



Review Article

A LITERARY REVIEW ON IMPORTANCE OF NIDAN PANCHAK IN  
UNDERSTANDING THE PATHOLOGY OF DISEASES

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**ABSTRACT:**

Ayurveda is an ancient science of life, the main aim of ayurveda is to maintain healthy condition of healthy individuals and to cure and prevent the diseases of unhealthy individuals.

To understand the Pathology of disease, ayurveda has mentioned Vyadhi bal Parikshan with the help of Nidan panchak. It is explained in different Samhitas but widely described in Madhav nidan. Nidan Panchak which is consist of Nidan, Purvaroop, Roopa, Upashaya and Samprapti. These are the five tools which are used to understand the disease condition which helps the physician to understand and analyze the different aspects of disease including its etiology, manifestation, pathogenesis which are used to give Proper treatment. In this literary Review, the importance of Nidan Panchak is described.

**KEY WORDS:** NidanaPanchak, Nidan, Poorvaroop, Roopa, Upshaya, Samprapti.

**INTRODUCTION:**

Ayurveda is wellknown science of life since ancient times. Ayurveda is considered to be the ancient healing science and hence called the “MOTHER OF ALL HEALING”.

Ayurveda has widely mentioned about Nidan Panchak. This gives detailed information about Nidan (the origin), Purvaroop (prodromes), Roop (symptoms), Upashay (therapeutic diagnosis) and Samprapti (onset). With the help of these five tools knowing the disease condition and pathology becomes easy for the vaidya to give proper treatment.

निदानपूर्वरूपाणिरुपाण्युपशयस्तथा

संप्राप्तिश्चेतिविज्ञानरोगाणापंचधास्मृतमाम्। नि.१/४

The above shloka describes nidan panchaka tools, which are used for vyadhi bodhanartha.

Knowing only one tool of nidan panchak cannot give detailed knowledge about the disease so all the five tools of nidan panchak are equally important to understand the diseases pathology. Each tool of nidan panchak has its own unique characteristic. For eg: Nidan tells about the origin and causes of the diseases as like Roop tells about the Signs and symptoms, hence all the five tools of nidan panchak are equally important for treating the disease<sup>1</sup>.

**NIDAN:**

सेतिकर्तव्यताकोरोगोत्पादकहेतुः निदानमाम्। नि.मधूकोषटीका१/५

Nidan means cause, it is causative factor which develop disease. For eg- Due to the consumption of Atimatrayukt and vidhahi ahar if patient develop Ajeerna then this type of ahar is the causative factor of Ajeerna.

## The Importance of Nidan –

### 1. For Nidan Parivarjan-

To avoid the disease condition and to understand the disease pathology the knowledge of nidan is very important, following are few references which shows importance of nidans

उक्तं हि सुश्रुते - संक्षेपतः क्रियायोगो नदानपरिवर्जनमासु. उ. १/२५

This tool is useful for Nidan parivarjan, Sushrut has mentioned in their sushrut uttarsthanas, for prathamik kriyayog (primary treatment) knowledge of nidan parivarjan is very important<sup>3</sup>

fore.g.: Jwara is caused by mithya ahara vihara, here mithya ahara vihara is the causative factor of Jwara, to prevent Jwara the parivarjan of this causative factor is important to avoid the occurrence of the disease.

यदाह चरकः "एको हेतुरनेकस्य तथैकस्यैक एव हि।

व्याधेरैकस्य बहो बहूना बहवस्तथा" इति। च. नि. ८/२४

In Charak Nidan Sthana Chapter 8, Charak has mentioned about the importance of nidan.

Many diseases can have one cause and one disease can also have one cause, likewise one disease can have many causes and many diseases can have many causes. for e.g.- Jwara and Gulma being different diseases but have same cause<sup>4</sup>.

According to Vyapachandra: -Sometimes due to Viprakrushta Nidanahetu, Dosha sanchaya occurs slowly and this dosha sanchaya will affect the sannikrishta nidan hetu and can become the cause of diseases.

In this condition due to sanikrishta nidan hetu, confusion may be created that the disease has occurred due to sanikrishta nidan instead of viprakrushta nidan hetu. So to understand the disease pathology along with nidan rest of the four tools are also very important.<sup>5</sup>

## Poorvaroop:-

प्रागुपयेन लक्ष्यते।

उत्पिसुरामयोदोषविशेषेणानधिष्ठितः।

लिड. गमव्यक्तमल्पत्वादव्याधीनातद्यथायामा। मा. नि. १/५-६

Poorvaroop means prodromes, this means the symptoms which give indication of future disease. These are the symptoms which are not clearly expressed before the disease manifestation.

## Importance of Poorvaroop-

### For Treatment of Disease-

This tool helps in the early detection of disease and with the help of this knowledge further manifestation of disease can be prevented by giving proper treatment. In rog vinishchyartha if poorvaroop is not taken into consideration then the primary treatment of the disease will not be given<sup>6</sup>.

For E.g.:-

उक्तं हि चरके, "ज्वरस्य पूर्वरूपे लघ्वशनमपतर्पणमंवा-इति (च. नि. स्था. अ. १/३६)

According to Charak: -In Poorvaroop of Jwara if langhan and aptarpanadi kriya are started this will help to prevent further manifestation of the disease and cure the disease from root<sup>7</sup>.

### For Prognosis of Disease-

In Charak Indriya sthana chapter 5, Charak has said that, to understand the asadhyata of diseases the knowledge of poorvaroop is very important.

उक्तं च चरके, -"पूर्वरूपाणि सर्वाणि ज्वरोक्तान्यतिमात्रया।

यं विशन्ति विशत्येनं मृत्युज्वरपुरःसरः॥

अन्यस्यापि चरोगस्य पूर्वरूपाणि वंनरमा।

विशन्त्येनेन कल्पेन तस्यापि मरणं ध्रुवम "॥ च. इ. ५/४

If a disease has few prodromal symptoms then the disease is Krichasadhya and if a disease has all prodromal symptoms including Jwara then consider that the disease is asadhya, this rule is applicable for all diseases.

### For differential diagnosis-

For differential diagnosis of diseases the Knowledge of Poorvaroopas is considered on priority bases for e.g.: if the colour of the urine is either yellow or mixed with blood eliminated through urine without manifestation of prodromal symptoms and sign of prameha, such patient should not be diagnosed as prameha rogi, on the other hand it is diagnosed as raktapitta.

दंतादिनामलाद्वयत्वं प्रागरूपं पाणिपादयो

दाहचिक्कनताः देहेतृटस्वादास्यंच जायते।।च.नि.६

When the patient has above mentioned prodromal symptoms of Prameha along with urine either yellow or mixed with blood eliminated through urine then the diagnosis of prameha should be done instead of raktapitta<sup>8</sup>.

### ROOPA

तदेवव्यक्ततायातरूपमित्यभिधीयते।

संस्थानं व्यंजनं लिङ्गं लक्षणं चिन्हमाकृतिः।।मा.नि. १/७

Roop means all lakshans of the diseases in Vyaktaavstha. Roopa having synonyms like Sansthana, Vyanjana, linga, lakshsan, chinha, akruti<sup>9</sup>.

### Importance of Roopa

#### For diagnosis of Disease

With the help of lakshanas diagnosis of disease can be done. for. Eg. If patient shows all these ekadasha lakshans like kasa, ansasantap, vaisvaryas, jwar, parshawshool, shirashool, chardhi, raktachardi, shwas, aruchi and varchobedha then with the help of these lakshanas Rajyakshma Disease can be diagnosed.

#### For diagnosis the types of disease.

In Roopa avastha all prodromal symptoms comes in vyaktavastha. For eg. If patient has dehasantap, then in roopa avastha with the help of other symptoms it is easy to differentiate that it is vaataj jwar, pittaj jwar or kaphaj jwar etc.

### For detection of Cause-

With the help of laksanas it is easy to find out the cause of disease for. e.g. In Jwar the symptoms like visham jwar vega, nidranasha, shirashool, gatrashool, jhumbha etc. it indicate that there is involvement of vaata dosha and patient must have taken vaata prakopaka diet in the past.

### For understanding dosha-sthanasanshraya of disease

With the help of laksanas it is easy to understand that where dosha gets sthana sanshraya in the body. for e.g. In Shirashool aggravated vaata dosha take sthana at shira pradesha and produces symptoms of shool .

### For understanding Sadhyasadyatva of disease

This tool is very essential to know sadhyasadyata of diseases.

तथापिसुखसाध्यलक्षणेचरकः

"हेतवःपूर्वरूपाणिरूपाण्यल्यानियस्यवै।

नचतुल्यगुणोदृष्यो न दोषः प्रकृतिभवेत्"।। ( च.सू. १०/११ )

In Charak Sutra sthana Charak has mentioned that if any disease shows few symptoms then the diseases is easy to cure and if the disease shows all predominant symptoms then disease is difficult to cure<sup>10</sup>.

### Upashay:

तदुक्तं चरके- गुढलिङ्गव्याधिमपशयानुपशयाभ्यां"- (परीक्षेत) इति

(च.वि. स्था. अ. ४ /८)

In some diseases the signs and symptoms of diseases are in concealed form so it is difficult to diagnose the disease. In this situation with the help of diet, daily regimen and medicine if patient gets relief from symptoms and feel better then these relieving factors are called as upashay, but if these relieving factor doesn't give relief and gets aggravated then this is called as anupshay.

relief and gets aggravated then this is called as anupshay.

### Importance of Upshay

#### For diagnosis and treatment of disease

With the help of upshay correct diagnosis of the disease can be easily done. In some disease condition the symptoms are present in conceal form at that time with the help of relieving factors we can plan the treatment.

For eg.

अभ्यंगस्नेहस्वेदाद्यैर्वातरोगो नशाम्यति।

विकारस्तत्रविज्ञेयोदुष्टमत्रास्तिशोणितमा

शोणितसेकस्तत्रोपशमइति। च. वि. १/८

Considering the disease as vaatrog if snehan and swedndi etc. treatment is given and if this treatment do not relieve the symptoms then the disease is considered to be caused by rakta dushti and for this raktamokshan, seka, virachandi etc. treatment is to be followed.<sup>11</sup>

#### Samprapti:

यथानुष्टेनदोषेणयथाचानुविसर्पता।

निवृत्तिरामयस्यासौसंप्राप्तिर्जातिरागतिः ॥मा.नि. १/१०

The etiological factors which disturb the balance between the dosha ,dhatu and mala and develop disease manifestation is known as samprapti. Dosha which are vitiated by various causes are moving in various directions in the body. Depending upon the type of vitiation, direction or route of vitiated dosha there is dosha dushya sammurchahhana at the defective site or organ and disease is produced.<sup>12</sup>

#### CONCLUSION:

Ayurveda has believed that nidan panchak are the best tools for diagnostic prognosis of the disease at various stages. With the help of nidan panchak disease manifestation can be stopped, future complications can be avoided and exact line of treatment can be given at any stage of disease. Each tool of Nidan panchak

individually and collectively helps us to diagnose the disease and give treatment accordingly.

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