconjunctival haemorrhage*, finger tips-*Raynaud's Disease*.
3. Yellow *discoloration* :-of sclera/nail/skin/urine in jaundice, urine -*vitamine* tablet intake

B) Radiological examinations

e. g. X-RAYS, CT- SCAN, SONOGRAPHY, 2D-ECHO, ECG, Since these are observed visually and by the examiner/Radiologist directly ,they can come under *Dasrhan Pariksha* also.

2) स्पर्शन परिक्षा (*Sparshan Pareeksha*)

स्पर्शं च पाणिना प्रकृतिविकृतियुक्तम्।

(च. वि. ४/७)^[३]

स्पर्शनेन्द्रियविज्ञेयाः शीतोष्णश्लक्ष्ण कर्कश

मृदुकाठित्वादयः (स्पर्श विशेषाः) ज्वर शोफादिषु।

(सु. सू. १०/५) ^[4]

Description^[4]:-

- Normal and abnormal findings of skin of upper and lower limbs like
- Clammy skin (like in *Hypoglycaemia*), Dry Skin (like in *eczema*),
- Temperature in case of fever(Hot Skin) or Hypothermia (Cold Skin), Inflammation (Calor)
- In *Kaphaja shotha* the features which can be perceived by *Sparshnendriya*.

प्रशमो निषिद्धितो न च उन्मेद्..। (च. चि . १२/१४) ^[६]

i.e. It doesn't elevate or gets depressed Presence of any abnormal mass, its size, shape, consistency, mobility etc. can be detected by touch. *Saparshan Pariksha* can be correlated with the following:-

Palpation^[7]

- In Light palpation, the examiner tests for any palpable mass, rigidity, or pain on the surface.
- Deep palpation, the examiner is testing for any *organomegaly*
- (Enlarged organs) Mostly, enlargement of the liver (In Hepatitis, Fatty Liver etc.) and spleen (like in Malaria) or abnormal masses in the intestines. Sometimes for the kidney and uterus as well. ^[10]

Reactions that may indicate pathology during palpation include:

- Guarding: muscle contraction as pressure is applied
- Rigidity: indicating peritoneal inflammation.

- Rebound: pain on release.
- Referred pain: pain produced away from the area being palpated.

Percussion^[7]

Percussion is done by tapping middle finger of one hand on the middle phalange of the middle finger of the palpating hand over chest or abdomen. The different sound types produced due to difference in density indicate a diseased condition.

- Dull sound indicate consolidation.
- Resonant Sound indicate COPD (Chronic Obstructive Pulmonary Disease) or *Pneumothorax*.
- Alteration in density is seen in *Pneumothorax*.

3) प्रश्न परिक्षा (Prashna Pariksha)

प्रश्नेन विजानीयादेशं कालं जातिं
सात्त्यातंकसमुत्पत्तिं वेदना समुच्छायं
बलमनतरग्निं वातमुत्रपुरीषाणां प्रवृत्त्यप्रवृत्ती
कालप्रकर्षादींश्च विशेषान् ॥
(सु. सू. १०/५)^[४]

Description^[4]:-

The *Prashan Pariksha* gives the information of the following aspects of patients

- *Desh* (place of living),
- *Kaal* (Season of the disease occurrence),
- *Jaati* (Religion, sex),
- *Vedana* (pain),
- *Bala*,
- *Agni*,
- Frequency, consistency of vegas of Vata, Mutra, Purisha, Kaal etc.

Prashna Pariksha can be correlated with the History Taking of Patients, which covers following aspects:

1)Name, 2)Age, 3)Gender, 4)Religion, 5)Address, 6)Present complaints, 7)history of past illness, 8)Menstrual, Obstetric history in case of female patient, 9)Previous treatment, 10)Family History, 11)Social History, 12)History of addictions, 13)History of Occupation History taking is the most important aspect of patient examination. Provisional diagnosis and treatment requires proper history taking, as Diagnosis literally means 'Understanding through Knowledge'.^[1]

This is done in detail by *Ayurvedic* practitioner as the treatment of the same disease varies with each patient. Hence specific questions are asked as to not only conclude the *Nidana* but also *Dosh Dushya samuurchhana*, *Sattva type*, *Hetu*, *Samprapti*, *upshya* etc.

Thus the *Trividh Pariksha* Despite emphasizing on merely three types of *Pariksha* or examinations cover a large number of aspects for proper *Nidana* and *Chikitsa*. Hence its importance is required to be taught to Students on Bedside basis in IPD and OPD of *Ayurveda* Hospitals.

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