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ABSTRACT

Ayurveda is a traditional system of medicine founded on rational principles and well-established theoretical frameworks, including the concepts of Tridosha, Panchamahabhuta, and the three essential pillars of life. Effective management of diseases in Ayurveda depends on accurate diagnosis followed by appropriate therapeutic planning. For this purpose, several diagnostic methods (Pariksha) are described to identify pathological conditions. These include clinical approaches such as Sparshana (palpation), Darshana (inspection), and Prashna (history taking), along with specific examinations like Mutra Pariksha (urine analysis), Purisha Pariksha (stool examination), Nadi Pariksha (pulse examination), and Jihwa Pariksha (tongue examination). Additional observations, including skin color and pupillary condition, also contribute to diagnosis. This article highlights the fundamental principles (Siddhanta) of various Pariksha techniques used for disease identification in Ayurveda.

KEYWORDS: Ayurveda, Diagnostic Methods, Rogi Pariksha, Ashtasthana Pariksha, Purisha Pariksha, Pramana.**INTRODUCTION**

Ayurveda places equal emphasis on both diagnosis and treatment in the management of diseases. Accurate identification of a pathological condition is essential, and this is achieved through various diagnostic methods collectively known as Pariksha. These include fundamental approaches such as Darshana (inspection), Sparshana (palpation), and Prashna (interrogation).

Darshana Pariksha involves careful visual examination of the patient, taking into account factors such as age, physical features, and overall appearance. Sparshana Pariksha refers to assessment through touch, which includes techniques like palpation, percussion, and auscultation to evaluate physiological changes. Prashna Pariksha consists of systematic questioning, where the patient is asked about symptoms, history of illness, and associated complaints to aid in diagnosis.

Dashavidha Pareeksha

□ Dooshyam: Consider structural and functional abnormalities.

- Desham: Geographical consideration of diseased person.
- Balam: Consideration of strength.
- Kalam: Consideration of climatic conditions.
- Analam: Consideration of patient's digestive system.
- Prakrithi: Consideration of patient's Tridosha constitution.
- Vayas: Consideration of patient's age.
- Satvam: Consideration of patient's mental status.
- Satmyam: Habitual consideration such as; smoking, drinking and daily liferoutine.
- Aharam: Consideration of nature food habitants.

Ashtasthana pareeksha

- Nadi : Pulse examination.
- Moothram : Urine examination.
- Malam : Stool examination.
- Jihwa : Tongue examination.
- Sabdam : Examination of voice and speech.
- Sparsham : Touching sensation.
- Drik : Eyes and vision examination.

□ Akrihi: Consideration of general body buildup; lean or muscular etc.^[2-5]

Pramana Pariksha Vigyaniam

Pramana Vigyaniam is considered a fundamental aspect of the Ayurvedic system for acquiring valid knowledge and supporting clinical decision-making. Ayurveda describes five principal means of knowledge (Pramana): Aptopadesha (authoritative testimony), Pratyaksha (direct perception), Anumana (inference), Yukti (logical reasoning), and Upamana (analogy).

Aptopadesha Pramana refers to knowledge obtained from reliable and learned authorities whose understanding is free from bias, doubt, and emotional influences such as Rajas and Tamas. Such individuals possess complete and authentic knowledge, which serves as a dependable source for understanding medical principles.

Pratyaksha Pramana involves knowledge gained through direct observation using the sense organs and the mind. It includes all forms of perception that arise from immediate sensory experience.

Anumana Pramana is based on inferential reasoning, where knowledge of an unknown factor is derived from known observations. It includes different forms, such as inferring a cause from its effect (related to past events), predicting an effect from a known cause (future-oriented), and inference based on commonly observed present phenomena.

Yukti Pramana represents logical and systematic reasoning derived from the integration of multiple factors. It is essential in planning therapeutic interventions, including the selection of appropriate drugs, dosage, and timing. Yukti emphasizes rational thinking and is applied to achieve the objectives of life, namely Dharma, Artha, and Kama.

Upamana Pramana involves understanding through comparison or analogy, which helps in clarifying unfamiliar concepts by relating them to known references.

Purisha Pariksha

Examination of stool (Purisha Pariksha) is an essential diagnostic method in Ayurveda and forms a key component of Ashtasthana Pariksha. Alterations in metabolic processes during disease conditions are often reflected in excretory products such as urine, sweat, and stool. Therefore, analysis of these waste materials helps in identifying various pathological states.

Stool examination provides valuable insights into conditions like Ama, constipation, diarrhea, and impaired digestive function (Agnimandya). Changes in the physical characteristics of stool are particularly important in diagnosing diseases, including pediatric

disorders (Bala Roga). The method of Jala Nimajjana Purisha Pariksha is used to assess the functional status of Agni and the presence of Ama.

In Ayurveda, Mala is broadly classified into Sharirika Mala and Dhatu Mala. The Sharirika Mala includes three primary excretory products: Mutra (urine), Purisha (stool), and Sweda (sweat). Since Purisha is formed as a by-product of digestion, its examination focuses on parameters such as color, quantity, odor, consistency, and the presence of froth.

Specific observations provide diagnostic clues.

Frothy stool is generally associated with aggravation of Vata Dosha

Altered consistency, such as dryness or excessive solidity, may indicate Kapha imbalance or conditions like constipation (Baddha/Vibaddha), while other variations may reflect Pitta involvement.

Odor-based examination (Ghranaja Pariksha) helps identify conditions such as Amagandhi (smell of undigested toxins), Visragandhi (foul odor resembling raw meat), and Kunapagandhi (putrefactive smell).

Touch-based assessment (Sparsha Pariksha) evaluates qualities like coldness (Sheetata), heat (Ushnata), unctuousness (Snigdha), and dryness (Rukshata).

Thus, Purisha Pariksha serves as a valuable tool in understanding disease pathology and guiding appropriate clinical management.

Mutra Pariksha

Examination of urine (Mutra Pariksha) is an important diagnostic tool in Ayurveda that provides valuable information about various disease conditions. The assessment is primarily based on characteristics such as color, appearance, odor, and consistency of urine, which reflect the state of Dosha imbalance and overall physiological condition.

Different observations and their clinical interpretations include.

Pale or bluish urine (Pandu or Nila Varna) is commonly associated with aggravation of Vata Dosha.

Frothy, oily, or turbid (Snigdha) urine indicates dominance of Kapha Dosha.

Yellowish or reddish (Pita or Rakta Varna) urine suggests Pitta Dosha aggravation.

Warm and unctuous urine may be indicative of involvement of Rakta Dhatu.

Blackish discoloration (Krishna Varna) is often considered a sign of severe systemic imbalance (Sannipata condition).

Urine resembling rice-water (Tandulodaka) is associated with impaired digestion (Ajirna).

Thus, careful observation of urinary characteristics plays a significant role in understanding disease pathology and

aids in accurate diagnosis and treatment planning in Ayurveda.

Taila bindu Pariksha

Tailabindu Pariksha is a specialized technique used for detailed analysis of urine. In this method, an early morning urine sample is collected in a clean, oval-shaped earthen vessel. A single drop of sesame oil (Tila Taila) is gently placed on the surface of the urine, preferably under sunlight. The pattern formed by the oil drop is carefully observed and interpreted to understand disease prognosis and Dosha involvement.

The observed patterns and their clinical significance are as follows

A snake-like pattern indicates predominance of Vata Dosha.

An umbrella-shaped spread is suggestive of Pitta Dosha disorders.

A pearl-like (Mukta) appearance reflects Kapha Dosha dominance.

Circular (Mandala) spreading of oil indicates aggravation of Vata.

Formation of bubbles (Budbuda) is associated with Pitta disorders.

A globular (Bindu) appearance corresponds to Kapha conditions.

A sieve-like (Chalini) pattern may indicate hereditary or genetic disorders (Kuladosha).

Patterns resembling distorted or irregular shapes (Narakara) are considered indicative of Bhutadosha.

Classical literature highlights that both Mutra Pariksha and Tailabindu Pariksha serve as valuable diagnostic tools, offering important information regarding disease pathology as well as prognosis.

CONCLUSION

Ayurveda describes a wide range of diagnostic methods (Pariksha) for the proper identification and management of diseases, including Sparshana, Darshana, Prashna, Mutra Pariksha, Purisha Pariksha, Nadi Pariksha, and Jihwa Pariksha. These approaches collectively contribute to accurate clinical assessment, which is essential for selecting an appropriate line of treatment. Rogi Pariksha not only includes commonly practiced examination techniques but also incorporates specialized methods such as Tailabindu Pariksha. Each of these diagnostic tools plays a vital role in understanding disease pathology and guiding effective therapeutic interventions. This article outlines the fundamental principles (Siddhanta) of various Pariksha methods used in disease diagnosis.

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