



Review Article

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A REVIEW ON ROG AND ROGI PARIKSHA IN PRAMEHA WITH SPECIAL REFERENCE TO DIABETES MELLITUS

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ABSTRACT

According to *Ayurveda* Rog and Rogi Pariksha are the two folds for clinical examination of the patients. For accurate diagnosis of the disease like *Prameha* (Diabetes Mellitus) proper examination of the patient is very important. *Prameha* is said to be one of the 'Mahagada' among 'Ashtomahagada' by different *aacharyas* in *Ayurveda*. And ultimately all untreated *Prameha* are converted into *Madhumeha*. According to Modern science *Madhumeha* can be correlate with Diabetes Mellitus. Hence, for proper diagnosis of *Prameha* different *Pariksha* are described in *Ayurvedic samhitas*. These are *Trividha Pareeksha* by *Vagbhata*, *Shadavidha Pareeksha* by *Sushruta*, *Ashtavidha Pariksha* by *Yogaratanakara*, *Dvidividha*, *Trividha* & *Dashavidha Pariksha* by *Charaka*. *Rog Pariksha* can be done by 'Nidanpanchaka' (i.e. *Hetu*, *Purvaroop*, *Roop*, *Upashaya-Anupashaya*, *Samprapti*). Above tools of *Rog* and *Rogi Pariksha* are very significant for proper diagnosis of *Prameha*.

Keywords: *Ashtavidha Pariksha*, *Nidanpanchaka*, *Prameha*, *Madhumeha*, Diabetes Mellitus.

INTRODUCTION

In *Ayurveda* *Prameha* is considered as the one of the 'Mahagada'¹ by different *aacharyas*. There are 20 subtypes of *Prameha*² due to the interaction of the three *doshas* and 10 *dushyas* (disturbed functioning of the principles that support the various bodily tissues). For accurate diagnosis of different types of *Prameha*, proper examination of the patient is necessary. *Acharyas* have given a variety of examinations in the form of *pariksha*. *Pariksha* are the diagnostic tool that helps to diagnose the *Vyadhi (Rog)* of the *Rogi*. The All types of *Prameha*, if not properly treated and attended to at the outset, may ultimately develop into *Madhumeha*³. In modern science *madhumeha* can be correlated with Diabetes Mellitus. With regard to Diabetes Mellitus, *Sahaja prameha* and *Jataha prameha* can correlate with Type 1 diabetes. *Apathyanimittaja Prameha* can correlate with type 2 diabetes. Type 2 diabetes is a metabolic disorder caused either by the insufficient production of insulin in islet cells of the pancreas or by resistance against secreted insulin in tissue, leading to an elevation in the glucose concentration in blood. It is a chronic disorder of carbohydrate, fat and protein metabolism. There is relative or absolute deficiency in insulin secretory response, resulting in hyperglycemia. For the diagnosis and prognosis of *Prameha*, *Rog* and *Rogi Pariksha* is important. If *Prameha* is diagnosed in *Purvarupavastha*, it becomes easy to cure. Hence, *charakacharya* described *Rog pariksha* for proper diagnosis of disease i.e. *nidana* (etiology), *purvaroop* (premonitory sign & symptoms), *linga* (sign & symptoms), *upashaya* (explorative therapies) & *samprapti* (pathogenesis). Also, different *Rogi Pariksha* are described in *Ayurvedic samhitas*. These are *Trividha Pareeksha* by *Vagbhata*⁴, *Shadavidha Pariksha* by *Sushruta*⁵, *Ashtavidha Pariksha* by *Yogaratanakara*⁶, *Dvidividha*, *Trividha*, *Chaturvidha*⁷ & *Dashavidha Pariksha*⁸ by *Charaka*. With the help of different types of *Rog* and *Rogi Pariksha*, diagnosis of *Prameha* becomes easy. In this article, details of *Ashtavidha Pariksha* in *Prameha* are described.

Conceptual Study

There are mainly two folds of clinical examination in *Ayurveda*:

Rog Pariksha (diagnosis of disease): According to *Charakacharya*, *Rog pariksha* can be done by *Nidanpanchaka*⁹ i.e.

- Nidana* (etiology),
- Purvaroop* (premonitory signs & symptoms),
- Linga/ Roop* (signs & symptoms),
- Upashaya* (explorative therapies)
- Samprapti* (pathogenesis)

Rogi Pariksha (examination of patient): In *Ayurveda samhita*, different *acharya* have given different *Rogi pariksha* to evaluate the patient. These are as follows:

Table 1: Different methods of Rogi Pariksha

<i>Dwividha pariksha</i>	<i>Pratyaksha, Anumana</i>
<i>Trividha pariksha</i>	<i>Pratyaksha, Anumana, Aaptopdesha (Charaka)</i> <i>Darshana, Sparshana, Prashana (Vagbhata)</i>
<i>Chaturvidha pariksha</i>	<i>Pratyaksha, Anumana, Aaptopdesha, Yukti</i>
<i>Shadavidha pariksha</i>	<i>Panch gyanendriya evam Prashana pariksha</i>
<i>Astavidha pariksha</i>	<i>Nadi, Mutra, Mala, Jihwa, Shabda, Sparsha, Druk, Aakruti</i>
<i>Dashavidha pariksha</i>	<i>Prakruti, Vikruti, Sara, Samhanana, Pramana, Satmya, Satwa, Ahara Shakti, Vyayama Shakti, Vaya</i>
<i>Dwadasha pariksha</i>	<i>Ayu, Vyadhi, Agni, Vaya, Ritu, Deha, Bala, Satwa, Satmya, Prakruti, Bhashaja, Desha</i>

ROG AND ROGI PARIKSHA IN PRAMEHA HETU PARIKSHA

Table 2: Hetu Pariksha in Prameha¹⁰

PRASHNA PARIKSHA		
Aaharaj Hetu	Viharaj Hetu	Doshaja Hetu
Dadhi, Guda, navannapana, Gramyodaka, Aanupa Rasa Pan	Aasyasukha Swapnasukha Divaswapa Vyayam	Kaphaja-hayanaka, cheen, koddalaka, Pittaja-ushna, Amla, lavana, Kshara Vataja-kashaya, katu, Tikta, Ruksha, Laghu

PURVAROOPA (PREMONITORY SIGNS & SYMPTOMS) PARIKSHA

Table 3: Purvaroopa Pariksha in Prameha¹¹

DARSHANA	SPARSHANA	PRASHNA
Dantadina madadhyatva, Kesha jatilibhava, Deha Chikkanata, Shithilanga, kasha- nakha ativrudhi, Snigdha pichhila gatra, Madhura shukla mutrata, Swedadhikya, mutre pipilika	Deha Chikkanata, Snigdha pichhila gatra	Pani-pada daaha(burning of sole and feet), Kara-pada suptata(numbsness at sole and feet), Trushna(dyspepsia), Tandra(dizziness), Deha Chikkanata, sharir-vistra gandha Mukhamadhurta, Hrudaya-netra-jivhagata upadeha, nidra, Shitapriyata

ROOP (SIGNS & SYMPTOMS) PARIKSHA IN PRAMEHA BY ASHTAVIDHA PARIKSHA

Table 4: Ashtavidha Pariksha in Prameha

Sr. No.	Pariksha	Symptoms in Prameha
1.	Nadi (Pulse)	It may vary according to Dosh, Prakriti, vaya, kaal, Vyadhi avastha, etc
2.	Mala	
	Purisha (Stool)	Asamyaka Pravritti (Irregular & unsatisfied)
	Sweda (Sweat)	Swedadhikya, Swedadourgandha (Excessive sweating with offensive smell, diabetic ketoacidosis)
	Danta-Jivha-Akshigata Mala	dantadinam madadhyatvam
3.	Mutra (Urine)	Prabhuta avila mutrata (increase frequency of micturition), increase urine sugar level, [Urine Glucose: >0.8mmol/lit]
4.	Jivha (Tongue)	Jivhagata maladhikya, picchilata, mukhamadhurta
5.	Shabda (speech)	Mukhashushkata (dryness of mouth), Slurred speech,
6.	Sparsha (Palpation)	Kaphaja-aardra, dehachikannata Pittaja-Shithilanga Vataja-Ruksha khara sparsha
7.	Druka (examination of eyes)	Drushtimandya (Diminution of vision), Akshigata maladhikya Kaphaja- Shweta (white conjunctiva) Pittaja-Pitabha (Pale conjunctiva) Vataja-Dhusara (Dusky conjunctiva)
8.	Aakruti (Mukhakruti, Varna, Chaya, Sara, Samhanana etc.)	Shhula Pramehi & Krusha Pramehi

Diagnostic criteria of Diabetes Mellitus Diabetes

- Fasting plasma glucose > 126mg/dl
- 2-h plasma glucose > 200mg/dl

Impaired Glucose Tolerance (IGT)

- Fasting plasma glucose -> 126mg/dl
- 2-h plasma glucose > 200mg/dl

Glycated Haemoglobin (HbA1c)

- An HbA1c of 6.5% is recommended as the cut point for diagnosing diabetes.
- A value of less than 6.5% does not exclude diabetes diagnosed using glucose tests.

(Use of HbA1c in the diagnosis of Diabetes Mellitus, WHO 2011, Abbreviated Report of a WHO consultation)

Urine Glucose Examination

- Urine Glucose: >0.8mmol/lit
- Benedict's Test- Positive

Normally glucose does not appear in urine until the plasma glucose rises above 160-180 mg/dl

DISCUSSION

By above Rog and Rogi Pariksha, it becomes easy to conclude the stage and type of Prameha. As prognosis of Prameha varies according to their types¹²: Kaphaja Prameha are of 10 types and they are curable (Saadhya) because of the compatibility of the therapies meant for their cure (Samakriyatvata). Pittaja Prameha are of 6 types and they are only palliable (Yapya) because of the incompatibility of the therapies meant for their treatment (Vishamakriyatvata). Vataja Prameha are of 4 types, they are incurable because of their extremely serious nature (Asaadhya). As Hetus and Purvaroopas of Prameha described in Ayurveda, we can rule out the Prameha vyadhi in Purvaroopa Avastha by different Pariksha. In Purvaroop Avastha, it is easy to treat the patient by Aahar- vihaar- Yoga- Pathya-apathya. And can avoid the further stage of Pramaha i.e. Kaphaj, Pittaja, Vataja/ Madhumeha or Diabetes Mellitus.

CONCLUSION

Rog and Rogi Pariksha together forms the basis of a protocol of examination, hence the proper diagnosis of Prameha and Madhumeha (Diabetes Mellitus) should be done. Pariksha helps to assess the process of Prameha (samprapti). If Prameha could diagnose in Purvaroop Avastha by these Pariksha, we can avoid the further disease condition. Diagnosis helps in planning a comprehensive treatment (including diet and lifestyle recommendations) protocol. Therefore, clinical examination of the 'Rog and Rogi' form the cream of success.

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