

Application of ‘Trividha Pariksha in Current Clinical Practice

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Abstract: A physicians job is to know the human body and its functions in terms of prakritsthata (homeostasis). The four pillars to know the health (prakruiti) is dosha, dhatu mala and agni. if all are in balance state with stable pshycology then it is termed as swastha and Imbalance leads to disease. To know this imbalance a methodology is applied to understand the vikrut dosha, dhatu, mala and strotas This methodology is termed as process of diagnosis. Once a diagnosis is made it becomes easy to propose a management plan. The methodology generally used to diagnose a disease is Rog and Rogi pariksha. Rog pariksha include nidaan panchak and Rogi pariksha includes various pariksha like trividha pariksha, panchavidha pariksha, shadvidh pariksha, asthavidha pariksha and also a better understanding of shata kriya kala to understand the pathophysiology of disease and diagnosing disease. The trividha pariksha includes darshan (inspection), sparshan (palpitation) and prashna (history taking). The importance of early diagnosis is that earlier we diagnose fast is the recovery, also the early diagnosis helps in the prevention of complication , the accurate diagnosis helps in planning precise treatment for destroying root cause and so the recurrance of disease .Early and correct diagnosis save money and reduces mental stress of patient.

Keywords: pariksha, Trividha pariksha, diagnosis.

INTRODUCTION

Purushartha Chatustayam i.e. Dharma, Artha, Kaama and Moksha[1] are attained by healthy individuals, but due to change in various intrinsic and extrinsic factors there is increased proneness towards different types of ailments and hence patient should be examined thoroughly for right diagnosis as without diagnosis the treatment of disease is not possible. Pariksha works as important mode of investigation and examination and serves as a basis for validation and verification of scientific knowledge. Ayurveda classical texts have mentioned a variety of examinations in the form of Rogi Pariksha i.e. Trividha Pariksha, Shadvidha Pariksha, Ashtavidha Pariksha and Dashvidha Pariksha for diagnosis and management of diseases. In

Present Modern Scenerio, there are various examinations and diagnostic methodologies but Trividha Pariksha i.e. Darshana, Sparshana, Prashna are base for all of them.

AIM

To expand the existing knowledge regarding the concept of Trividha Pariksha and applicability of Trividha Pariksha in performing clinical research.

OBJECTIVES

1. To explore the Ayurveda classical texts for description of Trividha Pariksha.
2. To describe Trividha Pariksha according to modern literature.

MATERIAL AND METHOD

Material related to concept of Trividha Pariksha is collected from Ayurveda classical texts i.e. Charaka Samhita, Sushruta Samhita, Astanga Hridaya, their commentaries and textbook of modern medicine. Other sources include journals, research works, offline and online content having description related to the topic.

Darshana Pariksha

The word ‘darshana’ means inspection, observation. In Ayurveda clinical examination begins as soon as patient steps in the consultation room. Physician should have best observation skill to master in this examination. Darshan pariksha is vague term. It includes variety of observational examination. But for study purpose it can be simplified under the following headings from ayurved point of view.

1. Gati (Gait)
2. Asana (sitting position)
3. Shayana (Supine position)

4. Varna (change in complexion, change in colour of urine, stool, sputum, sweat).

These are just few examples of darshan pariksha. Diseases are diagnosed according to change in colour of urine, stool, sputum, sweat. Darshana pariksha is part of their physical examination in terms of modern context. Swelling, elevation or depression of umbilicus, vranavastu (type of injury) are also included in darshana pariksha. Kashyap Samhita speciality vedana adhyaya is completely based on darshan pariksha. As small children are unable to speak, they convey their pain or feelings through certain actions, which are precisely explained in kshayap Samhita for diagnosis of disease. X-ray, Endoscopy, microscopic examination these modern technologies are nothing but advanced version of darshana pariksha. Now a day's various tools are used for indirect inspection (darshan pariksha) of various organ.

Sparshan pariksha (Palpation, Percussion)

It is examination by sparsha (touch). The physician can evaluate several factors through the medium of touch. He can assess the temperature of the body, feel the margins of the swelling in skin, palpate and note the characteristics of pulse, or check for organ enlargements. According to the commentary of ashatang hridiya sparshan pariksha includes sheeta (cold), ushna (hot), shlakshna (smooth), karkash (rough), mrudu (soft), kathin (hard) interpretation on tactile examination. examples of sparshan pariksha are as follows

1. Ushna sparsha in jwar. (fever)
2. Pronmati-unmati examination of shoth. (pitting and non-pitting oedema)
3. Vaatpurna drutisparsha in sandhivaat. (crepitus in joints)
4. Drava sanchiti in jalodar. (fluid collection in ascites)
5. Sthanik ushna sparsha in Aamvaat.
6. Sparshasahatva (hyperesthesia) in case of acute pain, sensory examination in various neurological disease like peripheral neuritis, diabetic neuropathy, alcoholic neuritis. Hyperesthesia in peritonitis.
7. Pidanasahtva (Tenderness)
8. Fluctuation test is performed in cyst (granthi) Yogratnakar and bhavprakash has included Nadi pariksha (pulse examination) in sparshan pariksha.

Nadi pariksha is done by the palpation of radial artery at the wrist. The strength, rhythm, speed, quality of pulse is examined to decide the condition of dosha and diagnose the disease. The conventional clinical methods of palpation and percussion are also examples of Sparshana pariksha.

Prashna pariksha (Questionnaire/interrogation)

Prashna means question. Interrogation with the patient is most important in clinical practise. It is always favourable to allow the patient to relate the entire history of the ailment in his own words. It facilitates the doctor patient relationship. Patient are usually suffering from physical as well as mental stress due to disease. Positive doctor patient conversation makes the patient feel comfortable and secure about his problems. He feels a mental support. History taking plays a key role in Ayurveda. All the activity of the patient from early rising from bed to night sleep, family history, history of previous illness, personal, occupational, socio-economic history are taken into the consideration for finding the cause of disease. History taking is an art. It is helpful in getting information about the patient present as well as past illness. According to Sushrut samhita, prashna pariksha is helpful in knowing desh (region), kala (climate), jati (religion), vaat-mutra-malaadi pravrutti (natural urges), satmya-asatmya (wholesome-unwholesome), vyadhi utpatti kram (chronology of symptoms), pramukha vedana (main complaints), sharir bala (physical strength), agni bala (digestion). Prashna pariksha (history taking) can be done in following format.

1. Pramukh vedana (chief complaint)
2. Vartaman vayadhivrutta (history of present illness)
3. Purva vyadhivrutta (history of previous illness)
4. Parivarik vrutta (Family history)
5. Vyaktigat, vyavsayik, samajik itivrutta (Personal, occupational and socio-economic history)

1. Pramukh vedana (chief complaint): Precise and complete information of the suffering can be obtained directly from the patient. As this is directly obtain from the victim it is error less and more reliable. It helps physician to trace exact cause and severity of disease. He can concentrate on main symptoms and plans treatment accordingly.

2. Vartaman vayadhivrutta (history of present illness): Patient should be asked for complete information

about the disease. He should be allowed to address his suffering in his own words from the arrival of first symptom to the present complaint, type of pain, various treatment he has taken, reliving factors according to him, all this should be taken into consideration.

3. Purva vyadhivrutta (history of previous illness): History of Previous illness like DM, HTN, Malaria, jaundice should be asked for. If patient is suffering from diabetes or hypertension he is generally on regular medication. This would affect the line of treatment. If patient has previous surgical history certain care need to be taken while doing further treatment. Many of the times previous history is helpful in diagnosis of disease. A person having traumatic history to the spinal cord, are most likely to have spine related problems in future.

4. Parivarik vrutta (Family history): Hereditary disease are increasing day by day. If any of the family member is suffering from hereditary disease like Diabetes, hypertension, sickle cell anaemia etc. they are more prone of getting such disease, if they do not follow the healthy lifestyle.

5. Vyaktigat, vyavsayik, samajik itivrutta (Personal, occupational and socio-economic history): Some of the disease are more common in certain occupational population. Chemical Factory workers are more prone to respiratory disease, hospital workers are more prone to infectious disease. Now a day's depression is the main cause of many physical and mental illnesses. Socioeconomic status helps us to know whether the person is socially happy and his social surrounding.

DISCUSSION

Current Clinical Methods –

Inspection General Appearance[2]

- a) Apparent state of Health
- b) Level of Consciousness.
- c) Signs of Distress - Cardiac / Respiratory, Pain, Anxiety or Depression.
- d) Skin Colour and Obvious lesions.
- e) Dress, Grooming and Personal Hygiene.
- f) Facial Expression.
- g) Posture, Gait and Motor Activity.
- h) Built

i) Nourishment

j) Clubbing

k) Cyanosis

l) Icterus

m) Pallor

Sparshana Pareeksha

It refers to the features that are elicited by touching the affected part of the patient with physicians hand. Sparshana Pareeksha helps in finding the added information which are not accessible by Darshana Pareeksha. Factors to be examined through touch are the qualities like cold, heat, smoothness, roughness, softness, hardness etc. in Jwara, Shopha, Udara, Kushta, Gulma etc.[3]

Current Clinical Methods - Palpation, Percussion.

a) Temperature

b) Lymphadenopathy c) Oedema

Prashna Pareeksha

One should elicit information about[4] a) Desha - Jaangalam (Vaata), Aanupam (Kapha), Sadharanam (Sama) b) Kaala - Nityaga, Aavasthika c) Jaati d) Saatmya - Chesta (activities) - Kaaya, Vaaka, Manoe) Aahara (diet) - Shadrasaf) Aatangasamutpatti g) Vedanasamucchaya - Vedana Vatadi Vedana Thoda h) Bala - Vyayamagamy Shakti i) Antaraagni - Sama, Vishama, Mandaj) Vaata Mootra Purisha Pravrutti and Apravrutti k) Kaala Prakarsha - Vyadhi Utpanna Bheda Other unmentioned diseases may be diagnosed on the basis of symptoms of similar Doshas.

Current Clinical Methods -

Interrogation[5]

- a) Identifying Data and Source of History; Reliability
- b) Chief Complaints
- c) History of present illness.
- d) History of past illness
- e) Family history
- f) Personal history and Social and occupational history.
- g) Treatment history.

IMPORTANCE OF TRIVIDHA PARIKSHA IN CLINICAL RESEARCH

For conducting any clinical research one has to collect data and then after its analysis, final conclusion is drawn.[6] Trividha Pariksha can provide primary source of data and it can be collected by Darshana, Sparshana and Prashna. Investigations which are carried out during any trial also use modern technology along with indirect Darshana Pariksha. Before and after trial the improvement in sign and symptoms or any side effects of intervention used are also assessed by Trividha Pariksha.

CONCLUSION

In Charak Samhita vimana sthana it has been well said that the physician who are unable to enter the soulful mind of the patient with the help of enlighten knowledge and fails to acquire the trust of the patient are always unsuccessful in their treatment. So, its mandatory for physician to have a full flesh knowledge of various pariksha for a good clinical practise. Trividha pariksha is supreme of all the methods. He should be expert in darshan, saparshan and prashana pariksha because it also has application in modern diagnostic tests. Trividha pariksha - Set serves as the reference for the investigator. An easy method for understanding all the details related to particular point and helps in avoiding the unnecessary repetition of the same point. And also serves as the best way for assessing the patient within short time with less efforts and with fewer chance of commanding mistake.

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