

## REVIEW ARTICLE

# Correlation of *Trividha Pariksha* with *Chaturvidha Pramana*: A Review Article

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### ABSTRACT

In *Ayurveda*, the word “*Pariksha*” is used for *Pramana*. *Pariksha* is composed of two words “*Parit*” means “all around” and “*iksha*” means “to inspect or view.” The synonyms of *Pariksha* are *Pramana*, *Saadhana*, *Jynana*, and *Uplabdh*. Any abnormality in the normal structural or physiological aspect of the body develops a disease. For proper treatment of the disease, proper diagnosis is a must. Before treatment of the disease, an examination is necessary. Examination of disease can be done with the help of *Trividha Pariksha*, that is, – *Darshana*, *Sparshana*, and *Prashana*. *Pariksha* helps in understanding the condition of the patient. *Trividha Pariksha* is done by the method of *Chaturvidha Pramana*, that is, *Aptopadesha*, *Pratyaksha*, *Anumana*, and *Yukti* which tell the object truly.

## 1. INTRODUCTION

To determine the specific character of the disease proper examination is needed. For examination of a specific disease, all four *Pramana* are required. After examination of the disease by these *Pramana*, the physician should obtain knowledge regarding the nature of the disease and what treatment or therapy is required. Appropriate examination is required to identify the unique features of illnesses. However, some diseases require all of the *Pramanas* to be determined, whereas other diseases just require one or two *Pramanas*. For instance, all that is required to appreciate *Agnimandya* is *Aptopadesha* and *Anumana Pramana*. Following an examination of the illness by these *Pramanas*, the doctor should learn about the nature of the illness and the necessary treatments. A skilled doctor who understands the condition and how to treat it will be unable to treat it if the *Pareekshas* are not performed correctly. A person who behaves appropriately will get appropriate outcomes.

In *Trividha Rogi Pariksha*, that is, *Darshana*, *Sparshana*, and *Prashana* patients are clinically examined through *Chaturvidha Pramana*. A

physician having sound knowledge of *Roga* and *Rogi Pariksha* can treat the disease properly.

### 1.1. Aim

To understand the correlation of *Trividha Rogi Pariksha* with *Chaturvidha Pramana* through an *Ayurvedic* perspective.

### 1.2. Objective

- To explore the *Ayurvedic* classical text for the description of *Trividha Pariksha* and *Chaturvidha Pramana*
- Role of *Chaturvidha Pramana* in *Trividha Pariksha*.

## 2. MATERIALS AND METHODS

For this literary study material related to the study is collected from various authentic books, *Charaka Samhita*, *Sushruta Samhita*, *Astang Hriday*, Sanskrit Dictionaries, etc.

### 2.1. Derivation of *Pariksha*

“*Parit Ikshyate Anyaa iti Pariksha.*”<sup>[1]</sup>

- Pariksha* is a process by which things are inspected or viewed thoroughly

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2. Both the words *Pariksha* and *Pramana* are used to get true knowledge through proper assessment
3. *Acharya Charaka* many times used the word *Pariksha* for *Pramana*. *Chakrapani* explained that the *Pariksha* is *Pramana* by which objects are rightly or truly known<sup>[2]</sup>
4. The actual meaning of *Pariksha* is examination.

## 2.2. Chaturvidha Pramana

1. *Aptopadesha*, that is, the authoritative statement of those people who are absolutely free from the predominance of *Rajas* and *Tamas*. Their words are true beyond any doubt
2. *Pratyaksha*, that is, perception or direct observation. In reference to *Roga Rogi Pariksha*, it is the examination of any disease by own sense organs (*Indriyas*) except the gustatory organ
3. *Anumana*, that is, inference is preceded by perception. Knowledge is gained by reason and logic
4. *Yukti*, that is, Rationale. *Yukti Pramana* plays an important role in the planning of treatment.<sup>[3]</sup>

## 2.3. Trividha Pariksha

The patient is to be examined by the following method:

1. *Darshana Pariksha* (Inspection) – *Darshana Pariksha* examination is done through sense organ, for example, *Netrendriya* for inspection
2. *Spashana Pariksha* (Palpation) – *Sparshana Pariksha* examination is done by the physician using one's *Sparshana Indriya*, for example, palpation of the abdomen, checking raised body temperature, etc.
3. *Prashana Pariksha* (Interrogation) – *Prashana Pariksha* is done by questioning the patient.<sup>[4]</sup>

Description of *Trividha Pariksha* mentioned in *Charaka Samhita Vimana Sthana (Trividha Roga Visheshha Vijyaniya)* and *Chikitsa Sthana (Dwivarniya Adhyaya)*, *Ashtanga Hridaya Sutrassthana (Ayushkaamiya Adhyaya)*, and *Bhava Prakasha Purva Khanda*.

In *Charaka Samhita Vimana Sthana*, a slightly different *Trividha Roga Pariksha* has been mentioned as follows – the specific knowledge of disease is obtained through these methods, that is, *Aptopadesha*, *Pratyaksha*, and *Anumana*.<sup>[5]</sup> Table 2 below shows the Use of *Jnanendriya* in *Trividha Pariksha (Darshana, Sparshana, and Prashana)*.

## 3. RESULTS

Everyone should have valid knowledge of *Roga Pariksha* and *Rogi Pariksha*. Nowadays the development of technology has made the diagnosis of diseases easy but the physician should not completely rely upon it. He should have a complete knowledge of clinical methodology. The physician should not encourage the overuse of laboratory investigations. Hence, the physician should follow the methods of clinical examinations told in classics for better understanding and treatment of patients, and prefer judicious use of modern tools and methods of diagnosis. Before requesting any investigations, the physician should analyze the patient's condition carefully and draw up a provisional management plan. In these *Pariksha, Pramana* is helpful in the diagnosis of disease. Thus the *Pariksha* and *Pramana* are similar to each other. Table 1 below shown the Correlation of *Trividha Pariksha* with *Chaturvidha Pramana*.

## 4. DISCUSSION

The techniques employed to comprehend the stage, state, and location of *Dosha* include *Aptopadesha, Pratyaksha, and Anumana Pareeksha*;

the state of *Dooshya* and the location of *Dooshya Sammurchana. Prasna Pareeksha* is one of the *Pareekshas* that aids in comprehending the patient's specifics and state. The patient will develop a strong relationship with the doctor as a result of thorough questioning, which will enable the patient to open up to the doctor about anything without holding back. Patients must be completely honest with the doctor about everything.

To attain a proper knowledge of the disease, one of the many different types of *Pariksha* should be adopted. After attaining the correct knowledge, physicians will become capable of diagnosing the disease accurately and hence describing a proper treatment.

It is said that “the eyes see what the mind knows,” analogous to this saying, in *Trividha Pariksha* firstly the physician attains the *Jyana* through *Aptopadesha Pramana* and after this, he utilizes *Pratyaksha Pramana* to attain knowledge through – *Darshana, Sparshana, and Prashana Pariksha*.

Thereafter the physician uses *Anumana Pramana* to process all that he/she gained from *Pratyaksha Pramana*. Thus to know the root cause of disease examination is necessary. Finally, based on these three *Pramana* and *Yukti Pramana* are used for planning the treatment. According to *Acharya Charaka*, the physician should first of all diagnose the disease, and then he should select the proper medicine.<sup>[8]</sup> Thereafter, he should administer the therapy applying the knowledge of the science of medicine (he had already gained).<sup>[9]</sup>

## 5. CONCLUSION

It is a universally accepted fact that a basic knowledge of any subject (*Aptopadesha*) is necessary before perceiving it with the help of our sense organs (*Pratyaksha*). After perceiving new information from our sense organs we tend to extract inference (*Anumana*). By combining multiple factors, valid for past, present, and future we arrive at a reasoning (*Yukti*). The knowledge attained after this process is utilized by a physician for the purpose of performing *Chikitsa*. On a rough outlook, it seems as if *Trividha Roga Pariksha* lies within the realms of just *Pratyaksha Pramana*, but on closer inspection, we can conclude that to attain absolute knowledge from *Trividha Pariksha* one must know the application of the remaining three *Pramana* too (i.e. – *Aptopadesha, Anumana, and Yukti*).

*Acharya Charaka* has used the word *Pariksha* for *Pramana*. In *Roga Pariksha* and *Rogi Pariksha*, the examination is done with the help of four *Pramana*. Therefore *Pariksha* and *Pramana* are synonyms of each other, as there is application of *Pramana* in any type of *Pariksha* (examination).

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**Table 1:** Correlation of Trividha Pariksha with Chaturvidha Pramana

Trividha Pariksha	Symptom	Clinical examination	Pramana used
Darshana	Color, shape, size, and body build. In Vrana – Age, color, nature of the physique, and sense organs. <sup>[6]</sup>	Inspection	Pratyaksha,
Sparshana	Temperature, roughness, abscess, edema, and softness and hardness of the body. In Vrana – stiffness, hardness, coldness, and heat. <sup>[7]</sup>	Palpation/Percussion	Pratyaksha,
Prashana	Type of pain, history of past illness, family history, power of digestion, and cause of disease. In Vrana - Nature of pain, Satmay, Agni Bala. <sup>[7]</sup>	Questioning/Interrogation	Shrotrendriya (Pratyaksha) and Anumana

**Table 2:** Use of Jnanendriya in Trividha Pariksha (Darshana, Sparshana, and Prashana)

Pariksha	Jnanendriya used
Darshana	Chakshu Indriya, Shrotrendriya, and Ghranendriya
Sparshana	Sparshanendriya
Prashana	Shrotrendriya

