



**ANALYTICAL STUDY OF “SWASTHYA PARIGADNA SCORE”(S.P. SCORE) - A  
HYPOTHETICAL APPROACH**

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**ABSTRACT**

In present era maintaining health is a big challenge for everyone. Pesticides, Preservatives, Pollution, Stress and other various factors creating newer challenges regularly. Some of these factors can be assessed clinically and qualitatively only by the symptoms appearing on body. So an attempt is being made to assess the health completely by developing “Swaasthya Parigadna Score” (S.P. Score) from the knowledge available in Ayurvedic text. This S. P. score is expected to provide great benefits in maintenance of health as well as control and cure of diseases.

**KEYWORDS:** Swasthya Parigadna Score (S.P. Score), Ayurveda, Swastha, Nadi Pareeksha, Glassgow comascale.

**INTRODUCTION**

All the goals of life can be achieved only with good health.<sup>[1]</sup> But, actually definition of health has been updated time to time. The newest health definition of WHO is very much similar to the definition of "Swasth" as given in Sushrut Samhita<sup>[2]</sup>, a famous Ayurvedic text book. In present era of corona disease, when even sudden death may occur commonly in even asymptomatic person, routine Pathological and Radiological health checkups have been become the part of life. But availability of these test, cost, time etc are the major challenges. Even all the factors which are related to health also cannot be measured quantitatively. So here is an attempt made to develop “Swasthya parigadana score” (S.P. Score) from the knowledge available in Ayurveda to give some additional health benefits in diagnosis as well as in treatment. Nadi Pariksha<sup>[3]</sup>,

Glasgow Coma Scale<sup>[4]</sup> are few examples which are popularly used in clinical practices.

**METHODOLOGY**

Ideal definition of health is given in Sushruta Samhita<sup>[2]</sup>, Sutra Sthan (Chapter 15, shlok number 41),

समदोषः समाग्निश्च समघातुमलक्रियः ।

प्रसन्नात्मेन्द्रियमनाः स्वस्थ इत्यभिधीयते ॥

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According to this health is a state when Dosha<sup>[5]</sup>, Agni<sup>[5]</sup>, Dhatu<sup>[5]</sup> all are in balance phase, movements of Mala<sup>[5]</sup> are normal and Prasannata (happiness state) at Indriya<sup>[1]</sup>, Mana<sup>[1]</sup> and Atma<sup>[1]</sup> level.

From this definition, all the parameters of health and their co relation (i.e. Dosha, Agni, Dhatu, Mala, Prasannata which will be written as D A D M P as per initial alphabets) can be calculated as given below:

Sr. No.	Parameters	Sub headings	Correlation	Marking
1	Dosha (Disease causing factor)	Samdosh	No disease	4
		Ekdoshaj	Easily curable disease	3
		Dwidoshaj	Difficult to cure	2
		Tridoshaj	Controlled with medicine or Incurable	1
2	Agni (Metabolism)	Sam Agni <sup>[6]</sup>	Good Hungre	4
		Visham Agni <sup>[6]</sup>	Variable Hungre	3
		Tikshana Agni <sup>[6]</sup>	Intense Hunger	2
		Mand Agni <sup>[6]</sup>	Very low hunger	1
3	Dhatu (Body Components or Organ system)	Sarv saar <sup>[1]</sup>	Normal structure and function of organ systems	4
		Madhyam saar <sup>[1]</sup>	More than one abnormal organsystem but normal vital organs	3

		Alpa saar	More than one abnormal organ system and at least one abnormal vital organ	2
		Asaar <sup>[1]</sup>	Multi vital organ disease	1
4	Mala (Detoxification)	Samyak malapravartan	Normal motion, micturition and sweating	4
		samyak mutra and Mala pravartan, sweda asamyak	Normal micturition, motion and abnormal sweating	3
		Samyak mala pravartan, Asamyak mutra & sweda	Normal motion, abnormal micturition and sweating	2
		Asamyak malaparvartan	Abnormal motion, micturition and sweating	1
5	Prasannata (Happiness)	Sharirik Prasannata, Mansik Prasannata, Santushti	Happiness in physical appearance, work, Mental state, Relations, and Satisfaction	4
		Mansik Prasannata, Santushti	Happiness in Mental state, Relations and Satisfaction	3
		Sharirik Prasannata, Alpa Santushti	Happiness in physical appearance, work and Partial Satisfaction	2
		Not any	Unsatisfied	1

All the parameters will be evaluated by clinical examination and each of 5 parameters is further divided in 4 sub headings and every sub heading is given 1 to 4 marks accordingly. So maximum marks for S.P. score is 20, this can be written as D4A4D4M4P4 while minimum marks for S.P. Score is 5 which can be written as D1A1D1M1P1. We can find out the the S.P. Score in percentage by multiplying with 5 to obtained S.P. Score

value. This can be easily understand by one example, if an individual's S.P. Score after clinical examination is D2A3D3M2P3 then his obtained S.P. score will be 2+3+3+2+3=13, and his S.P. Score in percentage will be  $13 \times 5 = 65$ . All parameters of S.P. Score are equally important because it is well known that physical health can affect mental health and vice versa.

S.P. Score Percentage can be categorized as below:

Sr. No.	S.P. Score (in Percentage)	Interpretation
1	<100 but >75	No to mild Disease / Good to satisfactory health
2	<75 but >50	Moderate Disease / Average health
3	<50 but >25	Severe Disease / Poor Health
4	<25	Very Severe Disease/ Very poor Health

High S.P. score indicating good health which can be also co related with Immunity status that is if S.P. score is high immunity is also high.

## DISCUSSION

S.P. Score can be used in evaluation of health of both healthy as well as diseased person. This is not costly, not much time taking and can be performed in OPD or IPD.

By this S.P. score those factors can also be assessed which cannot be measured quantitatively by different available tests but helpful for good health.

Many a times in common diseases like Typhoid, Upper respiratory tract infections, Amoebiasis or in serious diseases like Hypertension, Diabetes, Renal failure, Chronic liver disease, cancer etc, importance to Agni, Mal pravartan or Prasannata is not given up to that extent which these deserves.

After complete evaluation of health by S.P. score along with available scientific tests, if it is found that SP score shows problem in any specific parameter then some new type of treatment can also be added in routine treatment protocol and this should be helpful in early recovery from the disease. S.P. Score can also be used in healthy individuals, here it can help in maintenance of health more effectively.

Pharma industry, Research organisations will also get new a tasks for providing new drugs for happiness at Indriya (physical) Mana (mental) and Atma (satisfaction) level.

## CONCLUSION

Health is one of the most essential thing of life. Optimum health needs evaluation of various factors affecting health from different ways. With advancement of

science, By Pathology and Radiology large number of investigations can be done, but many important factors affecting health can be assessed qualitatively only. Using this S.P. score along with available test, Health can be evaluated in much detail which can help in better management of health status of any individual. Although up gradation in every research is possible as the work proceeds. So, this S.P. score will be more compatible when further work will carried at large population.

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