

Trividha Pariksha – Diagnostic Importance And Its Application In Clinical Practices

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Abstract: Health is a state of equilibrium of the Dosha, Dhātu, and Mala along with the proper functioning of Indriya, Manas, and Atma. To treat the disease, it is necessary to keep a balance between Doshas and to bring back them to their normal condition. The prime duty of any Physician is to diagnose the ailment of the patient. The diagnosis cannot be done just based on one type of examination. In Ayurveda, different types of examinations have been mentioned which were and still are useful in diagnosing the various diseases in patients. These basic methods which are practiced today, with modern technologies play significant role in diagnosis of disease. The purpose is to study the application of Trividha pariksha in current clinical practices and to study darshan, sparshana, and prashna pariksha from Ayurvedic texts and their application in today's day-to-day practice. Various ayurvedic and modern texts, research papers and information available on the internet were reviewed. Trividha pariksha is the root of all diagnostic methods. Modern diagnostic methods like X-rays, CT scans, MRI, etc are just a medium in the form of modern technology. Comprehensive and applied knowledge of Trividha pariksha is needed for perfect diagnosis and treatment i.e. good clinical practice. Trividha pariksha in Ayurveda has a key role in current clinical practice for diagnostic as well as prognostic purposes. The importance of early diagnosis is that the earlier we diagnose fast is the recovery, also the early diagnosis helps in the prevention of complications, and the accurate diagnosis helps in planning precise treatment for destroying the root cause and so the recurrence of disease.

Keywords: Ayurveda Nidan, History Taking, Rogi Pariksha, Trividha Pariksha