

A Scientific Review on Dashavidha Atura Pariksha: The Tenfold Examination in Ayurveda

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Ayurveda is a science based on detailed examination (Pariksha) and personalized medicine. Dashavidha Atura Pariksha (tenfold patient examination) is a fundamental diagnostic tool described in Charaka Samhita, Vimana Sthana, Adhyaya 8. It assesses the patient's constitution (Prakriti), pathological state (Vikriti), tissue quality (Sara), structural compactness (Samhanana), body measurements (Pramana), adaptability (Satmya), mental strength (Satva), digestive capacity (Aharashakti), physical endurance (Vyayama Shakti), and age (Vaya). This examination aids in diagnosis, prognosis, and personalized treatment planning. The approach aligns with modern medical perspectives, such as genomics and precision medicine. This article critically reviews each of the ten parameters with an emphasis on their clinical significance.

Keywords: Dashavidha Atura Pariksha, Prakriti, Vikriti, Ayurveda, Diagnostic Methods

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Introduction

Ayurveda emphasizes holistic health assessment, recognizing that disease manifests uniquely in each individual. *Dashavidha Atura Pariksha* is an integral method outlined in *Charaka Samhita* (*Vimana Sthana*, *Adhyaya* 8) for evaluating patients comprehensively.[1]

It includes ten diagnostic parameters that help determine an individual's overall health and disease susceptibility. Unlike modern medicine, which often focuses on isolated symptoms, *Ayurveda* incorporates physiological, psychological, and lifestyle factors into the diagnostic process.

Aim and Objectives

Aim

To provide a comprehensive review of *Dashavidha Atura Pariksha* and its clinical applications.

Objectives

1. To analyze the significance of each parameter in *Dashavidha Atura Pariksha*.
2. To establish its relevance in modern clinical diagnosis.
3. To evaluate its role in personalized treatment strategies.

Materials and Methods

The study is based on a critical analysis of Ayurvedic texts, particularly *Charaka Samhita*, *Sushruta Samhita*, and *Ashtanga Hridaya*, along with their commentaries. Modern medical literature was also reviewed for correlation.

Detailed Review of *Dashavidha Atura Pariksha*

1. *Prakriti* (Constitution)

Prakriti is the inherent *Dosha* composition determined at birth and remains unchanged throughout life. It is classified into seven types: *Vataja*, *Pittaja*, *Kaphaja*, *Vata-Pittaja*, *Vata-Kaphaja*, *Pitta-Kaphaja*, and *Sama Prakriti*. [2] Each constitution has specific physical, physiological, and psychological traits that influence disease susceptibility. For example, *Vata Prakriti* individuals are prone to neurological disorders, while *Pitta Prakriti* individuals are more susceptible to inflammatory conditions. [3]

2. *Vikriti* (Pathological State)

Vikriti represents the current state of *Doshic* imbalance caused by diet, lifestyle, seasonal variations, and emotional factors. Assessing *Vikriti* helps in determining disease progression. In *Charaka Samhita*, it is emphasized that accurate disease management depends on identifying the dominant *Dosha* imbalance at a given time. [4]

3. *Sara* (Tissue Quality)

Sara indicates the functional quality of *Sapta Dhatus* (seven tissues). Strong *Sara* signifies robust immunity, vitality, and resistance to disease. According to *Sushruta Samhita* (*Sutra Sthana*, *Adhyaya* 35), individuals with excellent *Rasa Sara* (quality plasma) have radiant skin, while those with poor *Asthi Sara* (bone tissue quality) are prone to fractures. [5]

4. *Samhanana* (Compactness and Structural Integrity)

Samhanana describes the density, compactness, and overall musculoskeletal strength. *Charaka Samhita* correlates well-built individuals with superior endurance and healing capacity. This concept aligns with modern studies on muscle mass and metabolic health, where well-developed musculature is linked to longevity. [6]

5. *Pramana* (Body Measurements)

Anthropometric assessments (*Anguli Pramana*) help determine ideal body proportions. *Sushruta Samhita* suggests that deviations from these proportions indicate health disorders. In modern medicine, similar assessments are performed through BMI and body composition analysis. [7]

6. *Satmya* (Adaptability and Compatibility)

Satmya refers to the body's ability to adapt to specific diets, environments, and lifestyles. Individuals accustomed to certain diets (*Oka-Satmya*) may experience discomfort when switching dietary habits suddenly. [8] This correlates with modern research on gut microbiota adaptation and metabolic flexibility.

7. *Satva* (Mental Strength and Psychological Resilience)

Satva determines mental endurance and emotional stability. It is classified into *Pravara* (high), *Madhyama* (moderate), and *Avara* (low) types.

Charaka Samhita emphasizes that strong *Satva* enhances disease recovery. In modern psychiatry, this aligns with resilience and stress coping mechanisms.[9]

8. Aharashakti (Digestive Capacity)

Aharashakti evaluates an individual's digestive fire (*Agni*). Weak digestion is a primary cause of disease in *Ayurveda*. It is classified into *Samagni* (balanced), *Vishamagni* (irregular), *Tikshnagni* (hyperactive), and *Mandagni* (weak). Modern gastroenterology recognizes similar variations in metabolic rate and enzyme efficiency.[10]

9. Vyayama Shakti (Exercise Capacity and Physical Endurance)

Vyayama Shakti reflects work capacity and endurance. It is crucial in determining the suitability of physical activity for an individual. *Charaka Samhita* states that individuals with high *Vyayama Shakti* can tolerate stress better, which aligns with contemporary research on cardiovascular fitness and stress resilience.[11]

10. Vaya (Age-Based Assessment)

Vaya categorizes patients into *Bala* (childhood), *Madhya* (middle age), and *Jirna* (old age). *Ayurveda* tailors treatment according to age, a concept similar to modern geriatric and pediatric medicine.[12]

Discussion

Dashavidha Atura Pariksha is a holistic diagnostic framework emphasizing disease prevention and personalized treatment.

Modern diagnostics, such as genetic screening and metabolic profiling, parallel many of its principles. The *Ayurvedic* approach remains valuable in integrative medicine, particularly in preventive healthcare and chronic disease management.

Conclusion

This review highlights *Dashavidha Atura Pariksha* as a sophisticated and systematic assessment method in *Ayurveda*.

Its principles are scientifically relevant and applicable even in modern clinical settings. Future research should explore its integration with contemporary diagnostic tools to enhance patient care.

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