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Role of Dashavidha Pariksha in Early Disease Detection: A Clinical and Analytical Study

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Abstract

The ancient life science known as Ayurveda places a strong emphasis on individualized, preventative, and promotional treatment. In Ayurvedic practice, a patient's proper assessment prior to treatment is regarded as a fundamental concept. The tenfold examination known as Dashavidha Pariksha, which is detailed in the Charaka Samhita, is a thorough diagnostic method for assessing a person's constitutional, physiological, psychological, and physical health. Prakruti, Vikruti, Sara, Samhanana, Pramana, Satmya, Satva, Ahara Shakti, Vyayama Shakti, and Vaya are the 10 criteria. Therapeutic planning, prognosis, patient strength, and disease susceptibility are all better understood with the aid of these assessment techniques.

Metabolic diseases, stress-related ailments, and lifestyle problems are all on the rise these days. As a result, early illness detection and customized therapy are now crucial components of healthcare. Dashavidha Pariksha aids in spotting minor pathological alterations prior to the emergence of serious clinical symptoms. Additionally, it sheds light on the patient's capacity for adaptation, immunity, mental stability, digestion, and physical stamina. The clinical and analytical importance of Dashavidha Pariksha in early disease detection, prevention, prognosis, and personalized treatment is examined in this review paper.

Keywords: Ayurveda, Rogi Pariksha, Dashavidha Pariksha, Clinical Examination, Personalized Medicine, Preventive Healthcare, Early Disease Detection.

Introduction

One of the earliest medical systems, Ayurveda emphasizes maintaining health and preventing illness in addition to treating disease. "Swasthasya Swasthya Rakshanam" and "Aturasya Vikara Prashamanam," which translate to "protection of health in healthy individuals and treatment of diseases in diseased individuals," [4] are the two fundamental goals of Ayurveda. A key component of Ayurvedic diagnosis is clinical examination. Before starting treatment, a doctor should carefully assess the patient (Rogi) and the illness (Roga), according to Acharya Charaka. Treatment may become hazardous or ineffectual without a proper assessment. As a result, thorough patient evaluation is thought to be the cornerstone of effective treatment. [1]

One of the key Rogi Pariksha techniques mentioned in the Charaka Samhita is Dashavidha Pariksha. It is a multifaceted assessment that looks at a person's constitutional, psychological, structural, functional, and metabolic aspects. The doctor can better grasp Bala (strength), Vyadhi Bala (illness severity), disease susceptibility, prognosis, and therapy appropriateness with the use of these ten criteria. [2] Preventive medicine, individualized care, and early disease detection are becoming increasingly important in contemporary healthcare systems. Worldwide, the prevalence

of lifestyle problems such as obesity, diabetes mellitus, hypertension, cardiovascular diseases, and illnesses linked to stress is rising. A comprehensive framework for detecting disease predisposition and minute pathological alterations prior to the onset of advanced disease is offered by Dashavidha Pariksha. [5]

Aims and Objectives

Examine Dashavidha Pariksha's involvement in early disease identification and assess its clinical and preventative value.

Objectives

- To examine the traditional Ayurvedic notion of Dashavidha Pariksha.
- To research the clinical significance of each Dashavidha Pariksha component.
- To examine how Dashavidha Pariksha can be used to detect early pathological changes and disease susceptibility.
- To compare Dashavidha Pariksha with contemporary methods of analysis and diagnosis.
- To assess the value of Dashavidha Pariksha in individualized and preventative healthcare.

Methods and Materials

This review article is based on a thorough analysis of contemporary research articles, review papers, and published journals pertaining to Dashavidha Pariksha and Rogi Pariksha, as well as classical Ayurvedic literature including Charaka Samhita, Sushruta Samhita, and Ashtanga Hridaya. To examine the function of Dashavidha Pariksha in clinical diagnosis and early disease detection, data was gathered from Ayurvedic literature, research databases, and peer-reviewed journals. [1, 2]

The Dashavidha Pariksha Concept

The tenfold method of patient assessment known as Dashavidha Pariksha is primarily discussed in the Vimana Sthana and Charaka Samhita. It is done to assess the patient's strength, disease severity, prognosis, and therapy suitability. Ayurveda holds that since each person is different, a thorough assessment of the patient is required prior to treatment planning.

The 10 elements of Dashavidha Pariksha consist of:

- i). Prakruti
- ii). Vikruti
- iii). Sara
- iv). Samhanana
- v). Prakruti
- vi). Satmya
- vii). Satva
- viii). Shakti Ahara
- ix). Shakti Vyayama
- x). Vaya

Together, these factors offer comprehensive information on the patient's physical makeup, tissue quality, mental toughness, digestive capacity, adaptability, and functional ability." [1]

Dashavidha Pariksha's Part in the Early Disease Detection

1. Constitutional Assessment, Prakruti Pariksha

The term "prakruti" describes a person's innate constitution, which is established at conception by the preponderance of Doshas. It affects physical, mental, and physiological traits and is constant throughout life. [2] Prakruti assessment aids in early detection of illness predisposition: Neurological and degenerative problems are more common in Vata Prakruti people. Inflammatory illnesses and skin conditions are common in Pitta Prakruti people. Obesity and diabetes mellitus [1] are more common in Kapha Prakruti persons. As a result, Prakruti evaluation supports tailored therapy, food planning, lifestyle adjustment, and preventative healthcare. [5]

2. Vikruti Pariksha (Pathological State Evaluation)

The term "vikruti" describes the aberrant or ill state brought on by a Dosha imbalance. It aids in determining the patient's current pathological state." [1] By analyzing minute variations in Dosha state, Vikruti Pariksha aids in:

Early diagnosis, comprehension of the severity of the disease, assessment of the pathology's evolution, prognostic evaluation, and early management and prevention of complications are all made possible by the detection of dosha imbalance prior to the onset of severe symptoms.

3. Sara Pariksha (Tissue Excellence Assessment)

Sara expresses the strength and quality of Dhatus (body tissues). Better immunity, physical stamina, and resistance to illness are traits of people with great Sara." [1]

Poor Dhatu Sara Could Mean:

- Deficits in nutrition
- Low immunity

Degeneration of Tissue

- A vulnerability to long-term illness.
- Sara Pariksha assists treatment planning and prognosis by assessing the patient's biological strength. [6]

4. Samhanana Pariksha (Body Compactness Assessment)

Samhanana describes the body's structural integrity and compactness. People with high Samhanana are more resilient to illness and have greater physical stamina. [1]

Poor physical resilience and susceptibility to musculoskeletal problems may be indicated by weak body structure.

5. Anthropometric Examination, or Pramana Pariksha

Pramana is the measuring of the body's proportions and organs. Anguli Pramana is used in Ayurvedic anthropometric examinations. [2]

This analysis aids in determining:

- Being overweight
- Undernourishment
- Abnormalities in growth
- Disorders related to metabolism Anthropometric measurements employed in contemporary medicine and the Body Mass Index (BMI) are associated with Pramana Pariksha. [7]

6. Satmya Pariksha (Adaptability Assessment)

Compatibility or adaptability to nutrition, lifestyle, and environmental conditions is referred to as satmya. Reduced immunity, allergies, and digestive issues might result from improper Satmya. [1] Satmya assessment improves preventative healthcare and aids in identifying eating patterns that are incompatible.

7. Satva Pariksha (Evaluation of Psychology)

Satva is the term for psychological stability and mental toughness. Anxiety, stress disorders, and psychosomatic illnesses are more common in people with low Satva. [2] Stress management and psychological counseling benefit from early detection of mental susceptibility.

8. Ahara Shakti Pariksha (Digestive Capacity Assessment)

The power of intake and digesting is part of Ahara Shakti. Many disorders have diminished Agni as their primary cause, according to Ayurveda. [4] Inadequate digestion can result in:

- The formation of Ama
- Disorders related to metabolism
- Inadequate nutrition
- Digestive disorders

Ahara Shakti evaluation aids in the early detection of metabolic abnormalities. [1]

9. Exercise Capacity Assessment (Vyayama Shakti Pariksha)

Exercise tolerance and physical stamina are referred to as Vyayama Shakti. Decreased ability to exercise could be a sign of metabolic problems and systemic weakness. [2]

This analysis is helpful in:

- Assessing physical health
- Making rehabilitation plans
- Counseling on lifestyle
- Preventing illness

10. Vaya Pariksha (Evaluation of Age)

Age-related physiological changes are referred to as vya. Age groups exhibit varying physiological capacity and illness susceptibilities. [1] Based on the patient's strength and condition, age assessment aids in choosing the best course of therapy and preventive measures.

Pariksha Dashavidha's Clinical Importance

Dashavidha Pariksha is crucial to the following:

It is especially helpful in managing diabetes mellitus, hypertension, obesity, stress disorders, and metabolic syndrome. Other benefits include early disease detection, prognostic evaluation, patient strength assessment, personalized treatment planning, prevention of complications, medication selection and dosage, and dietary and lifestyle counseling [2, 5]

Discussion

Dashavidha Pariksha is a comprehensive and customized diagnosis method. Ayurveda has a strong emphasis on patient-centered assessment and prevention, in contrast to modern medicine, which frequently concentrates primarily on disease pathology. [1] In Ayurveda, the idea of early disease detection is predicated on identifying minute physiological and psychological abnormalities before to the emergence of more serious diseases. Constitutional sensitivity, Dosha imbalance, digestive issues, poor tissue quality, diminished physical endurance, and mental instability are all identified by Dashavidha Pariksha. [2] Lifestyle problems and chronic diseases are growing more prevalent in today's world. As a result, Dashavidha Pariksha can make a substantial contribution to integrated medicine, individualized healthcare, and preventative medicine. For wider acceptability in contemporary healthcare systems, clinical validation and scientific standardization are still necessary. [9]

Conclusion

In Ayurveda, Dashavidha Pariksha is a special and all-encompassing diagnostic technique that assesses a person's constitutional, structural, physiological, psychological, and functional characteristics. By detecting Dosha imbalance, poor digestion, tissue weakening, mental instability, and lifestyle incompatibility prior to serious disease manifestation, it plays a crucial role in early disease diagnosis. [1] It is extremely pertinent to modern healthcare, particularly in the treatment of chronic and lifestyle problems, because of its preventive and holistic approach. Prognostic assessment, personalized treatment planning, preventive healthcare, and personalized medicine are all supported by Dashavidha Pariksha. [2] To incorporate this useful Ayurvedic diagnostic method into modern medical practice, more investigation, standardization, and scientific confirmation are needed. [10]

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