



Journal Homepage: - [www.journalijar.com](http://www.journalijar.com)

## INTERNATIONAL JOURNAL OF ADVANCED RESEARCH (IJAR)

Article DOI: 10.21474/IJAR01/19301  
DOI URL: <http://dx.doi.org/10.21474/IJAR01/19301>



### RESEARCH ARTICLE

#### "AYURVEDIC DIAGNOSIS THROUGH NIDANA: PRINCIPLES, PROCESSES, AND PRACTICAL IMPLICATIONS"

Dr. Sanjay Kosankar<sup>1</sup> and Dr. Pankaj Thawari<sup>2</sup>

1. Associate Professor, Department of Rognidan and Vikruti Vidyan, Smt Vimladevi Ayurvedic Medical College and Hospital Wandhari Chandrapur (M.S), India.
2. Assistant Professor, Department of Rognidan and Vikruti Vidyan, Smt Vimladevi Ayurvedic Medical College and Hospital Wandhari Chandrapur (M.S), India.

#### Manuscript Info

##### Manuscript History

Received: 18 June 2024  
Final Accepted: 20 July 2024  
Published: August 2024

##### Key words:-

Nidaan Panchak, Roga, Pareeksha, Hetu

#### Abstract

Nidana is defined as the precise aetiology of a disease, providing a detailed understanding of its dimensions. The Nidana Panchaka comprises five key elements: Nidana (aetiology), Purvarupa (prodromal symptoms), Rupa (clinical features), Upashaya (therapeutic response), and Samprapti (pathogenesis). A thorough diagnosis necessitates the consideration of all these factors. In Ayurvedic texts, Nidana holds a critical role by offering a comprehensive understanding of disease mechanisms. Diagnosis in Ayurveda hinges on the Tridosha theory, which posits that imbalances among the three doshas—Vata, Pitta, and Kapha—are responsible for disease. These imbalances are influenced by various etiological factors, including lifestyle and dietary habits. Accurate diagnosis is essential before initiating treatment, as several diagnostic methodologies such as Ashtavidha Pareeksha, Dashavidha Pareeksha, and Chaturvidha Pareeksha exist. However, this article focuses on the pivotal role of the Nidana Panchaka. A profound grasp of Nidana is essential for a physician's effectiveness in Ayurveda. Without a precise diagnosis, therapeutic interventions are often uncertain and ineffective. This article aims to elucidate the concept of hetu and highlight its critical importance in clinical practice.

Copyright, IJAR, 2024.. All rights reserved.

#### Introduction:-

Ayurveda, the ancient science of life, emerged from the need to understand, prevent, and treat illnesses, as well as to maintain overall health. This core principle is encapsulated in the Sanskrit verse "Swasthasya swaasthya rakshanama aturasya vikara prashamanam cha<sup>1</sup>," which translates to the importance of both preserving health in the healthy and alleviating ailments in the sick.

In Ayurveda, the process of diagnosing and treating diseases involves a concept known as Trisutra, which includes Hetu (cause), Linga (symptoms), and Aushadha (medicine)<sup>2</sup>. Among these, Hetu and Linga are used for diagnosing diseases, while Aushadha is focused on treatment. Therefore, accurate diagnosis, or Roga Pariksha, is crucial for effective treatment. As emphasized by Acharya Charaka, correct diagnosis is fundamental to successful treatment planning.

**Corresponding Author:- Dr. Sanjay Kosankar**

Address:- Associate Professor, Department of Rognidan and Vikruti Vidyan, Smt. Vimladevi Ayurveda Medical College and Hospital, Wandhari Chandrapur (M.S), India.

Ayurveda outlines five diagnostic tools, known as Nidana Panchaka<sup>3</sup>, which include:

1. **Nidana:** The cause or origin of the disease.
2. **Purvarupa:** Early symptoms or premonitory signs.
3. **Rupa:** Specific signs and symptoms or clinical features.
4. **Upasaya:** Factors that relieve or aggravate the condition.
5. **Samprapti:** The pathogenesis or progression of the disease.

These tools help practitioners understand and diagnose diseases thoroughly, ensuring appropriate treatment.

Nidana has a meaning as precise identification of disease, so Nidana means that the process of diagnosis. The Nidana Sthana contains two words Nidana and Sthana. The word meaning of Nidana is first or Primary Cause, Pathology and Cause of the Disease. Nidana is the one which gives exact dimension of disease, constitute the causative factor, Vyadhi Janaka as well as Vyadhi Bhodakaby Nidana, Purvarupa, Rupa, Upashaya, Samprapti. Ayurvedic diagnosis, grounded in the concept of Nidana, is fundamental to effective treatment in traditional medicine. Nidana encompasses the detailed aetiology, progression, and manifestation of diseases, forming the cornerstone of Ayurvedic diagnostic principles. This approach involves the Nidana Panchaka—comprising Nidana (aetiology), Purvarupa (prodromal symptoms), Rupa (clinical features), Upashaya (therapeutic response), and Samprapti (pathogenesis)—to provide a comprehensive understanding of the disease. This article explores these principles, the processes involved in Ayurvedic diagnosis, and their practical implications, emphasizing the critical role of accurate diagnosis in ensuring successful therapeutic outcomes.

### Objective:-

- 1) To review concept of Nidan in Brihatrayee.
2. To understand the clinical importance of Nidana.

### Materials and Methods:-

In this study, classical Ayurveda texts have been thoroughly studied to present this article.

### Review of Literature:-

Nidana is necessary for the proper identification of Dosha, the Roga, Rogavastha, Rogabala, and Sadhya Asadhya.

### Definition

Nidan is the etiological factor and cause of disease “Tatranidanmkaranmiyuktamagre”<sup>4</sup>. Cha.N i.1/2.

The term Nidan is usually translated as pathology, is meant to include factors, which falls within the respective provinces of pathology, aetiology, symptomatology and pathognomy as well. The main line of it is the Nidanparivarjan and to get the clear knowledge of disease one should know about the nidanpanchak, which is explained in nidanasthan

Hetulingabhidhayakamnidanasthanmuchyate“...Chakrapani cha.ni ½

Hence the physician with unaffected mind and intellect should know the disease properly on the basis of factors such as etiology etc.

### Nidan synonyms<sup>5</sup>

1. Hetu Means the cause
2. Nimitta Associate causes
3. Ayatana Refers to the site of causative factor
4. Karta Means the doer
5. Karana The primary cause Pratyaya Refers to faith/knowledge which is complimentary to main cause
6. Samuthan Development or progress of certain factors

**Pancha nidan These counts to be Lakshan nidan** – disease knowing factors in brief. It facilitates to know the nature of disease in broad perspective. It includes following steps.

**Nidan Hetu – causative factor**<sup>6</sup>

1. Purvarupa Preliminary signs and symptoms
2. Rupa (Lakshana, Linga) Main signs and symptoms
3. Upashaya Investigational and treatment regime depending on use of hetu and vyadhi viparit/vipariathakari methods
4. Samprapti Complete etiopathogenesis of the disease

**Classification of hetu**<sup>7</sup>

- 1) Mithyaahar (improper diet)
- 2) Mithyavihar (improper activities)
- 3) Improper administration of therapies
- 4) Shukra shonit doshas (defect in sperm and ovum)
- 5) Krumij (infective agents)
- 6) Adhrushya (unseen factors)
- 7) Parabhisanskar (developed by others)
- 8) Janapaupadvansa (epidemic disease)
- 9) Dhatu shaya (depletion of dhatu)
- 10) Margavarana (obstruction in normal pathway)
- 11) Sankramak (contagious disease).

Vata dosha can be disturbed by several factors, including Sheeta Guna (cold quality), Ruksha Guna (dry quality), Kashaya Rasa (astringent taste), Katu Rasa (pungent taste), Ativyayama (excessive exercise), and Avarana (obstruction caused by other bodily elements). Understanding how each of these factors contributes to the aggravation of Vata is crucial for effective diagnosis and treatment. This knowledge aids in predicting the disease's progression, accurately diagnosing the condition, linking causes to their effects (i.e., the disease and its symptoms), and helping patients avoid triggers. Furthermore, it allows for the development of an appropriate treatment plan tailored to address these aggravating factors<sup>8</sup>.

Ayurvedic diagnosis, centered on the concept of Nidana, plays a pivotal role in the effective treatment of diseases. Nidana, which translates to 'etiology' or 'cause', is integral in understanding and addressing health conditions according to Ayurvedic principles. The Nidana Panchaka, comprising five essential components—Nidana (etiology), Purvarupa (prodromal symptoms), Rupa (clinical manifestations), Upashaya (therapeutic response), and Samprapti (pathogenesis)—forms the foundation of this diagnostic approach.

The principle of Nidana involves a detailed investigation of the root cause of a disease, including the patient's lifestyle, diet, and other contributing factors. Understanding these causes allows practitioners to trace the disease's progression and identify its clinical features. For instance, Purvarupa helps in recognizing early symptoms, while Rupa focuses on the observable manifestations of the disease. Upashaya assesses the efficacy of treatments, and Samprapti explores the disease's pathogenesis, providing insights into its development and progression.

Accurate diagnosis in Ayurveda is essential as it informs the selection of appropriate therapeutic interventions. This process includes various diagnostic techniques such as Ashtavidha Pareeksha (eight-fold examination), Dashavidha Pareeksha (ten-fold examination), and Chaturvidha Pareeksha (four-fold examination). However, the Nidana Panchaka remains central to the diagnostic process due to its comprehensive approach to understanding disease mechanisms.

The practical implications of utilizing Nidana are significant. By accurately identifying the aetiology, progression, and characteristics of a disease, practitioners can tailor treatments more effectively, enhancing therapeutic outcomes. Thus, a thorough understanding of Nidana is crucial for achieving precision in diagnosis and improving patient care in Ayurveda.

**Processes of Diagnosis**

In Ayurvedic practice, diagnosis involves a meticulous process that integrates the principles of Nidana with various diagnostic techniques. These include:

1. **Ashtavidha Pareeksha (Eight-fold Examination):** This comprehensive examination includes assessing the patient's physical and psychological state, pulse, urine, feces, and other diagnostic parameters to gain a holistic view of their health.
2. **Dashavidha Pareeksha (Ten-fold Examination):** This method includes additional diagnostic criteria such as the patient's age, strength, and mental state, providing a detailed assessment of their overall health.
3. **Chaturvidha Pareeksha (Four-fold Examination):** This approach focuses on examining the body's doshas (Vata, Pitta, and Kapha), dhatus (tissues), malas (wastes), and srotas (channels), offering insights into the imbalances affecting the patient.

### Practical Implications

The application of Nidana in clinical practice has significant implications for patient care. By employing the Nidana Panchaka framework, practitioners can:

1. **Achieve Accurate Diagnosis:** A thorough understanding of Nidana ensures that all aspects of the disease are considered, leading to a more accurate diagnosis. This precision helps in distinguishing between similar conditions and avoids misdiagnosis.
2. **Develop Targeted Treatments:** With a clear understanding of the disease's etiology, progression, and manifestations, treatments can be tailored to address the specific needs of the patient. This personalization enhances the efficacy of interventions and improves patient outcomes.
3. **Implement Preventive Measures:** Identifying prodromal symptoms and understanding the pathogenesis allows for early intervention and preventive measures, potentially reducing the severity or preventing the onset of disease.
4. **Enhance Therapeutic Response:** Evaluating how the disease responds to treatment through Upashaya enables practitioners to adjust therapies in real-time, optimizing treatment effectiveness and patient satisfaction.

### Discussion:-

Ayurveda emphasizes that accurate diagnosis is crucial before formulating any treatment plan. The Nidana Panchaka is a key diagnostic tool used to identify diseases at different stages. Understanding the precise etiological factors, the vitiation of doshas, and the progression of the disease is of utmost importance. Early detection and addressing the root causes are prioritized to prevent disease escalation. Avoiding the identified causative factors plays a critical role in the treatment of any illness. In Ayurveda, understanding the causative factors of disease, known as Hetu, is fundamental to both diagnosis and treatment. Hetu, which translates to "cause" or "aetiology," refers to the underlying factors that contribute to the onset of disease. This concept is integral to Ayurvedic practice and theory, providing insights into how imbalances arise and how they can be addressed.

### Concept of Hetu in Ayurveda

Ayurveda views health and disease through a holistic lens, emphasizing balance among the body's three doshas (Vata, Pitta, and Kapha), seven dhatus (tissues), and three malas (waste products). Hetu encompasses a broad spectrum of causes, ranging from environmental factors to lifestyle choices, and from emotional states to hereditary conditions. The fundamental principle in Ayurveda is that disease occurs when there is a disruption in this delicate balance.

### Hetu is categorized into several types:

1. **Adhyatma Hetu:** These are internal causes that arise from within the body, such as imbalances in the doshas, dhatus, and malas. For instance, excessive Pitta can lead to inflammatory conditions, while a Vata imbalance might cause dryness and irregularity in bodily functions.
2. **Adhibhoutika Hetu:** These are external causes related to the environment or physical factors, such as extreme temperatures, pollution, or unsanitary conditions. Exposure to harsh climates or environmental toxins can trigger diseases by affecting the body's internal balance.
3. **Adhidaivika Hetu:** These are factors attributed to divine or cosmic influences, such as astrological positions or spiritual conditions. In Ayurvedic thought, these factors are considered to affect one's predisposition to certain ailments based on one's karma and cosmic alignment.

### Importance of Identifying Hetu

#### Identifying the Hetu is crucial for several reasons:

1. Prevention: By understanding the causative factors, individuals can take preventive measures to avoid exposure to known triggers. For example, knowing that excessive consumption of spicy foods can aggravate Pitta helps individuals make informed dietary choices to maintain balance.
2. Diagnosis: Hetu plays a pivotal role in diagnosing diseases. Ayurvedic practitioners analyze various causative factors to determine the root cause of a patient's condition. This comprehensive approach helps in identifying not just the symptoms but the underlying imbalances that need to be addressed.
3. Treatment: Effective treatment in Ayurveda is based on correcting the imbalances caused by Hetu. For instance, if stress is identified as a causative factor, treatment may include stress-reducing practices such as meditation and yoga, alongside dietary and lifestyle modifications.
4. Holistic Approach: Ayurveda's emphasis on Hetu ensures that treatment plans are tailored to the individual's unique circumstances. This personalized approach considers the interplay of various causative factors, leading to more effective and sustainable outcomes.

#### Examples of Hetu in Practice

1. Diet and Lifestyle: An imbalanced diet or erratic lifestyle is a common Hetu. Consuming excessive cold or raw foods can disrupt digestion and lead to conditions like indigestion or colds. Ayurveda recommends balancing dietary choices with one's dosha and digestive capacity to maintain health.
2. Emotional Factors: Emotional stress and mental states are significant Hetu in Ayurveda. Chronic stress, anger, or fear can disturb the doshas and lead to conditions such as hypertension or digestive issues. Emotional wellness is therefore a critical aspect of Ayurvedic treatment.
3. Environmental Influences: Seasonal changes and environmental conditions are also considered Hetu. For example, during the monsoon season, increased humidity can aggravate Kapha, leading to respiratory issues. Ayurveda advises seasonal adjustments in diet and lifestyle to mitigate such effects.

#### Conclusion:-

Each element of Nidana Panchaka plays a crucial role in diagnosing a disease, both individually and together. When one component suggests the presence of a disease, the other aspects of Nidana Panchaka help confirm the diagnosis. Therefore, it is essential to study and understand these diagnostic tools thoroughly. Educating people about Nidana Panchaka can help reduce the incidence of diseases by facilitating early diagnosis. This early detection allows for timely intervention, potentially preventing poor outcomes and enabling the progression of the disease to be managed effectively. The concept of Hetu is central to Ayurvedic medicine, offering a comprehensive framework for understanding the causes of disease. By addressing both internal and external factors, Ayurveda provides a holistic approach to health and wellness. Recognizing and managing Hetu allows for preventive measures, accurate diagnoses, and effective treatments, aligning with Ayurveda's goal of achieving and maintaining balance in the body, mind, and spirit. This holistic perspective not only helps in treating diseases but also in fostering overall well-being and longevity.

#### References:-

1. Yadavji T. Charak Samhita of Agnivesha. Tisraishaniyo adhyaya. Chaukhamba Surabharti Prakashana: Varanasi; 2013.p.70.
2. Tripathi B. Charak Samhita of Agnivesha. Dirghamjivitiyam adhyaya. Chaukhamba Surabharti Prakashana: Varanasi; 2014.p.9
3. Tripathi B. Charak Samhita of Agnivesha. Maharoga adhyaya. Chaukhamba Surabharti Prakashana: Varanasi; 2014.p.396-397.
4. Yadavaji Trikamaji, editor. Charaka Samhita of Charaka, Nidana Sthana, chapter 1, verse no.3.reprinted , Varanasi; Chowkhambha Sanskrit Series; 2008 ; p.193
5. Yadavaji Trikamaji, editor. Charaka Samhita of Charaka, Nidana Sthana, chapter 1,verse no.11reprinted , Varanasi; Chowkhambha Sanskrit Series; 2008 ; p.196
6. Yadavaji Trikamaji, editor. Charaka Samhita of Charaka, Sutra Sthana, chapter 30, verse no.33-35. reprinted , Varanasi; Chowkhambha Sanskrit Series; 2008 ; p.190
7. Ayurvediya Vikrti Vijnana and Roga Vijnana,Dr.P.S.Byadgi, Editor reprint 2011,Chaukhambha Sanskrit Sansthan Varanasi; 2011; P.335.

8. Shastri S N. Charak Samhita of Agnivesha. Vatavyadhi chikitsa adhyaya. Chaukhamba Bharati Academy: Varanasi, 2016; 780.