

**NIDANA: UTILIZATION AND CORRELATION WITH OTHER PERSPECTIVES**Dr. Ashutosh Kumar Jain<sup>\*1</sup>, Dr. Jinesh Jain<sup>2</sup> and Dr. O.P. Diwedi<sup>3</sup><sup>1</sup>Lecturer, Dept. of Rog Nidaan evam Vikriti Vigyana, Rani Dullaiya Smriti Ayurveda P.G. College and Hospital, Bhopal, India.<sup>2</sup>Reader, Dept. of Panchkarma, Govt. (Auto) Ayurveda College and Hospital, Rewa, India.<sup>3</sup>Professor & HOD, Research Guide, Dept. of Rachana Sharir, Govt. (Auto) Ayurveda College and Hospital, Rewa, India.**\*Corresponding Author: Dr. Ashutosh Kumar Jain**

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**ABSTRACT**

The traditional system of medical science Ayurveda encompasses basic principles related to the health management. Ayurveda not only suggest various ways of healthy living but also provide different treatment options for the management of various diseases; Ayurveda considers different aspect of disease such as *Nidana* (pathogenesis), *Lakshanas* (signs and symptoms) *Chikitsa* (Management) & *Apunarbhava* (avoiding of recurrence). The approaches of Ayurveda towards disease management involve utilization of treatments modalities as per the predominance of *Dosha & Prakriti*, therefore it is very essential to know the etiological aspects of diseases. The correct diagnosis is also very important perspective for the selection of appropriate treatment options. This article presents significance of *Nidana* towards the understanding and treatment of disease and correlation with *Samprapti*.

**KEY-WORDS:** Ayurveda, *Nidana*, etiology, *Samprapti*.**INTRODUCTION**

Ayurveda the science of healthy life practicing from anciently and it is known as traditional system of medicine. Ayurveda provides information regarding to maintain normal physiological functioning and also cure pathological conditions. Ayurveda consider different aspect of disease while treating such as; *Nidana*, *Lakshanas*, *Chikitsa* and *Apunarbhava*, which provide knowledge about the management of disease. *Nidana* help to know about causes and pathogenesis of disease, *Lakshanas* describes sign and symptoms of disease, *Chikitsa* provide guideline of treatment and *Apunarbhava* prevent chances of reoccurrence of similar pathological conditions. The concept of *nidana* resides around disease diagnosis & treatment. *Rog-nidana* considers various aspects of disease such as causative factors, pathogenesis and sign & symptoms. These all perspectives act as vital tool for the diagnosis and treatment of disease. Similarly *Bala & Kala* also contributes promptly in *Rog-nidana* since *Bala* strength of disease provide information about the predominate appearance of disease symptoms. *Kala* provide information about predominance of *dosha*; i.e.; if disease is prompt in early morning means *kapha dosha* may be affected, *pitta dosha* in day time while *vata dosha* may involve when disease condition becomes strong at evening time. Therefore consideration of *Bala & Kala*

helps greatly for *Rog-nidana*. This article correlated *Nidana* with *Samprapti* and presents significance of various aspects of *Rog-nidana* towards the understanding and treatment of disease.<sup>[1-6]</sup>

***Nidana***

Proper diagnosis is very essential for treating any disease. The effective diagnosis help to treat disease completely and improper diagnosis may leads inappropriate cure of disease and may also cause some noxious effects. Ayurveda mentioned concept of *Sarva Roga Nidana*, which encompasses information about *Nidana*, *purvarupa* and *vyadhi* etc. Concept of *Nidana* associated with *Hetu*, *Nimitha*, *Ayathanam* and *Karanam*. The diagnosis and treatment of disease need consideration of causative factors and the basic principle of *Nidana* involve identification of disease and control the causative factor as part of treatment itself. The consideration of causative factors provides knowledge about *Doshic* involvement and this fact play significant role towards the treatment of disease. The etiological factors also help to determines potency of the drug required to treat disease.<sup>[4-8]</sup>

***Purvarupa***

It is a part of diagnostic tool which resembles stage of initial manifestation of the disease. In this stage

symptoms are not very progressive and even not appeared properly therefore it is very difficult to correctly diagnose the disease. The condition of *Purvarupa* not offer any great abnormality in physiological functioning thus person generally not feel medical emergency and disease progression take places gradually. The identification of disease during *Purvarupa* helps significantly for controlling disease progression since precautionary measurements may be employed. *Samyapurvarupa* is *Purvarupa* which resembles general sign and symptoms at initial stage of disease, while *Vishistapurvarupa* describes manifestations for specific *doshic* predominance i.e.; symptoms of yawning for *jwara* associated with *vata dosha*, burning sensation in eyes for *jwara* associated with *pitta dosha* and indigestion for *kapha jwara*.

### Rupa

*Rupa* involve *lakshana* (sign & symptoms), “signs” resembles manifestations of the disease observed by the physician while symptoms describes patient’s internal and external perspectives.

The *lakshanas* are appeared and help towards the diagnosis and treatment of disease. The knowledge about clinical manifestations of disease is very important for the proper diagnosis and treatment of particular disease hence therefore *Rupa* considered as vital accompany of *nidana*. The identification of *lakshanas* also helps to differentiated disease from one another since different diseases persists various sign and symptoms. The prevalence and strength of *lakshanas* provide guidance about the potency and duration of treatment.

### Upasaya

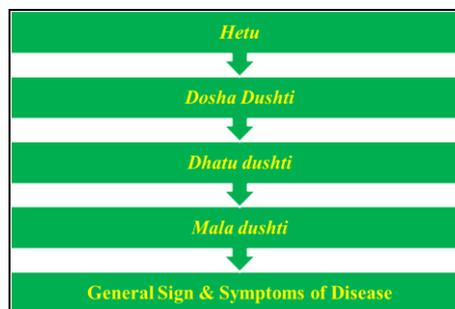
*Upasaya* involve diagnostic test or trial. Sometimes it is very difficult to identify diseases signs and symptoms and in such condition diagnosis of disease becomes very challenging, in this condition diagnostic test or trial utilized for the proper identification of disease.<sup>[5-9]</sup>

### Samprapti and Nidana

*Samprapti* means disease pathogenesis, the various etiological factors leads pathogenesis of disease and identification of such causative factors helps towards the diagnosis and treatment of disease (*Nidana*); thus consideration of causative factors contributes significantly for the approaches of *Rog-Nidana*. Ones the etiological factors identified that after disease pathogenesis may be understood and treatment protocol can be setup accordingly. The *Samprapti* (disease pathogenesis) sometimes be same for different disease but *hetus* may be different and *vice versa*.

Ayurveda described terms *Vikalpa Samprapti* means different degree of *doshic* involvement and this understanding of *dosha* predominance help in selecting treatment methodology. Ayurveda mentioned that there are different sign and symptoms for *vataj*, *pittaj* or *kaphaj* disease and pathological manifestation suggests

about the vitiation of *dosha*. Ayurveda also described another term *Pradhanya* means out two or many which disease need to be cure primarily and concept of *Nidana* help to identified diseases pathogenesis and then give importance to primary disease. The principle concept of *Rog-Nidana* is that one should cure primary disease the other dependent secondary diseases subside automatically. However this approach required careful observation of *hetus*, *samprapti* and *lakshana*.<sup>[8-12]</sup>



**Figure 1: Consideration of *samprapti* (general) of disease for *Rog-Nidana*.**

### NIDANA OF GRAHANI ROGA

The *Grahani roga* associated with *Agni* and disturbed bowel movement. Various factors lead *Agni Dushiti* which may cause *Grahani Roga*.

### Etiological factor

*Abhojana*, *Atibhojana*, *Vishama Bhojana*, *Asatmya Bhojana*, *Vega Vidharana*, *Shoka*, bad dietary habits, irregular life style, *Dosha* vitiation and disturbed bowel movements.

### Diagnosis

At initial stage of disease sign & symptoms such as: *Aalasya*, *Trishna*, *Anna Vidaha*, *Chirapaka* and *Kayagaurava* may observe. Later on when disease progression occurs following sign & symptoms may be seen.

- *Ati Srushta Mala*
- *Vibbadha Mala*
- *Vairashya*
- *Arochaka*
- *Praseka*
- *Shuna Padkara*
- *Tamaka*
- *Asthiparvaruka*,
- *Chhardana*
- *Lohanugandhi Udgara*
- *Jwara*

### Samprapti of Grahani



### Chikitsa of Grahani roga

Ayurveda mentioned use of Agnivardhana and Pachana drugs which possess Deepana property. Treatment modalities implemented Ajirna and Atisara for the management of Grahani Dosha. Purgation also suggested to removes Ama visha. Various Deepana Pachana drugs along with Laghu & Supachya Ahara and conduction of disciplinary life style offer relief in disease condition. The Deepana and Pachana drugs which may be recommended for the management of Grahani roga are: Marichadi Churna, Chitrakadi Vati, Bhunimbadi Churna, Takrarishtha, Madhukasava, Kshara Ghrta, Pancha Pallava, Pancha Lavana and Rasanjanadi Churna.

### Ahara Vihara for Grahani roga

Ayurveda suggests consumption of Laghu & Supachya Ahara; Takra, Masur, Mudaga, Makshika and Dadima. Ayurveda also recommended following disciplinary life style (good conduction of Dincharya).

However the traditional text of medical system also suggests that Guru Anna, Gomutra, Dugdha, Gud & Viruddha Ahara should not be consumed. Spicy & oily food also needs to be avoided. Similarly the daily conduction which need to be avoid in Grahani roga are; Aatap, Ratri Jagarana, Vega, Nasta Karma, Anjana and Dhumpana.

### DISCUSSION

The Rog Nidana is an important aspect of ayurveda which not only consider etiology and diagnosis of disease but also suggest path for disease treatment since correct diagnosis and control of causative factors play significant role towards the management of disease. Regarding Grahani roga the approaches of Nidana offer path for diagnosis and treatment of Grahani disease. The drugs used for Grahani Rog possess Laghu Guna and Deepana properties thus help to control Pitta and Kashaya Rasa, Ushna Veerya, Vikasi and Ruksha Gunas is useful in Kapha. The suggested drugs for Grahani Roga reduce Daha in the Kostha and also act as Vatahara.

### CONCLUSION

Ayurveda give importance to the various aspect of disease such as pathogenesis, diagnosis and treatment.

The approaches of Ayurveda towards disease management involve utilization of treatments modalities as per the predominance of Dosha & Prakriti, therefore it is very essential to know the etiological aspects of diseases. The Ayurveda concept of Nidana play significant role towards the management of various disease including; Grahani roga since correct diagnosis is very important perspective for the selection of appropriate treatment options. The disorders related to digestion of food and its absorption is becoming more common now a day's due to faulty food habits, Grahani Dosha is one of them. The consideration of Nidana help towards the diagnosis and etiological consideration of Grahani Roga & thus suggest correct path for the treatment of disease which involve; utilization of Deepana and Pachana drugs along with conduction of disciplinary life style.

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