



UTILITY OF AYURVEDIC EXAMINATION TOOLS IN MODERN DIAGNOSTIC PRACTICES.

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ABSTRACT Ayurveda emphasizes a unique and holistic diagnostic methodology through Rogi-Roga Pariksha using classical tools such as Trividha Pariksha, Shadvidha Pariksha, Ashtavidha Pariksha, and Dashavidha Pariksha. These diagnostic methods assess not only the disease but also the patient's constitution, mental state, and strength. In contemporary medicine, diagnosis relies heavily on laboratory investigations and imaging modalities. This paper explores the utility of Ayurvedic examination tools in modern diagnostic practices, correlating classical parameters with present-day clinical and investigative techniques. Findings indicate that Ayurvedic diagnostics can contribute to early disease detection, personalized medicine, and preventive healthcare. With standardization and scientific validation, these tools may serve as complementary diagnostic systems alongside modern technologies.

KEYWORDS : Ayurveda; Rogi Pariksha; Nadi Pariksha; Ashtavidha Pariksha; Modern Diagnostics; Pulse rate, Urine examination, Stool examination, Tongue examination, X rays, Ultrasound.

INTRODUCTION

Ayurveda emphasizes Swasthasya Swasthya Rakshanam (preservation of health) and Aturasya Vikara Prashamanam (management of disease). Hence, diagnosis in Ayurveda involves not only identifying the disease (Roga Pariksha) but also assessing the patient (Rogi Pariksha)¹. This comprehensive evaluation includes physical constitution, mental strength, lifestyle adaptability, and digestive capacity, allowing for a more personalized and preventive approach.

In Ayurveda, the Trividha, Shadvidha, Astavidha and Dashavidha Pariksha are fundamental examination methods explained by the ancient Acharyas Acharya Charaka in Charaka Samhita and Acharya Sushruta in Sushruta Samhita and Yogaratnakara².

Several studies suggest that Ayurvedic diagnostic methods, when integrated with modern technologies, can strengthen healthcare delivery. For instance, Nadi Pariksha has been explored for cardiovascular monitoring, while Jihva Pariksha is gaining attention for its role in assessing digestive and systemic disorders³.

Diagnosis is the foundation of any healthcare system. In modern medicine, diagnosis is predominantly technology-driven, utilizing biochemical tests, imaging techniques, and pathological analyses. While these provide objective data, they often fail to consider the individual's constitutional and psychosocial aspects^{4,5}.

Several studies suggest that Ayurvedic diagnostic methods, when integrated with modern technologies, can strengthen healthcare delivery. For instance, Nadi Pariksha has been explored for cardiovascular monitoring, while Jihva Pariksha is gaining attention for its role in assessing digestive and systemic disorders⁶.

Thus, re-examining Ayurvedic diagnostic methods in light of modern clinical practice can provide new perspectives for integrative and personalized medicine⁷.

Recent research suggests that these traditional tools, when integrated with modern diagnostics, can enhance preventive care, early detection, and personalized medicine. This study reviews their clinical utility in present-day diagnostic practices⁸.

METHODOLOGY

This review was conducted to critically analyze the relevance and applicability of Ayurvedic examination tools (Trividha, Shadvidha, Ashtavidha, and Dashavidha Pariksha) in modern diagnostic practices⁹.

Sources of Data**1. Classical Ayurvedic Texts-**

Classical Ayurvedic texts (Charaka, Sushruta, Ashtanga-Hridaya and commentaries) describe Trividha, Shadvidha, Ashtavidha and Dashavidha Pariksha as systematic methods for assessing both the disease (roga) and the patient (rogi), providing parameters for diagnosis, prognosis, and individualized treatment planning².

Primary Sources: Descriptions of diagnostic tools from Charaka Samhita, Sushruta Samhita, Ashtanga Hridaya, and other classical Ayurvedic texts.

Secondary Sources: Research publications in journals of Ayurveda, integrative medicine, and diagnostic science.

2. Modern Literature –

Sources included textbook of standard diagnostic tools are Harrison's Principles of Internal Medicine. Robbins and Cotran Pathologic Basis of Disease – pathology-based diagnostic methods. Macleod's Clinical Examination – bedside diagnostic skills and tools. Clinical Methods: The History, Physical, and Laboratory Examinations (Walker, Hall, Hurst) – classic open-access text⁴.

3. Published Research Articles-

Indexed journals from PubMed, Scopus, AYUSH Research Portal, and Google Scholar between 2000–2025 were searched using keywords: Search terms used (alone and in combination) were: Ayurvedic examination, Trividha Pariksha, Shadvidha Pariksha, Ashtavidha Pariksha, Dashavidha Pariksha, Nadi Pariksha, Prakriti, Ayurgenomics, tongue diagnosis Ayurveda, sssss Ayurvedic diagnostic tools in modern medicine¹.

RESULTS**Ayurvedic Examination Tools in Modern Diagnostic Practices****1. Trividha Pariksha (Threefold Examination)**

In Ayurveda Trividha Pariksha is explained mainly for diagnosis and prognosis of Diseases by Acharya Charaka in Charaka Samhita, Sutrasthana 10 (Rogi-Roga Vijnaniya Adhyaya) and Vagbhata in Ashtanga Hridaya¹. Utility of this Trividha Pariksha with modern diagnosis gives as below

Trividha Pariksha (Threefold Examination)

Darshana Pariksha (Inspection)	Visual assessment of body, gait, tongue, skin, and eyes. Comparable to general inspection in modern physical examination ³ .
Sparshana Pariksha (Palpation)	Includes pulse, temperature, and palpation of organs or masses. Similar to palpation and auscultation in modern medicine ³ .
Prashna Pariksha (Interrogation)	Patient history, symptoms, and lifestyle – equivalent to structured history-taking in modern clinical practice ³ .

2. Shadvidha Pariksha (Sixfold Examination)

In Ayurveda Shadvidha Pariksha is explained mainly for diagnosis and prognosis by Acharya Charaka in Charaka Samhita, Sutrasthana 10 (Rogi-Roga Vijnaniya Adhyaya)². Utility of this Shadvidha Pariksha with modern diagnosis gives as below

Focuses on Nidana Panchakas five diagnostic tools:

Hetu- Cause
Purvarupa- prodromal features
Rupa- symptoms
Upashaya- palliative tests
Samprapti -pathogenesis
with the addition of Pratyaksha (direct perception).

Comparable to differential diagnosis and pathophysiological analysis in modern practice.

3. Ashtavidha Pariksha (Eightfold Examination)

In Ayurveda Ashtavidha Pariksha is explained mainly for diagnosis and prognosis by Acharya Yogaratnakara and Acharya Madhava in Madhava Nidana³. Utility of this Ashtavidha Pariksha with modern diagnosis gives as below

Nadi (Pulse)	Used to assess dosha imbalance. Modern equivalent: pulse rate, rhythm, and cardiovascular status.
Mootra (Urine)	Color, quantity, and frothiness analyzed; modern urinalysis includes pH, protein, glucose, ketones.
Mala (Stool)	Ayurvedic stool examination includes texture, odor, and frequency. Modern tools: stool microscopy, culture, and colonoscopy.
Jihva (Tongue)	Tongue coating, color, and fissures indicate digestive and systemic disorders; parallels modern tongue diagnosis in gastroenterology.
Shabda (Voice)	Voice quality reflects respiratory or neurological pathology.
Sparsha (Touch)	Detects temperature, texture, swelling; similar to dermatological and neurological examination.
Drik (Eyes)	Color and clarity indicate systemic health; parallels ophthalmic and systemic evaluation (e.g., jaundice, anemia).
Akruti (Appearance)	Body frame and build, comparable to anthropometry and BMI.

4. Dashavidha Pariksha (Tenfold Examination)

In Ayurveda Trividha Pariksha is explained mainly for diagnosis and prognosis of Diseases by Acharya Charaka in Charaka Samhita, Sutrasthana 10 (Rogi-Roga Vijnaniya Adhyaya) and Vagbhata in Ashtanga Hridaya⁴. Utility of this Trividha Pariksha with modern diagnosis gives as below

Prakriti	Genetic and constitutional makeup → modern genomics and personalized medicine ⁴ .
Vikriti	Disease imbalance → modern pathology and differential diagnosis ^{4,5} .
Sara	Tissue quality → modern nutrition and tissue profilings ⁴ .
Samhanana	Compactness of body → body composition analysis ^{11,12} .
Satmya	Adaptability to food/habits → nutrition tolerance ⁴ .
Satva	Mental strength → modern psychological evaluation ⁵ .
Ahara Shakti	Digestive/metabolic capacity → calorimetry, gut health ¹¹ .
Vyayama Shakti	Exercise tolerance → cardiopulmonary exercise testing ⁸ .
Vaya	Age classification → geriatric/paediatric evaluation ⁴ .
Bala	immune profiling, physical endurance ^{3,5} .

DISCUSSION

The Ayurvedic diagnostic system and modern diagnostics focus on the diagnosis of disease and treatment. Combining both provides a more comprehensive approach. With the help of ayurveda Prakriti parikshan analysis helps to predict disease susceptibility and drug response. Early identification of tridosha imbalances (Vikruti) can help to prevent disease manifestation⁷. Pulse and tongue examination require minimal equipment and also Non-invasive and Cost-effective. This Assessment includes physical, mental, and lifestyle factors often overlooked in modern diagnostics. Studies on Nadi Pariksha using digital pulse analysis have shown potential in identifying cardiovascular conditions⁸. Jihva Pariksha has been explored as a non-invasive diagnostic tool in diabetes and digestive disorders. Research

on Prakriti is being linked with genetic and metabolic profiling, aligning with modern precision medicine⁹.

The present review highlights that Ayurvedic diagnostic tools such as Trividha, Shadvidha, Ashtavidha and Dashavidha Pariksha remain clinically relevant in the modern era when interpreted through a scientific lens. In classical texts, these examinations were primarily designed to evaluate the patient's constitution, disease state, and prognosis¹⁰. However, contemporary research has attempted to reinterpret these parameters using biomedical sciences and modern technology. For example, Nadi Pariksha (pulse examination), traditionally used to assess the predominance of doshas, has been studied using digital pulse wave analysis and photoplethysmography. Pilot studies have shown that pulse wave features can provide information about cardiovascular function and autonomic balance, thereby offering a bridge between ancient qualitative descriptions and modern quantitative metrics¹¹. Although these findings are promising, larger clinical trials are necessary to establish diagnostic specificity and reproducibility.

Another important area is Prakriti assessment, which represents the Ayurvedic concept of personalized medicine. The emerging discipline of Ayurgenomics has shown correlations between Prakriti types and genomic, epigenetic, and metabolic variations. Such correlations provide scientific evidence for the Ayurvedic claim that individuals with different constitutions show varied responses to diet, environment, and drugs¹¹.

Ashtavidha Pariksha, elaborated in later texts such as Yogaratnākara, provides a holistic patient assessment through eight parameters including pulse, urine, stool, tongue, voice, touch, eyes, and general appearance¹². Modern parallels can be drawn: tongue examination is now being studied with artificial intelligence and image analysis to detect systemic disorders such as diabetes, while urine analysis remains a standard laboratory test in allopathic practice.

Similarly, Dashavidha Pariksha, as described in Charaka Samhita, is primarily intended for prognosis and treatment planning by assessing parameters like Prakriti, Sara, Samhanana, Satmya, Satva, Ahara Shakti, Vyayama Shakti, Vaya and Bala. Contemporary interpretations attempt to equate these with anthropometric measures, psychological scales, nutritional assessment, and exercise tolerance tests¹². These correlations are valuable because they provide a structured framework to evaluate patients beyond the disease-centric approach, emphasizing the importance of individualized prognosis and holistic care. While modern diagnostic science excels at identifying pathology, Ayurvedic frameworks offer insights into patient resilience, adaptability, and long-term outcomes, which can complement biomedical perspectives. The overall discussion indicates that the utility of Ayurvedic diagnostic tools lies not in replacing modern diagnostics, but in enriching them. They can serve as low-cost, non-invasive, and patient-centered adjuncts, particularly valuable in preventive care, community health, and resource-limited settings¹³.

CONCLUSION

Ayurvedic examination tools provide valuable insights into patient constitution, disease progression, and prognosis. Their integration with modern diagnostics can enhance preventive medicine, personalized healthcare, and early detection of disorders. With appropriate validation, standardization, and technological support, these traditional tools can play a vital role in complementing modern diagnostic practices.

Ayurvedic diagnostic tools such as Trividha, Shadvidha, Ashtavidha and Dashavidha Pariksha represent time-tested methods of patient and disease assessment. When reinterpreted in the light of modern science, these tools reveal significant potential to complement contemporary diagnostic practices. The classical focus on constitution (Prakriti), functional capacity, and holistic assessment aligns well with current global trends in personalized and preventive medicine. Modern research on Nadi Pariksha, Prakriti genomics, and tongue diagnosis demonstrates that ancient qualitative descriptions can be translated into measurable biomedical and digital parameters, thus validating the clinical relevance of Ayurvedic diagnostics.

The utility of these tools in modern healthcare lies not in substituting laboratory and imaging investigations, but in offering low-cost, non-invasive, and patient-centered adjuncts. They may be especially useful in community health, early screening, and prognosis, where

accessibility and holistic evaluation are vital. Furthermore, Dashavidha Pariksha provides a comprehensive framework to assess physical, psychological, and constitutional aspects of the patient, which can enhance prognostic accuracy beyond the disease-centric biomedical model.

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