

Diagnostic Importance of Trividha Parikshan – A Review

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ABSTRACT

Management of an illness necessitates diagnosis, which requires skilled examination of a patient using a variety of patient examination techniques. The majority of folks who seek your help have specific concerns or symptoms. In modern procedures, there are more devices (accessory tools) accessible for inspection than in ancient times, but patients were nonetheless inspected and treated well. Trividha pareeksha (Darshan, Sparshan, and Prashna), which were used in ancient times, are still relevant in modern clinical approaches such as history taking, systemic examination, and general examination. This paper explores Trividh Pariksha and its clinical significance in detail.

Keywords: Clinical examination, History, Pareeksha, Treatment, Trividha

Asian Pac. J. Health Sci., (2022); DOI: 10.21276/apjhs.2022.9.4.63

INTRODUCTION

Ayurveda is a comprehensive life science. It is a health science that describes daily routines as well as pathyapathya, or dos and don'ts, to preserve good health. It offers detailed descriptions of numerous diagnostic methods, diseases, and treatment protocols.^[1] The physician's approach of clinical examination (disease diagnosis and patient diagnosis) is utilised in Ayurveda to establish the root cause of the disease and to identify the disease's treatment. Clinical examination, nutritional and lifestyle modifications, diagnosis, and treatment are all part of the disease management process.^[2]

The clinical examination is the foundation for a proper diagnosis of the disease, based on which treatment can be organized. Ayurvedic diagnostic decision-making is a complicated procedure. Many aspects associated in disease manifestation are interpreted, including "body humors" (dosha), body tissues (dhatus), excretory products (malas), digestive force (agni), and body channels (srotas), among others.^[3] Furthermore, pathogenic variables, season, and a patient's full course of action (food, medicine, and regimen suitable with the constitution) are all taken into account by Ayurveda for illness expression. This review discusses about Trividh Pariksha and its applications.^[2-4]

PARIKSHA

The word Pariksha is derived from the root "iksha," which means to view, examine, or consider, with the preposition "pari," which means from all directions fixed before the root; thus, pariksha signifies observation from all directions. Ayurveda has a number of diagnostic techniques. There are two types of examinations: Roga Pariksha (disease examination) and Rogi Pariksha (patient examination).^[5]

The Nidan Panchak, which contains Hetu (Etiological factors), Purvaroop (Prodromal symptoms), Roopa (Actual presenting symptoms), Upashaya – Anupashaya (Symptom relieving or aggravating factors), and Samprapti, is included in Roga pariksha (Pathogenesis of disease). These five factors should be considered when examining the condition (Nidan Panchak).^[6] Interrogate the patient about how the condition began, whether it was sudden, gradual, or began with a specific sign or symptom. Learn about the progress and regression of the patient's symptoms, as well as aggravating and subsiding factors. Presenting symptoms will

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How to cite this article: Yadav M, Singh DK. Diagnostic Importance of Trividha Parikshan – A Review. *Asian Pac. J. Health Sci.*, 2022;9(4):342-344.

Source of support: Nil

Conflicts of interest: None.

Received: 01/04/2022 **Revised:** 15/04/2022 **Accepted:** 18/05/2022

almost always be accompanied by accompanying symptoms, pointing to Vyadhi vinishchay, or diagnosis

Rogi pariksha refers to a patient's examination employing the Trividh pariksha (Darshana, Sparshan, and Prashna). Trividh pariksha is the foundation of all Ayurvedic clinical examinations. Ayurvedic samhitas discuss and expound on it in numerous places. Past disease history tells, whether the current illness is related to a previous illness and also the patient's immunity. Some childhood disorders, such as masurika, romantika, and balapakshaghat, may have been encountered by the patient. Prolonged fever, hemoptesis, Madhumeha, Rajayakshma, and other serious disorders are common. Inquire about Rutukala, Garbhastha, Garbhastha, Prasava from female patients. Darshana, Sparshana, and Prashna is the basic and most important diagnostic methods of Ayurveda. All the other diagnostic methods are more or less based on these three-fold examinations.^[7]

DARSHANA PARIKSHA

Darshana is a Sanskrit term that means "inspection." Observation is done to examine the patient completely. In vimanasthana, Acharya Charak detailed the examination technique.^[8] He went on to say that color, shape, size, luster, normal and pathological states of the body, as well as other unmentioned aspects should all be examined with the eyes. Color examination (Varna) is crucial and can serve as a diagnostic marker. The color of the skin, sclera, nails, and other body parts changes abnormally in several disorders.

Color change is a defining characteristic of various disorders.^[9]

The term "samsthana" refers to the structural shape of the body or its organs. Another entity that is studied through inspection is form. A symmetrical, asymmetrical, even, or uneven shape is possible.^[10] It may be abnormally raised or low at times. Some disorders cause abnormal changes in the shape of body organs or body parts, such as shotha and sandhivakrata in complications of sandhigatavata or amavata, Mukhavakrata in ardita, Abdominal distension in Udara, and so on.

The term "Praman" refers to the proportion of body parts in relation to body height and width. It might be small, tall, or medium in height. In sharira Sthana, Acharya explained Anjali and Anguli Praman, and in ashtauninditiyaadhyay, he explained atirhaswa and atideergha. This praman pariksha is likewise performed solely through darshan.

Examining the shadow and normal glow of the body (Chhaya and Prabha) refers to the shadow and normal glow of the body based on the individual's complexion and luster. Chhaya darkens the skin, whilst prabha brightens it. Darshana examines both of the entities. Other parameters can be analyzed with the use of darshana, such as gati, or the patient's stride; if the patient walks with one leg hobbling, he or she may be a gridhrasi patient. The gait of an alcoholic or a sandhigatavata sufferer becomes irregular as well. Darshana can also be used to assess entities such as kampa (tremors), stambha (stiffness), aasan (sitting position), shayan (lying down position), and so on. Darshan pariksha can also incorporate some recently developed imaging procedures such as X-rays, CT scans, MRIs, and endoscopies that have been produced by modern science.

SPARSHAN PARIKSHA

Sparshan pariksha is a technique of examination that uses touch to examine the patient. Sparshan pariksha might encompass all palpation and percussion techniques. The temperature, tumor, abscess, swelling, as well as coldness, hotness, rigidity, pulsation softness or roughness should all be felt with the palmer surface of the hand.^[11] The physician who wants to know the patient's remaining life span by palpation must palpate the entire body of the patient.^[12] Acharya sushruta also mentioned that cold, hot, smooth, rough, soft, hard, etc., tactile perception in fever, edema, etc., should be assessed with palpation.^[13]

Only sparshan can sometimes feel sandhikujan or joint crepitations. Sparshan can be used to assess hyperesthesia and tenderness. Many diseases manifest anomalous changes in local temperature of bodily parts, such as the temperature of the belly, joint, abscess, or forehead, which can be measured with sparshan and used to assist, diagnose the ailment. Traditional palpation and percussion techniques can also be used in sparshan pariksha. Sparshan pariksha includes nadi and sparsha pariksha from ashtasthana pariksha.

PRASHNA PARIKSHA

The most significant test done by verbal interaction with the patient or his relative is prashna pariksha, which means interrogation. History taking is a form of art, and interrogation is an important aspect of it. The doctor-patient relationship is aided by vocal contact, which makes it easier to gather a complete medical history from the patient. Interrogation should be used to inquire about bowel motions, dream types, likes and dislikes, pain, and pleasure, according to Charakacharya.^[14]

Through interrogation, Acharya Sushruta incorporated prashna pariksha in shadvidh pariksha and asked for the following things to be noted these are, Desham, Kalam, Jatim, Satmyam, Atanksamutpattim, Vedana samucchayam, Balam, Antaragnim, Vatapravritti or apravritti, Mutrapravritti or apravritti, Purisha pravritti or apravritti, Kala Prakarsha, Kala Prakarsha, etc.^[13] Examiners should inquire about problems such as discomfort, anorexia, vomiting, and angina as well as good and bad habits, gentle, or hard bowel movements, through prashna pariksha, according to Arundatta, an Ashtanghriday commentator. Learn about patients dreams, feelings, and whether or not they have suffered from some kind of diseases since birth, as well as the duration of health complaints.^[11] The following points are used to explain Prashna pariksha vidhi: Pradhanvedana, Roga purvavritta, Rogi purvavritta, Parivarika charitra, and Vyaktigata charitra.^[14]

Pradhan Vedana

The patient's symptoms, such as pain, discomfort, vomiting, and itching, are referred to as pradhan vedana. The examiner should first inquire about the patient's problems, for which he or she is seeking medical counsel, followed by a request for chronological sequence.

Roga Purvavritta

Interrogate the patient about how the condition began, whether it was sudden, gradual, or began with a specific sign or symptom.

Rogi Purvavritta

It refers to a patient's examination regarding past disease history tells whether the current illness is related to a previous illness and also the patient's immunity.

Pariwarika Charitra

It relates to a family's heritage. It offers information on the health of family members and close relatives. It provides information about the patient's genotype, or genetic makeup.

Vyaktigata Charitra

Although the disease may be the same for everyone, individual dehaprakruti, vya, sattva, satmya, sara, and other elements are unique to each person, and all of these aspects play a role in the pathogenesis of disease. Interrogation can reveal information such as marital history, occupational history, environmental history, social history, habits, daily routine and food habits, addiction, history of satmya and asatmya, and so on.

The patient's nation of origin or habitation has a significant impact on the disease's progression. Dietary habits, lifestyle, mentality, and diet suitability differ depending on where you live. Because epidemic diseases have a common dwelling region, it should be investigated through interrogation.^[15] Seasonal and age stages, as well as the beginning of sickness, are all referred to as Kaala. All of these kaala can aggravate sickness, thus the age and particular times when symptoms worsen (if any) should be inquired about and recorded. The body's habitual adjustments to potentially antigenic substances are referred to as Satmya. Prashna Pariksha aids in the evaluation of satmya as well as vyasan, or addiction.

CONCLUSION

The trividh pariksha, that is, Darshan, Sparshan, and Prashna, is at the center of Ayurvediya parikshan paddhati, according to the preceding literature. Trividh Pariksha is the most comprehensive of all clinical tests. In the trividh pariksha, Ayurveda includes even the tiniest details about a patient's clinical evaluation. For excellent clinical practice, a physician must have a thorough understanding of diverse Pariksha. Without the need for any specific investigations, proper case taking can lead to an accurate diagnosis. Positive interaction with the patient can often alleviate half of the symptoms. Many sophisticated tools and tests are now available to aid in the clinical diagnosis of disease; however, Trividh Pariksha still plays an important role in disease diagnosis.

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