Review Article

Contributory factors of disease diagnosis: Review as per Ayurveda

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Abstract
Ayurveda believes to eliminate disease completely. There are different causative factors of various diseases these factor may be food, life style or imbalance of tridosha. As per Ayurveda disease diagnosis play important role in disease treatment and different disease need different consideration since every individual having specific Prakriti. Since Ayurveda treats diseases as per the constitution of an individual thus it is known as a highly accurate and personalized method of analyzing diseases. Mainly all diseases are caused by aggravation of the tridosha i.e. vata, pitta and kapha. In ayurveda “Nidana” encompasses various approaches of disease diagnosis. As per Ayurveda various factors contributes significantly towards disease diagnosis. This article describes all those factors which need to be considered for the proper diagnosis and treatment of disease.

1. Introduction
Ayurvedic diagnosis is based on etiological factors. Ayurveda classified Madhav Nidan as a classical approach of diagnosis. Diagnosis in ayurveda mainly depends on the prakriti of an individual. Consideration of dosha movement and pathology of dhatu & mala is also important aspect of disease diagnosis. Kapha and Vata problems indicates higher and lower level of hormones respectively. Disturbances of Pitta indicates problem like; acidity, blood pressure and burning eye. Looking importance’s of dosha imbalance ayurveda suggests some factors need to be consider as diagnostic tools; known as Pancha Nidana; these are the cause (nidana), signs (purva rupa), symptoms (rupa), investigative methods (upashaya) and disease prognosis (samprapti).

The science of Ayurveda doesn’t only depend upon the symptoms as told by the patient rather it believes in a thorough examination to find out the root cause of the ailment in the patient’s body. It is a way of analyzing the nature of the disease through different examination. As per Ayurveda, the diagnosis and treatment of disease is always based on the constitution of an individual or on an individual basis.

The general approaches of disease diagnosis as per Ayurveda are as follows:

➢ Prasna: Investigation of patient’s illness history through question answer session.
➢ Panchendriya pariksha: Complete physical examination; head, neck, chest, abdomen, upper and lower extremities. This analyzes srotas and dhatus throughout the entire body. The physical examination includes darshana and sparshana.
➢ Ashstavidha pariksha: This approach involves Rogapariksha through:

1. Examination of the complexion
2. Examination of the eyes
3. Examination of the speech and voice
4. Examination of the tongue
5. Examination of the skin
6. Examination of the stool
7. Examination of the urine
8. Examination of the pulses [1-3],

2. Consideration of doshas in disease diagnosis
According to Ayurveda the fundamental cause of diseases is imbalance of the three doshas - Vata, Pitta and kapha.

VATTA
Imbalance of Vatta may diagnose by observing following symptoms:
➢ Constipation
➢ Dry Skin
➢ Palpitation insomni
➢ Stiffness of muscles
➢ Weight Loss
➢ Migraine
➢ Vertigo

PITTA
Imbalance of Pitta may diagnose by observing following symptoms:
➢ Acidity
➢ Burning sensation
➢ Fever
➢ Infections

KAPHA
Imbalance of kapha may diagnose by observing following symptoms:

➢ Cough and cold
➢ Anorexia
➢ Obesity

3. Consideration of individual characteristics for Diagnosis.

Prakriti:
Prakriti means physical and mental constitution of an individual. It is that very proportion which manifests in the physical and psychological features of the person. This aspect of disease diagnosis takes great account of predominance of dosha.

Vikriti
Vikriti means consideration of extent of deviation from the original proportion of the three doshas. This can be assessed by close
observation of the dhatu, malas, structure and intellect of the individual.

**Sara**

Sara examination for disease diagnosis considered quality of the various dhatu and mind. It analyze closely; brightness of the intellect, mental calm and capacity of discrimination.

**Satmya**

This is a measure of the capacity of an individual to adjust to both physically and mentally unsettling conditions and to maintain homeostasis in the face of these factors.

**Sattva**

This aspect focuses on mental steadfastness, the ability to wear physical and mental stress observed as a tool of disease diagnosis. It also includes the immediate reaction which one has toward unexpectedly altered circumstances and strange situations.

**Ahara Shakti**

Ahara Shakti diagnostic approach analyzes agni of an individual. This is an assessment of the capacity to ingest, digest, and assimilate food. Imbalance of tridosha and performance of dosha of a patient can be predicted by this approach.

**Vaya**

Vaya consider aging factors as a tool to predict age related obvious disease. Symptoms such as loss of luster and strength of the voice, loose skin texture, gait and quality of the hair are the measures of vaya.

4. **Consideration of seasonal factors in diagnosis.**

There are some specific physiological changes may observe in particular season; thus the consideration of seasonal effect on body is very important for disease diagnosis i.e; Pitta accumulates in the second half of summer and then aggravates in autumn. In the late summer, vata aggravates due to the increase in vayu. Vata will only go up in winter if the individual is not eating enough and not feeding their agni (digestive fire). In this case the agni eats the dhatu and increases akasha and vayu. In late winter Kapha is accumulating in body. Vamana is specifically done as ritucharya to specifically keep dosha in balance. It maintains health and heals disease by reducing vitiated kapha. Allergic symptoms in spring when resembles high kapha.

5. **Dietary considerations in Diagnosis**

Vata imbalance may predict if food was not well-cooked. Well-cooked rice is good for vata. Symptoms of stiff, aching joints or muscles may observe if person consume tomatoes, potatoes, eggplants and peppers due to the vata predominance. Juicy fruits are good for vata. The consumption of cranberries, pomegranates and raw apples may vitiate vata thus symptoms of vata dosha may be seen.

Pitta imbalance can be predicted if patient has consumed sour, salty and pungent foods. Rice, oats and wheat are good grains for pitta dominant individuals. Intake of tomatoes, radishes, chilies, garlic and raw onions may also aggravate dosha of pitta symptoms. Animal foods, especially seafood and eggs, should only be taken in moderation by pitta types.

Symptoms of Kapha dosha may be observed with dietary intake like; dairy products and fried or greasy foods. Roasted or dry cooked grains are best. Sweet, sour or juicy vegetables may also aggravate Kapha dosha. Very sweet or sour fruits should be avoided with the more astringent and drying fruits being preferable such as apples, apricots, cranberries, mangoes, peaches and pears. The heavy nuts and seeds also aggravate kapha due to the presence of oil. Ayurveda suggested that kapha people should avoid dairy products. Spices are good for kapha people. A person whose dominant dosha is kapha can be benefited by the use of stimulants such as coffee and tea [3-6].

![Figure 1: Various Factors Considered in Diagnosis and Treatment as Per Ayurveda.](image)

**References**