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

Madhumati S. Chidre 1, 2, R. S. Dhimdhime 2, Shrikant Soppa 3, Amruta Vedpathak 1, Kalpana Zile 1
1PG Scholar, Kriya Sharir Dept., Govt. Ayurvedic College, Osmanabad, Maharashtra, India
2Prof. & HOD, Kriya Sharir Dept., Govt. Ayurvedic College, Osmanabad, Maharashtra, India
3Ayurvedic practitioner at Maharashtra, India

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*Corresponding author
E-mail: madhumatischidre1010@gmail.com

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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 ‘Mahagaada’ among ‘Ashtomahagaada’ 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, Ashavidha Pariksha by Yogaratnakara, Dvividha, Trividha, Chaturvidha & 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 ‘Mahagaada’ by different aacharyas. There are 20 subtypes of Prameha due to the interaction of the three doshas and 10 dashyas (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 Rog. The All types of Prameha, if not properly treated and attended to at the outset, may ultimately develop into Madhumeha. In modern science madhumeha can be correlate 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), purvaroopa (premonitory sign & symptoms), linga (sign & symptoms), upashaya (theraputic therapies) & samprapti (pathogenesis). Also, different Rogi Pariksha are described in Ayurvedic samhitas. These are Trividha Pareeksha by Vagbhata, Shadavidha Pariksha by Sushruta, Ashavidha Pariksha by Yogaratnakara, Dvividha, Trividha, Chaturvidha & Dashavidha Pariksha 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 i.e.

a) Nidana (etiology),
b) Purvaroopa (premonitory signs & symptoms),
c) Linga/ Roop (signs & symptoms),
d) Upashaya (theraputic therapies) &
e) 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

<table>
<thead>
<tr>
<th>Rogi Pariksha</th>
<th>Nidana</th>
<th>Purvaroopa</th>
<th>Linga/ Roop</th>
<th>Upashaya</th>
<th>Samprapti</th>
</tr>
</thead>
<tbody>
<tr>
<td>Trividha pariksha</td>
<td>Pratyaksha, Anumana, Aapoppadesha (Charaka)</td>
<td>Darshana, Sparshana, Prashana (Vagbhata)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Chaturvidha pariksha</td>
<td>Pratyaksha, Anumana, Aapoppadesha, Yukti</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Shadavidha pariksha</td>
<td>Panch gyanendriya evam Prashana pariksha</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Astavidha pariksha</td>
<td>Nadi, Mutra, Mala, Jihwa, Shabda, Sparsha, Druk, Askruti</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Dashavidha pariksha</td>
<td>Prakruti, Vikruti, Sara, Samhanana, Pramana, Satmya, Satva, Ahar Shakti, Vyavayama Shakti, Vaya</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Dwadasha pariksha</td>
<td>Ayn, Vyadhi, Agni, Vaya, Ritu, Deha, Bala, Satva, Satmya, Prakruti, Bheshaja, Desha</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
**ROG AND ROGI PARIKSHA IN PRAMEHA HETU PARIKSHA**

### Table 2: Hetu Pariksha in Prameha ASHTAVIDHA PARIKSHA

<table>
<thead>
<tr>
<th>Ahuraraj Hetu</th>
<th>Viharaj Hetu</th>
<th>Doshaja Hetu</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dadhi, Guda, navannapanama, Gramyodaka, Aanupa Rassa Pan</td>
<td>Aasayusakha, Swapsnusakha, Divyasvapva, Vvyayam</td>
<td>Kaphaja-havanaka, cheen, kodalalaka, Pitaaja-usnna, Amla, lavana, Kehara Vataja-kashaya, katu, Tikta, Raksha, Laghu</td>
</tr>
</tbody>
</table>

**PURVAROOPA (PREMONITORY SIGNS & SYMPTOMS) PARIKSHA**

### Table 3: Purvaroopa Pariksha in Prameha

<table>
<thead>
<tr>
<th>DARSHANA</th>
<th>SPARSHANA</th>
<th>PRASHNA</th>
</tr>
</thead>
<tbody>
<tr>
<td>Danadina maladhyatva, Kesha jatilibhava, Deha Chikkhamana, Shithilanga, kesha- nakha ativraddhi, Snigdhic pichhila gatra, Madhura shukla mutrata, Swedadhikya, mutre pipilika</td>
<td>Deha Chikkamata, Snigdhic pichhila gatra</td>
<td>Pan-pada daashat (burning of sole and feet), Kara-pada suptaazinnumbness at sole and feet, Trushna (dyspepsia), Tindraduzziness, Deha Chikkamata, sharir-vistra gandha Mukhamadhruta, Hrudaya-neta-jivhagata upadeha,nidra, Shitagriyata</td>
</tr>
</tbody>
</table>

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

### Table 4: Ashavidha Pariksha in Prameha

<table>
<thead>
<tr>
<th>Sr. No.</th>
<th>Pariksha</th>
<th>Symptoms in Prameha</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Nadi (Pulse)</td>
<td>It may vary according to Dosh, Prakriti, vaya, kaal, Vyadhi avastha,etc.</td>
</tr>
<tr>
<td>2.</td>
<td>Malaa</td>
<td>It may vary according to Dosh, Prakriti, vaya, kaal, Vyadhi avastha,etc.</td>
</tr>
<tr>
<td>3.</td>
<td>Parisha (Stool)</td>
<td>Asamyaka Pravritti (irregular &amp; unsatisfied)</td>
</tr>
<tr>
<td>4.</td>
<td>Sweedh (Sweat)</td>
<td>Swedadhikya, Swedadourgandha (Excessive sweating with offensive smell, diabetic ketoacidosis)</td>
</tr>
<tr>
<td>5.</td>
<td>Danta-Jivha-Akshigata Mala</td>
<td>Dantadina maladhyatyalvam</td>
</tr>
<tr>
<td>6.</td>
<td>Mutra (Urine)</td>
<td>Prabhuata avila mutrata (increase frequency of micturition), increase urine sugar level, [Urine Glucose: &gt;0.8mmol/lit]</td>
</tr>
<tr>
<td>7.</td>
<td>Jivha (Tongue)</td>
<td>Jivhagata maladhyatya, pichilata, makhamadharya</td>
</tr>
<tr>
<td>8.</td>
<td>Shabda (speech)</td>
<td>Mukhamadhruta (dryness of mouth), Slurred speech,</td>
</tr>
<tr>
<td>9.</td>
<td>Sparsha (Palpation)</td>
<td>Kaphaja-aardra, deachhikamata Pittaja-Shhiltanga Vataja-Ruksha kharasparsha</td>
</tr>
<tr>
<td>10.</td>
<td>Druka (examination of eyes)</td>
<td>Drshtrimandya (Dimunation of vision), Akshigata maladhyatya Kaphaja- Shveta (white conjunctiva) Pittaja-Pitabha (Pale conjunctiva) Vataja-Dusara (Dusky conjunctiva)</td>
</tr>
<tr>
<td>11.</td>
<td>Aakruti (Mukhakruti, Varna, Chaya, Sara, Sambhanana etc.)</td>
<td>Shula Prameh &amp; Kumar Pramehi</td>
</tr>
</tbody>
</table>

**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.


**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 start and type of Prameha. As prognosis of Prameha varies according to their types: Kaphaja Prameha are of 10 types and they are curable (Sasadhya) because of the compatibility of the therapies meant for their cure (Samakriyatavata). Pittaja Prameha are of 6 types and they are only palliable (Yapya) because of the incompatibility of the therapies meant for their treatment (Vishamakriyatavata). Vataja Prameha are of 4 types, they are incurable because of their extremely serious nature (Asasadhy). As Hetus and Purvaropas of Prameha described in Ayurveda, we can rule out the Prameha vyadhi in Purvaroopa Avastha by different Pariksha. In Purvaroopa Avastha, it is easy to treat the patient by Aahar- vihaar- Yoga- Pathya-apathy. And can avoid the further stage of Pramaha i.e. Kaphaj, Pittaja, Vataja/Madhumeha or Diabetes Mellitus.

**CONCLUSION**

Rog and Rogi Pariksha together form 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 Purvaroopa 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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