A review on Trividha Pariksha and its importance
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Abstract: Ayurveda also takes into account pathogenic factors, season, and a patient's entire course of action (diet, drug, and regimen compatible with the constitution) for the expression of the disease. Ayurveda, the physician's approach of clinical examination (disease diagnosis and patient diagnosis) is used to determine the root cause of the disease and to determine the treatment of the disease. The comprehensive examination is a source of fundamental and personalized knowledge about the patient that strengthens the clinician - patient relationship. Most people seeking your care have specific worries or symptoms. The comprehensive examination provides a more complete basis for assessing these concerns and answering patient questions. Darshan or direct observation is the first diagnostic technique of the three fold rogi pareeksha methods. Factors those are elicited by Chakshurindriya (eyes) are comes in this category. It begins with the initial greeting and continues through the entire data collection process. Observation or inspection of the patient is done through the patient’s general appearance, Eyes, Skin, Scalp hair, body hair, Teeth, Walking, Complexion etc. Inspection begins through active observation. Physician must note the facial expressions of patients even during interrogating the patient.

Key words: Ayurveda, Chakshurindriya, Darshan, Observation

Introduction:
In Ayurveda, the physician's approach of clinical examination (disease diagnosis and patient diagnosis) is used to determine the root cause of the disease and to determine the treatment of the disease. The management of the disease includes clinical examination, dietary and lifestyle interventions, diagnosis, and treatment. Clinical examination forms the basis for proper diagnosis of the disease according to which treatment can be planned. Diagnostic decision making in Ayurveda is a complex process. It includes interpretation through many factors involved in disease manifestation such as “body humors” (dosha), body tissues (dhatus), excretory products (malas), digestive power (agni), and body channels (srotas) etc. Moreover, Ayurveda also
takes into account pathogenic factors, season, and a patient's entire course of action (diet, drug, and regimen compatible with the constitution) for the expression of the disease. In Ayurveda clinical examination includes three diagnostic methods (trividhapaariksha) i.e Darshan (Inspection), Sparshan(Palpation) and Prashna(Interrogation). Darshan (Inspection) involves observation of the body parts, for example skin, hair, eyes, and tongue etc. Sparshan (Palpation) includes pulse, and palpation of body parts (abdominal palpation, skin, etc.). Comprehensive understanding of medical history, symptoms, and psychological and physiological characteristics are covered during the Prashna (Interrogation). Based upon a conventional medical diagnosis, treatment and choice of herbs/compound formulae are prescribed.

A. Pareeksha:

The due process of examination by which the exact nature of an object is determined is known as pareeksha. Pareeksha are of two types;

1. Roga Pareeksha – Examination of the diseases
2. Rogi Pareeksha - Examination of the patient

1. Roga Pareeksha:
Roga Pareeksha i.e. examination of the disease is done by analyzing Nidanpanchak i.e five components of disease diagnosis such as: 2

1. Nidan – Aetiology 
2. Purvarupa - Prodromal features 
3. Rupa – Clinical features 
4. Samprapti – Pathogenesis 
5. Upashaya/ unupshaya – Therapeutic trials.

2. Rogi Pareeksha: Examination of the patient

In ayurvedic literature different types of Rogi pariksha for the diagnosis of the disease are described as below,

1. Dwividha pareeksha (two fold examination)- Pratyaksha and Anumana
2. Trividha pareeksha (three fold examination)- 
   • Aptomadesha, Pratyaksha and Anumana
   • Darshana, Sparshana and Prashna
3. Chaturavidha pareeksha (four fold examination)
4. Shadavidhapareeksha (six fold examination)  
   1. Sparshanendriya( organs of touch) 
   2. Srotrendriya( organs of hearing) 
   3. Chakshurindriya( organs of sight) 
   4. Rasanendriya (organs of taste)
   5. Ghranendriya (organs of smell)
   6. Prashna (history taking)
5. Astavidhapaariksha (eight fold examination technique) i) Nadi

For understanding of the Rogibala (strength of the patient) various
examination are given, out of which Darshanadi Trividha Pareeksha are of prime importance. **Trividha Pariksha:** [11, 12, 13]

Trividha Pareeksha (3 fold examination) of a patient consists of three steps:

1. **Darshana** - examination by inspection
2. **Sparshana** - examination by touch
3. **Prashna** - examination by interrogation

While doing an examination, the physician should view the body of the patient (Darsana), touch it with hands (Sparsana) and enquire about his complaints (Prashna).

**Darshan Pareeksha (Inspection):**
Darshan or direct observation is the first diagnostic technique of the three fold rogi pareeksha methods. Factors those are elicited by Chakshurindriya (eyes) are comes in this category. It begins with the initial greeting and continues through the entire data collection process. Observation or inspection of the patient is done through the patient’s general appearance, Eyes, Skin, Scalp hair, body hair, Teeth, Walking, Complexion etc. Inspection begins through active observation. Physician must note the facial expressions of patients even during interrogating the patient.

**Technique of examination:**
The patient must be examined in the good light and at a convenient close range. Observe the whole body scrupulously. Head to toe examination must be done. Use of a magnifying glass, reflecting mirrors, X-Ray and such other instruments which are helpful to see the internal parts of the body. It is advantageous to compare the observation of any part of the body with its counterpart in the other half, i.e. comparison between right and left halves of the body. The exact observation is achieved by constant practice. Acharya Charak has included Dar Pareeksha in pratyaksha praman so examination by eyes is most reliable. According to charakacharya following should be examined visually: 14

- Varna (colour)
- Samsthan (size and shape)
- Praman (proportion)
- Chaya (complexion / lusture)
- Prakruti (constitution of patient)
- Vikruti (abnormal state of body)

While according to Sushruta those to be examined visually are Sharir upchaya (proper nutrition) & apachaya (wasting /emaciation), Aayulakshan (signs of life span), Bala (strength/power), Vikar (features of the diseases). 15

According to Vagbhat by darshan pareeksha we can examine, change in color of the body fluids (ex.urine, vomitus), structure, size & shape, proportion, deformities etc. 16

Current clinical methods includes apparent state of health, patient’s appearance, behavior, and movement such as facial expression, mood, body habitus and conditioning, skin conditions such as petechiae or ecchymoses, eye movements, pharyngeal color, symmetry of thorax, height of jugular venous pulsations, abdominal contour, lower extremity edema, clubbing, cyanosis, icterus, pallor and gait etc.

**Sparshan Pareeksha (Palpation):**
It refers to the features that are elicited by touching the affected part of the patient with physicians hand especially the right one. The normal & abnormal qualities regarding specific body parts are examined. The information which is not
accessible by Darshana Pareeksha can be accessed by Sparshana Pareeksha. According to charak qualities like softness, hardness, smoothness, roughness, etc. can be assessed by palpation. By touching with the palmer surface of hand one should feel the temperature, tumor, abscess, swelling also coldness, hotness, rigidness, pulsations, soft or rough surface etc. in diseases like fever, tumor and abscess etc. Information regarding gunas like sheeta, ushna, mrudu, kathina etc. (qualities such as heat, cold, soft, hard & many others), spandana(pulsation, movement, thrills, tremors etc.), sat & asat bhavas (presence or absence of organs etc.), sweda (presence or absence of perspiration) & anukat bhava (other not mentioned here) is to be obtained. According to modern clinical methods, tactile pressure from the palmer fingers or finger pads to assess areas of skin elevation, depression, warmth, ortenderness, lymph nodes, pulses, contours and sizes of organs and masses, and crepitus in the joints, Oedema, hyperesthesia, tenderness, cyst & tumor size, shape, enlargement of abdominal organs, mobile or fixed lump/cyst etc. can be examined by palpation method.

Prashna Pareeksha (interrogation/History taking):
History taking is an art, which form vital part in approaching the patient’s problem and arriving at a proper diagnosis. Prashna pareeksha forms a healthy doctor-patient relationship. It also builds up the patients confidence & trust in his doctor. According to Acharya Charak following factors should be asked by Prashna Pareeksha (interrogation). a) Hetu – etiological factors b) Arati - nature of the pain /discomfort c) Satmya– asatmya(wholesome &unwholesome food, drugs, etc.) d) Agnibala- (power of digestion and metabolism) e) Grahani Mrudu – Darunatwa ( The bowel movements & Hard/soft stool) f) Abhipraya (Feelings) g) Dukha (Pain/complaints) i) Sukha (Happiness) j) Swapna Darshan (Types of dreams) k) DwishtaEshta(liked/disliked things)

According to acharya Sushrut one should elicit information about, Desha (Residence) Kaala (age and season) Jati (caste & gender) Saatmya ( compatibility of habits & Addictions) Aatangasamutpatti ( History of present illness) Vedanasamucchaya (present complaints) Bala (strength/power) Antaraagni(Appetite) VaataPravruttivaApravrutti(passage of flatus present or absent) Mootra PravruttivaApravrutti(Urination present or absent) PurishaPravruttivaApravrutti(defecation present or absent) KaalaPrakarsha ( duration and aggravation of illness)

Other factors like family history, social and occupational history, history of past illness, menstrual history in female, treatment history can also be accessed through interrogation in current clinical methods.
It is always favorable to allow the patient to relate the entire history of the ailment in his own words. The entire demeanor of the patient during the consultation provides valuable
information to the physician.

Summary:
Treatment of a disease needs diagnosis first and diagnosis requires skillful examination of a patient with various tools like of Rogi pareeksha vidhi (Patient examination techniques). The comprehensive examination is a source of fundamental and personalized knowledge about the patient that strengthens the clinician - patient relationship. Most people seeking your care have specific worries or symptoms. The comprehensive examination provides a more complete basis for assessing these concerns and answering patient questions.

In current practices there is variety of instruments (accessory tools) available for examination as compared to ancient time, but still patients were examined as well as treated well. Trividha pareeksha (Darshan, Sparshan, Prashna) which were practiced during ancient time holds relevance in current clinical methods like history taking, systemic examination, general examination etc. Pareeksha helps in proper understanding condition of patient and arriving at proper diagnosis. Based upon a conventional medical diagnosis proper treatment is planned.

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