

## A REVIEW ARTICLE ON IMPORTANCE OF NIDANPANCHAK IN AYURVEDA

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**ABSTRACT**

Ayurveda described a variety of concepts linked to disease diagnosis and treatment. The notion of Nidan panchak is one such Ayurvedic technique that aids in the diagnosis and treatment of ailments. Nidan panchak is a method of disease diagnosis in which causal factors and disease prognosis are used to define disease types. Subtypes of Nidan panchak include Nidan, Purvroop, Roop, Upshaya, and Samprati. The origins of disease include Nidan, followed by first symptoms (Purvroop) and signs (Roop), examination procedures (Upshaya) that aid in right diagnosis, and lastly disease pathogenesis (Samprati) displayed as progressive stage. The diagnosis of sickness is mostly made on the basis of the patient's Prakriti, which is determined by the predominance of Doshas. Because specific etiological causes influence specific Doshas, the relevant Dosha vitiation can be determined by knowing the possible causative factors. Pathological occurrences arise as a result of Ahara-bad Vihara's behaviour, which is mostly caused by food and daily regimen imbalances.

**KEYWORDS:** *Ayurveda, Nidan panchak, Dosha, Etiology, Disease.***INTRODUCTION**

Correct diagnosis is the initial stage of disease management in Ayurveda, which has traditionally detailed several ways to cure diseases. Ayurveda promotes numerous techniques to disease diagnosis, and Nidan panchak is one of these Ayurvedic modalities that aids in disease diagnosis. Since certain etiological variables manifested as specific signs and symptoms of disease, the diagnosis of disease was primarily focused on the causative causes. Etiological factors primarily affect Doshas, Datu, and Mala, among other body systems, resulting in pathological imbalances. The ayurvedic idea of Nidan panchak uses causal variables as a primary strategy to diagnosing disease; Figure 1 depicts Nidan panchak components that aid in disease diagnosis. Nidana, which meaning disease-causing factors, is the first component.<sup>[1]</sup> Nidan aggravates Dosha and causes clinical symptoms. Hetu is a synonym for Nidan. Disease causative variables include dietary and daily regimen-related factors, as well as others such as microbial invasion in the case of infectious disorders. Because there is no aggravation of Doshas, Sanikrishta Nidan causes sickness right away, i.e., consumption of Ruksha aahar (Nidana) causes an immediate Vata issue. Viprikrishta Nidan, on the other hand, produces ailments due to distant sources, such as Rudrakop, which is the cause of Jawara. Vyabhichari Hetu is another sort of Nidana that is not capable of causing sickness. In contrast, Pradhanika Hetu causes disease and even death

as soon as it enters the body, such as poison and allergies. The following are some of the numerous sorts of disease-causing factors listed by Ayurveda.<sup>[2]</sup>

- Dosha Hetu i.e; Seasonal aggravation of Dosha
- Vyadhi Hetu i.e; disease caused by actual factor
- Ubhaya Hetu i.e; Dosha and Dushya involved in disease occurrence
- Utpadaka Hetu i.e; predisposing cause
- Vyanjaka Hetu i.e; exciting cause increases disease occurrence
- Bahya Hetu i.e; some external factors
- Abhyantar Hetu i.e; internal factors

Purvroop (symptoms) are produced in the body prior to disease pathogenesis, and these symptoms aid in the diagnosis of diseases. Purvroop is caused by the aggravation of Dosha and Dushya in the body, and these symptoms reflect specific illness pathogenesis.<sup>[3]</sup> The symptoms manifest according to the Dosha types involved in disease development. Puravroop could be Agraaja (the first), Purogami (the first to appear before the sickness), or Anyalakshan (other symptom describing disease). The Samanya is a form of Purvroop that manifests as weariness and weakness during a fever. Vishishth Purvroop are specific manifestation i.e.; Jrimba in Vatika fever, Nayandaha in Pitika fever and Nanabhinandanama in Kaphaja fever. Roop means signs of disease, which are also important in the diagnosis of disease.<sup>[4]</sup> The signs generally appeared after aggravation

of Doshas. Intimation by patient, Lakshana, Ching and Sansthana resembles Roop of disease. Upshaya means examination methods are also used to rule out diseases. Treatment, lifestyle, diet and drugs used as therapy, etc. also considered in Upshaya. Samprapti means pathogenesis of disease in which Dosha Dushya gets vitiated and produces diseases. It is considered as stages of disease evolution in which consequences of Nidan turned to Doshic abnormalities.<sup>[5]</sup> Sanchyavtha, Prakopavastha, Prasaravastha, Sathansansharaya, Vayakti avastha and Bedha avastha are various stages of Samprapti. Sanchyavtha involves accumulation of Dosha, Prakopavastha involve aggravation of Dosha, Prasaravastha involve spread of Dosha to other places of body, in Sathansansharaya Dosha get accumulated in Khavyaguna, in Vayakti avastha sign and symptoms of disease arises and in Bedha avastha complications of disease may be observed.<sup>[6]</sup>

#### Clinical importance of Nidan panchak.<sup>[7,8]</sup>

- Knowledge of disease causative factors (Nidan) help in disease identification.
- Identification of Nidan, Purvroop, Roop and Samprati helps to plan treatment appropriately.
- Concept of Nidan panchak suggest about chronicity of disease.
- The state of disease can be ascertained using Nidan, Purvroop, Roop and Samprati of disease.
- The knowledge about disease causative factors helps patient to remain away from disease causing factors and avoidance of such factor prevent disease progression.
- The early diagnosis prevents further complications of disease.
- Knowledge of Nidana helps physician to ascertain prognosis of disease.
- The intensity of causative factor affects severity of disease weather curable or incurable.
- Purvaroop Awastha also helps to identify disease after invasion of causative factors but before complete pathogenesis of disease.
- Purvroop & Roop suggest involvement of Doshas thus disease treatment can be planed at early before it becomes progressive.
- Nidan not only gives idea about disease but also suggest factors which are to be avoided.
- Samprati of disease is progressive stage in which immediate care require to stop disease progression.
- Upshaya directly deals with diagnostic methods which help to identify diseases.

#### CONCLUSION

Purvroop (symptoms) are produced in the body prior to illness aetiology and aid in disease diagnosis. Puravroop is caused by an increase in Dosha and Dushya in the body, and these symptoms reflect specific illness pathophysiology. Symptoms vary depending on the Dosha types involved in disease development. Puravroop could be Agraaja (the first), Purogami (the first to appear

before the ailment), or Anyalakshan (the first to appear before the disease) (other symptom describing disease). The Samanya is a form of Purvroop that causes lethargy and weakness in people who are suffering from a fever.

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