Ayurveda Pariksha and Modern Clinical Evaluation: Connecting Traditional and Contemporary Diagnostic Approaches

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Abstract: *Diagnosis is an essential part across all medical systems, though the methodologies differ between Ayurveda and modern medicine. Ayurveda employs Pariksha, a structured approach for evaluating both the patient and the disease, taking into account physical, physiological, and psychosomatic factors. In contrast, modern medicine prioritizes clinical evaluation, which encompasses patient history, physical examination, and diagnostic testing. While Ayurveda is sometimes critiqued for a lack of detail and modern medicine for insufficient holistic perspective, integrating the practical strengths of Ayurveda with the precision of modern diagnostics has the potential to improve patient care.*

Keywords: *Ayurveda* diagnosis, *Pariksh* method, modern clinical evaluation, holistic patient care, integrative medical practice

1. Introduction

The term *Pariksha* derives from the *Sanskrit* root *Iksha*, meaning "to observe" or "to examine," while the prefix Pari indicates observation from multiple perspectives. Together, *Pariksha* denotes a careful and systematic examination (1). In classical *Ayurveda* literature, *Pariksha* refers to the process of examining, analyzing, and comprehending the genuine nature of an entity through *Pramana*, as demonstrated below:

"*Parikshyate Vyavasthapyate Vastusvarupam Anayeti Pariksha Pramanani*" (2)

Within Ayurveda, *Pramana* (means of knowledge), *Sadhana* (source), *Gyana* (knowledge), *Pariksha* (examination), and *Uplabdhi* (attainment) are interrelated concepts that frequently overlap in practice.

Pariksha is a foundational component of *Ayurveda* science, providing the basis for accurate knowledge and effective action. Classical texts identify various forms of *Pariksha*, including *Roga Pariksha*, *Rogi Pariksha*, *Shastra Pariksha*, *Acharya Pariksha*, *Shishya Pariksha*, *Anna Pariksha*, *Dravya Pariksha*, *Aushadha Pariksha*, *Dhatri Pariksha*, *Stanya Pariksha*, *Stana Pariksha*, *Doota Pariksha*, and *Visha Pariksha*. This range illustrates that Pariksha encompasses more than clinical diagnosis and is relevant to multiple domains of life and practice.

Pariksha plays a broad, continuous role across the human lifespan, encompassing physical, mental, educational, therapeutic, and environmental domains. Similarly, modern science emphasizes systematic examination through a variety of assessments and tests. In both traditional and contemporary systems, comprehensive examination is essential for achieving meaningful outcomes.

Pariksha is important across various fields, including education, clinical practice, and research. In education, it evaluates students' abilities and potential. In clinical contexts, it supports accurate diagnosis and treatment planning. In research, rigorous examination ensures methodological integrity, ethical standards, and reliable results. Overall, *Pariksha* contributes to standards and effectiveness across disciplines (3). This review investigates the roles of *Ayurveda Pariksha* and modern clinical evaluation, and analyzes their relationship to diagnostic processes.

2. Aim and Objectives

Aim:
- To review the idea of *Ayurveda Pariksha* and modern clinical evaluation, and to look at how they relate in diagnosis.

Objectives:
- To study what *Pariksha* means in *Ayurveda.*
- To review the main concepts and methods of modern clinical examination.
- To compare *Ayurveda* and modern examination methods and discuss the benefits of combining both approaches.

3. Materials and Methods

The Bruhatrayee and *its commentaries,* other *classical texts,* and recent scientific works were reviewed. Articles, research papers, and reference books served as secondary sources. Online searches used keywords such as *'Pariksha'* and *'Pramana'*. The subsequent table provides a comparative overview of Rogi Pariksha as outlined by different Acharyas, illustrating variations and commonalities in diagnostic approaches.

Volume 15 Issue 1, January 2026
Fully Refereed | Open Access | Double Blind Peer Reviewed Journal
www.ijsr.net

Paper ID: MR26105223708   DOI: https://dx.doi.org/10.21275/MR26105223708   461

Table 1.1: for *Rogi Pariksha* (Acc. To Different *Acharyas):*

Acharya	Types of Pariksha	Name Of Pariksha
Acharya Charaka	Trividh Pariksha	Darshan, Prashna and Sparshan
Acharya Charaka	Chaturvidh Pariksha	Aptopdesha, Pratyaksha, Anumana, Yukti
Acharya Charaka	Dashvidh Atur Pariksha	Prakriti, Vikriti, Sara, Samhanana, Satmya, Satva, Ahara Shakti, Vyayam Shakti, Vaya Pariksha
Acharya Sushruta	Shadvidh Pariksha	Prashna, Srotendriya, Chakshuendriya, Rasanendriya, Ghranendriya, Sparshendriya
Acharya Sushruta	Dwadashvidh Pariksha	Ayu, Vyadhi, Ritu, Agni, Vaya, Deha, Bala, Satva, Satmya, Prakriti, Bhesaj, Desha
Acharya Vagbhata	Trividha Pariksha	Darshan, Prashna and Sparshan
Acharya Vagbhata	Dashvidh Atur Pariksha	Dushya, Desha, Bala, Kala, Anala, Prakriti, Vaya, Satva, Satmya, Ahara
Acharya Yogaratnakar	Astavidh Pariksha	Nadi, Mutra, Mala, Jihva, Shabda, Sparsha, Drik, Akriti

Understanding of Pariksha:

Ayurveda Pariksha comprises classical diagnostic methods in *Ayurveda* medicine that assess an individual's health by evaluating physical, psychological, and constitutional factors. The term *'Pariksha'* means 'examination' or 'investigation' and includes techniques such as pulse examination *(Nadi Pariksha),* tongue inspection, and observation of physical characteristics, all intended to identifying functional imbalances rather than specific diseases. In contrast, modern clinical evaluation uses standardized procedures, laboratory tests, and imaging techniques to objectively identify disease pathologies and confirm diagnoses. Understanding these core principles enables for meaningful comparison and potential integration of both diagnostic systems.

Table 1.2: for Utility of *Pariksha:*

No.	Name of Pariksha	Utility of Pariksha
1	Aptopdesha Pariksha	Aptopdesha Means Authentic person or Book which are Acceptable and Valid for Past, Present and Future.
2	Pratyaksh Pariksha	Means Direct perception, Manas Pratyaksha help to Assess Psychological aspect, Indriya Pratyaksha help to Assess Physical Aspect.
3	Anumana Pariksha	When Direct Perception is not possible, the next major source of Jnana Karan is Anumana.
4	Upamana Pariksha	Helps to Gain Knowledge based on Resemblance.
5	Yutki Pariksha	Planning is Having great importance in Ayurveda for Differential Diagnosis, formulations and treatment.
6	Bhesaja Pariksha (4)	Bheshaja should be collected in Appropriate Season, Appropriate Parts of plants and how to make a formulation and identify its authenticity.
7	Paricharaka Pariksha (5)	Paricharak knows his duties, maintains cleanliness, and dedicates himself to his work with affection for the patients
8	Rogi Pariksha (6)	Rogi Pariksha Helps to get Knowledge of Ayu, Knowledge of strength of patient, which helps to determining the quantity of medicine.
9	Shastra Pariksha (7)	provide light for illumination and the vision is intellect for the self.
10	Acharya Pariksha (8)	A true Acharya, rich in virtues, nurture sincere Disciples by transmitting the essence of a learned and skilled physicians.
11	Shishya Pariksha (9)	A preceptor who is enriched with the good qualities infuses good medical knowledge to a good disciple just like a seasonal cloud about to burst into a good shower of rain brings about good crop in a fertile land
12	Desha Pariksha (10)	It is done for get complete knowledge of Rogi and Medicines which we have to use In Treatment.
13	Dhatri Pariksha (11)	Monitors and support the health of both Dhatri and Shishu.
14	Balaka Pariksha (12)	Ensure that infant receive proper and necessary care and support during early age of life.
15	Yantra, Upayantra, Shastra and Anushastra Pariksha (13) (14)	Ensures that all equipment which are useful in any procedures are should be maintain properly and suitable.
16	Sandesha Pariksha (15)	Evaluates the effectiveness of communication for proper understanding.
17	Visha Pariksha (16)	Identify the effect of poison in the body with its signs and symptoms.
18	Anna Pana Pariksha (17)	Understand the nutritional value of dietary intake and its effects on the body.
19	Swashta Pariksha (18)	Assessment of healthy individuals and identify the early signs of diseases.
20	Prakriti Pariksha (19)	Evaluates the individuals the constitution for personalized treatment.
21	Vikriti Pariksha (20)	To Assessment of the diseases.
22	Prashna Pariksha (21)	Basic rule of history taking to understand patient problem.

Conceptual comparison between Ayurveda Pariksha and Modern clinical evaluation:

A comparative analysis shows that both *Ayurveda Pariksha* and modern clinical evaluation aim for reliable diagnosis, but differ in key areas: *Ayurveda* emphasizes individualized, holistic evaluation, focusing on functional imbalances and early indicators, While Modern clinical evaluation centers on standardized, quantitative testing to confirm disease pathology. Ayurveda relies on qualitative, subjective observations, Whereas Modern medicine highlights objective, reproducible measurements. Despite these differences, both systems seek to identify health disturbances and guide appropriate interventions. This clear comparison serves as the basis for discussing how integration could yield a more comprehensive diagnostic framework.

Table 1.3: for Comparison between *Ayurveda Pariksha* and Modern Clinical Evaluation:

Parameter	*Ayurveda Pariksha*	Modern Clinical Evaluation
Diagnostic focus	Functional Imbalance	Structural Pathology
Orientation	Individual centered	Disease centered
Primary tools	Darshana, Sparshana, Prashna	History, Examination, Investigations
Timing of detection	Early Functional stage	Established Pathological stage
Psychological assessment	Integral component	Often Separate
Use of Technology	Minimal	extensive
Preventive Emphasis	Strong	Limited

Table 1.4: for Correlation between *Ayurveda Pariksha* and Contemporary Clinical Examination

Ayurveda Pariksha	*Ayurveda* Perspective	Correlation in Contemporary Clinical Examination
Darshana Pariksha	Visual examination of body build, complexion, posture, movements, deformities and external signs to assess *Dosha, Bala, Avastha*.	Corresponds to general physical examination, including assessment of body habitus, pallor, icterus, cyanosis, edema, gait and visible deformities.
Sparshana Pariksha	Examination through touch to assess temperature, tenderness, consistency, swelling and pulse related features.	Comparable to Palpation used to assess temperature, tenderness, organ enlargement, consistency and local changes during physical examination.
Prashna Pariksha	Systematic interrogation regarding Symptoms, diet, lifestyle, mental state and disease history.	Directly correlates with history taking, including chief complaints, history of present illness, dietary habits, personal history and psychosocial factors.
Aptopdesha	Knowledge derived from authoritative sources and classical *Ayurveda* texts.	Comparable to use of standard medical literature, guidelines and evidence-based references in modern diagnosis and clinical decision making.
Pratyaksha	Knowledge obtained through direct sensory perception.	Equivalent to objective findings obtained through inspection, palpation, percussion and auscultation.
Anumana	Inferential knowledge derived from observed signs and symptoms.	Corresponds to clinical reasoning and provisional diagnosis based on observed findings and symptoms patterns.
Yukti	Logical planning and rational application of knowledge considering multiple factors.	Comparable to clinical judgement and decision making, integrating history, examination and investigations.
Nadi Pariksha	Assessment of pulse to understand *Dosha* Predominance and systemic status.	Comparable to pulse examination assessing rate, rhythm, volume and character during general examination. Pulse wave analysis, Heart rate variability.
Jihva Pariksha	Examination of tongue for coating, color, moisture and movement.	Corresponds to inspection of tongue for pallor, cyanosis, dehydration, tremors and coating. Microbiome analysis, nutritional deficiency markers.
Mutra Pariksha	Examination of urine characteristics	Urine analysis (pH, specific gravity etc.) and gross urine examination
Mala Pariksha	Stool assessment	Stool examination & bowel habit evaluation
Shabda Pariksha	Assessment of voice and speech	Speech assessment: hoarseness, dysarthria
Drik Pariksha	Observation of Eyes.	Conjunctival pallor, icterus, eye changes
Akriti Pariksha	Overall physique and body structure	General appearance and body build
Agni Pariksha	To assess Digestive power.	Metabolic rate, glycemic markers.
Dashvidh Atura Pariksha	Comprehensive assessment of constitution, strength, age, diet	Complete clinical profiling including nutritional & functional assessment
Dwadashvidh Pariksha	Evaluation of disease, season, age, strength, habitat	Holistic patient evaluation considering environment and host factors

Critical Analysis

Ayurveda Pariksha represents an individualized, holistic diagnostic approach that emphasizes identifying functional imbalances, whereas modern medicine primarily emphasizes disease pathology. A main strength of *Ayurveda Pariksha* is its focus on preventive strategies and its capacity to detect early health disturbances before serious disease develops. (22)

Modern clinical examination emphasizes objectivity, standardization, and reproducibility through laboratory tests and imaging, which ensuring accuracy. (23) In contrast, *Ayurveda Pariksha* uses individualized assessment methods aimed at early detection, Tailored to each patient. Specifically, modern medicine typically examines anatomical or pathological evidence with quantitative tools, whereas *Ayurveda* focuses on qualitative insights into function and balance. While both systems share the goal of patient care, their core differences lie in the tools and criteria they use, with modern approaches favoring population-based precision and *Ayurveda* offers nuanced, person-centered insights. (24) Integrating these approaches may enhance diagnostic clarity, promote patient-focused care, and encourage wider acceptance of *Ayurveda* in modern practice.

Although *Ayurveda* and modern diagnostics are rooted in distinct philosophical frameworks, both aim to achieve effective diagnosis. *Ayurveda* prioritizes early functional assessment and recognition of individual variability, whereas modern methods provide objective evidence of disease.

The identified conceptual similarities propose that combining *Ayurveda* with modern clinical evaluation might improve diagnostic accuracy. *Ayurveda* contributes a holistic perspective, whereas modern medicine provides evidence-based confirmation. (25) As this review is limited to

conceptual analysis, additional interdisciplinary research is necessary to translate these notions into clinical practice.

4. Discussion

This review demonstrates that *Ayurveda Pariksha* and modern clinical evaluation are grounded in distinct philosophical foundations, yet both pursue a common diagnostic objective. *Ayurveda* diagnostics emphasize early functional assessment and recognition of individual variability, whereas modern diagnostics provide objective confirmation of disease pathology.

Integrating *Ayurveda's* holistic perspective with the technological validation of modern medicine may strengthen diagnostic clarity. This integration has the potential to advance patient-centered care and strengthen integrative medical practice. As this review is limited to conceptual analysis, further interdisciplinary research is required to implement these concepts in clinical settings.

5. Conclusion

Ayurveda Pariksha and modern clinical evaluation constitute separate yet complementary diagnostic systems. Ayurveda emphasizes functional, individualized, and holistic assessment, while modern medicine focuses on anatomical and pathological verification. Integrating these approaches may boost diagnostic effectiveness and advance integrative healthcare.

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Volume 15 Issue 1, January 2026
Fully Refereed | Open Access | Double Blind Peer Reviewed Journal
www.ijsr.net

Paper ID: MR26105223708   DOI: https://dx.doi.org/10.21275/MR26105223708   464