

Rogi Parīkṣā And Roga Parīkṣā: An Ayurvedic Perspective On Clinical Examination And Diagnosis

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Abstract

Rogi Parīkṣā and Roga Parīkṣā constitute the fundamental principles of Ayurvedic clinical examination and diagnosis. Ayurveda emphasizes that accurate diagnosis requires not only scientific knowledge and technical skill but also empathy, observation, communication, and understanding of the patient. Classical Ayurvedic texts describe various methods of examination such as Dvividhā, Trividhā, Caturvidhā, Ṣaḍvidhā, Aṣṭavidha, Daśavidha, and Dvādaśavidha Parīkṣā for comprehensive assessment of the patient and disease. The concepts of Nidāna Pañcaka and Pramāṇas such as Āptopadeśa, Pratyakṣa, Anumāna, and Yukti provide a systematic framework for diagnosis and understanding of Samprāpti (pathogenesis). The present article reviews the principles, methods, and clinical importance of Rogi Parīkṣā and Roga Parīkṣā as described in classical Ayurvedic literature.

Introduction

Diagnosis forms the foundation of successful treatment in Ayurveda. The physician must possess scientific knowledge, technical expertise, observational skills, and compassionate understanding to evaluate the patient thoroughly. A patient seeks not only relief from disease but also reassurance, empathy, and confidence from the physician.

Ayurveda emphasizes that improper examination and incomplete understanding of disease can confuse the physician and lead to incorrect treatment. Therefore, detailed examination of both the patient (Rogi) and the disease (Roga) is considered essential before initiating therapy.

Rogi Parīkṣā refers to the examination of the patient using various clinical tools and methods, whereas Roga Parīkṣā refers to understanding the disease through Nidāna Pañcaka including Hetu, Pūrvārūpa, Rūpa, Upaśaya, and Samprāpti.

Classical Ayurvedic texts describe several methods of examination ranging from twofold to twelvefold approaches, highlighting the comprehensive and holistic nature of Ayurvedic diagnosis.

Aim

To study the principles and clinical importance of Rogi Parīkṣā and Roga Parīkṣā in Ayurvedic diagnosis and clinical practice.

Objectives

1. To explain the concept and importance of Parīkṣā in Ayurveda.
2. To study various methods of Rogi Parīkṣā.
3. To understand the principles of Roga Parīkṣā through Nidāna Pañcaka.
4. To evaluate the role of Pramāṇas in disease diagnosis.

5. To analyze the clinical significance of Rogi and Roga Parīkṣā in Ayurvedic practice.

Materials and Methods

Materials

The present review article is based on classical Ayurvedic texts and commentaries including:

- Caraka Saṁhitā
- Suśruta Saṁhitā
- Aṣṭāṅga Hṛdaya
- Madhava Nidāna
- Yogaratnākara
- Cakrapāṇi commentary
- Gaṅgādhara commentary
- Standard Ayurvedic academic literature

Methods

The study was conducted through:

1. Literary review of classical references related to Rogi Parīkṣā and Roga Parīkṣā.
2. Comparative analysis of various examination methods described in Ayurvedic texts.
3. Conceptual interpretation of diagnostic approaches in Ayurvedic clinical practice.

Importance of Parīkṣā

Ayurveda considers proper examination essential for diagnosis and treatment planning.

According to Caraka Saṁhitā:

- Disease should be understood through:
 - Āptopadeśa (authoritative knowledge)
 - Pratyakṣa (direct observation)
 - Anumāna (inference)

A physician who thoroughly understands the nature of disease and treatment rarely fails in clinical practice.

The physician must:

- observe carefully,
- communicate effectively,
- understand the patient's condition,
- and apply knowledge compassionately.

Pramāṇas Used in Diagnosis

1. Āptopadeśa

Knowledge obtained from authoritative classical texts and teachers.

2. Pratyakṣa

Direct perception through sensory examination and clinical observation.

3. Anumāna

Inferential diagnosis based on observed signs and symptoms.

4. Yukti

Rational and logical application of knowledge for diagnosis and treatment planning.

These four methods together provide complete diagnostic understanding.

Methods of Rogi Parīkṣā

1. Dvividhā Parīkṣā (Twofold Examination)

According to Caraka Saṁhitā:

- Pratyakṣa
- Anumāna

2. Trividhā Parīkṣā (Threefold Examination)

According to Aṣṭāṅga Hṛdaya:

1. Darśana (inspection)

2. Sparśana (palpation)
3. Praśna (history taking)

These form the basic clinical examination techniques.

3. Caturvidhā Parīkṣā (Fourfold Examination)

Includes:

1. Āptopadeśa
2. Pratyakṣa
3. Anumāna
4. Yukti

This method combines theoretical knowledge with practical and logical analysis.

4. Pañca Nidāna (Five Components of Disease Diagnosis)

Pañca Nidāna explains the complete understanding of disease causation and manifestation. In Ayurveda, Roga Parīkṣā (disease examination) primarily depends upon the principles of Nidāna Pañcaka, the fivefold method of disease diagnosis. Nidāna Pañcaka includes Nidāna, the etiological or causative factors responsible for disease manifestation; Pūrvārūpa, the premonitory signs and symptoms appearing before the disease becomes fully manifested; Rūpa, the characteristic clinical signs and symptoms of the disease; Upaśaya, therapeutic tests or factors that relieve or aggravate the condition and aid in differential diagnosis; and Samprāpti, the pathogenesis describing the development and progression of the disease. Together, these five components provide a complete understanding of disease evolution, assist in accurate diagnosis, and guide appropriate treatment planning.

The Five Components

Sanskrit	Meaning	Explanation
निदान (Nidāna)	Cause	Etiological factors causing disease
पूर्वरूप (Pūrvārūpa)	Premonitory signs	Early warning symptoms
रूप (Rūpa)	Manifest symptoms	Fully developed disease signs
उपशय (Upaśaya)	Relieving/aggravating factors	Response to diet, drugs, habits
सम्प्राप्ति (Samprāpti)	Pathogenesis	Mechanism of disease development

5. Ṣaḍvidhā Parīkṣā (Sixfold Examination)

According to Suśruta Saṁhitā:

1. Sparśanendriya (touch)
2. Śrotendriya (hearing)
3. Cakṣurindriya (vision)
4. Rasanendriya (taste)
5. Ghrāṇendriya (smell)
6. Praśna (history taking)

This emphasizes sensory examination along with patient interrogation.

6. Aṣṭavidhā Parīkṣā (Eightfold Examination)

Described in Yogaratnākara:

1. Nāḍī (pulse)
2. Mūtra (urine)
3. Mala (stool)
4. Jihvā (tongue)
5. Śabda (voice)
6. Sparśa (touch)

7. Dṛk (inspection)
8. Ākṛti (body build)

This system is widely used in Ayurvedic clinical practice.

Introduction to Rogibala and Rogabala Parīkṣā

In Ayurveda, proper treatment depends upon assessing both:

1. **Rogibala (रोगिबल)** — the strength of the patient
2. **Rogabala (रोगबल)** — the strength or severity of the disease

This assessment is called Rogibala–Rogabala Parīkṣā.

Classical Importance

Charaka Samhita emphasizes that before beginning treatment, the physician should evaluate:

- strength of the patient,
- severity of disease,
- dosha involvement,
- digestive power,
- mental status,
- age and endurance.

Without this examination, treatment may become ineffective or harmful.

Rogibala (Strength of the Patient) & Rogabala (Strength of Disease)

Ayurveda advocates thorough clinical assessment before initiating any therapeutic intervention. Acharya Charaka emphasized that successful treatment depends upon proper understanding of causative factors, disease process, patient constitution, strength, time, place, and therapeutic measures. The physician who evaluates all essential factors systematically can achieve successful treatment outcomes with minimal complications. Various examination methods such as Navavidha, Dashavidha, Ekadashavidha, and Dwadashavidha Pariksha provide a structured framework for diagnosis, prognosis, and treatment planning. These methods reflect the Ayurvedic principle of individualized and holistic healthcare, comparable to modern personalized and precision medicine approaches.

Rogibala (Strength of the Patient)

In Ayurveda, Rogibala (रोगिबल) refers to the overall strength and capacity of the patient to withstand disease as well as tolerate therapeutic procedures and medicines. Assessment of Rogibala is an essential part of clinical examination because the success of treatment depends not only on the severity of the disease but also on the strength of the individual. Rogibala includes Sharira Bala, which denotes the physical strength and endurance of the body; Satva Bala, which represents mental strength, courage, and psychological stability; and Agni Bala, which indicates the strength of digestion and metabolism. A patient possessing good physical stamina, stable mental condition, and strong digestive power is considered capable of tolerating stronger treatments and generally has a better prognosis.

- Sharira Bala (Physical strength)
- Satva Bala (Mental strength)
- Agni Bala (Digestive/metabolic strength)

Rogabala (Strength of Disease)

In Ayurveda, Rogabala (रोगबल) refers to the strength, severity, progression, and intensity of a disease. Assessment of Rogabala helps the physician understand how deeply the disease has affected the body and how aggressively treatment should be administered. It includes evaluation of Dosha Bala, which indicates the degree of aggravation of the doshas; Dushya involvement, referring to the tissues affected by the disease; and Samprapti, the pathogenesis or mode of disease development. The physician also examines the Avastha or stage of the disease, Kala or duration and time factor, and Marga, meaning the pathway through which the disease spreads in the body. Presence of Upadrava (complications) and whether the disease is acute or chronic are also important considerations. Proper assessment of Rogabala enables accurate prognosis and selection of suitable treatment intensity.

In Ayurveda, an important clinical principle is that treatment should be planned after comparing Rogibala (strength of the patient) and Rogabala (strength of the disease). When the patient's strength is greater than the severity of the disease, the prognosis is considered favorable and the individual can tolerate stronger therapies with better chances of recovery. Conversely, when the disease is stronger than the patient's physical and mental capacity, the condition becomes difficult to manage and the prognosis may be poor. Therefore, Ayurvedic physicians carefully evaluate both Rogibala and Rogabala before deciding the type, intensity, and duration of treatment.

Rogibala>Rogabala ⇒ Good Prognosis etc

In Ayurveda, examination of the patient is considered essential before initiating treatment. The classical Ayurvedic texts describe different methods of clinical assessment to understand the strength of the patient, severity of disease, dosic involvement, prognosis, and suitability of therapy. Among these, the most important are Charakokta Dashavidha Pariksha described in Charaka Samhita and Sushrutokta Dwadashavidha Pariksha described in Sushruta Samhita.

Navavidha Pariksha

Definition

Navavidha Pariksha refers to the ninefold examination performed before administration of therapies such as Niruha Basti.

Components of Navavidha Pariksha

No.	Factor	Clinical Importance
1	Dosha	Assessment of humoral imbalance
2	Aushadha	Selection of appropriate medicine
3	Desha	Habitat/environment
4	Kala	Seasonal and temporal factors
5	Satmya	Compatibility and adaptation
6	Agni	Digestive and metabolic status
7	Satva	Mental strength
8	Vaya	Age
9	Bala	Physical strength

Charakokta Dashavidha Pariksha (दशविध परीक्षा)

Charakokta Dashavidha Pariksha helps assess both Rogibala (strength of the patient) and Rogabala (strength of the disease), thereby enabling the physician to determine prognosis, treatment tolerance, and the appropriate line and intensity of therapy.

Charakokta Dashavidha Pariksha (दशविध परीक्षा) refers to the tenfold examination of the patient explained by Acharya Charaka. It includes assessment of factors such as Prakriti (constitution), Vikriti (pathological state), Sara (tissue excellence), Samhanana (compactness of body), Pramana (body measurements), Satmya (adaptability), Satva (mental strength), Ahara Shakti (capacity for food intake and digestion), Vyayama Shakti (capacity for exercise), and Vaya (age). This examination helps the physician determine the patient's strength, resistance, prognosis, and appropriate treatment plan.

1. Prakṛti
2. Vikṛti
3. Sāra
4. Saṁhanana
5. Pramāṇa
6. Sātmya
7. Satva
8. Āhāra Śakti
9. Vyāyama Śakti

10. Vaya

Charakokta Ekadashavidha Pariksha

Definition

Ekadashavidha Pariksha includes eleven factors essential for therapeutic assessment.

Components

No. Factor

- 1 Dosha
- 2 Bheshaja
- 3 Desha
- 4 Kala
- 5 Bala
- 6 Sharira
- 7 Ahara
- 8 Satmya
- 9 Satva
- 10 Prakriti
- 11 Vaya

Charakokta Dwadashavidha and Trayodasha vidha Pariksha

Definition

Dwadashavidha Pariksha is a twelvefold examination emphasizing comprehensive assessment of patient and disease before initiating Panchakarma or other therapies.

Components

No. Factor	Clinical Importance
1 Dosha	Humoral status
2 Bheshaja	Drug suitability
3 Desha	Geographical and bodily habitat
4 Kala	Seasonal/time consideration
5 Bala	Strength
6 Sharira	Body type
7 Sara	Tissue quality
8 Ahara	Dietetic status
9 Satmya	Adaptability
10 Satva	Mental state
11 Prakriti	Constitution
12 Agni	Digestive/metabolic status
13 Vaya	Age

Sushrutokta Dwadashavidha Pariksha (द्वादशविध परीक्षा)

Sushrutokta Dwadashavidha Pariksha helps assess both Rogibala (strength of the patient) and Rogabala (strength of the disease), thereby enabling the physician to determine prognosis, treatment tolerance, and the appropriate mode and intensity of treatment.

Similarly, Sushrutokta Dwadashavidha Pariksha (द्वादशविध परीक्षा) is the twelvefold method of examination explained by Acharya Sushruta. It provides a broader clinical evaluation by examining factors related to dosha, dhatu, mala, strength, digestive power, mental condition, and disease status. This method enables accurate diagnosis and proper planning of surgical as well as medical treatment.

Both Dashavidha and Dwadashavidha Pariksha form the foundation of Ayurvedic clinical diagnosis and emphasize individualized patient assessment.

1. Āyu
2. Vyādhi
3. Rtu
4. Agni
5. Vaya
6. Deha
7. Bala
8. Satva
9. Sātmya
10. Prakṛti
11. Bheṣaja
12. Deśa

Variations in Clinical Assessment

1. Variations Related to Dosha

Basis	Types
Quantity	Chaya, Vriddhi, Samyata
Direction	Urdhwa, Adho, Tiryak
Site	Kostha, Shakha, Madhyama
Location	Svadesha, Paradesha
Dependency	Swatantra, Paratantra

Clinical Significance

Doshas vary according to:

- D4atu involvement
- Constitution
- Seasonal influence
- Disease stage

2. Variations Related to Bhesaja (Drugs)

Basis	Examples
Age	Fresh/Old drugs
Form	Dry/Green
Combination	Single or compound
Pharmacodynamics	Rasa, Virya, Vipaka, Prabhava

3. Variations Related to Desha

Type	Description
Jangala	Arid region
Anupa	Marshy region
Sadharana	Moderate region

4. Variations Related to Kala

Type	Description
Seasonal	Ritubheda
Daily	Morning, noon, evening
Disease periodicity	Fever cycle etc.

5. Variations Related to Bala

Type	Description
Sahaja Bala	Natural strength
Kalaja Bala	Seasonal/age-related
Yuktikrita Bala	Acquired strength

6. Variations Related to Sharira

Type	Description
Sthula	Obese
Krisha	Lean
Madhyama	Moderate build

7. Variations Related to Ahara

Assessment based on:

- Nature of food
- Quantity
- Combination
- Processing
- Method of intake

(Comparable to Ashtavidha Ahara Vishesha Ayatana)

8. Variations Related to Satmya

Basis	Types
Habitat	Regional adaptation
Time	Seasonal adaptation
Habit	Lifestyle adaptation

9. Variations Related to Satva

Type	Description
Pravara	Superior mental strength
Madhyama	Moderate
Avara	Poor

10. Variations Related to Prakriti

Sharirika Prakriti

- Vataja
- Pittaja
- Kaphaja
- Dwandwaja
- Sama Prakriti

Manasika Prakriti

- Satvika
- Rajasika
- Tamasika

11. Variations Related to Vaya

Stage	Description
Bala	Childhood

Stage	Description
Madhya	Middle age
Jirna	Old age

12. Variations Related to Sara

Eight Types of Sara

1. Twak Sara
2. Rakta Sara
3. Mamsa Sara
4. Meda Sara
5. Asthi Sara
6. Majja Sara
7. Shukra Sara
8. Satva Sara

13. Variations Related to Agni

Type	Characteristics
Vishamagni	Irregular digestion
Tikshnagni	Excessive digestion
Mandagni	Weak digestion
Samagni	Balanced digestion

Difference Between Rogi Parīkṣā and Roga Parīkṣā

Rogi Parīkṣā	Roga Parīkṣā
Examination of the patient	Examination of the disease
Uses sensory and clinical examination methods	Uses Nidāna Pañcaka
Includes history, observation, and investigations	Focuses on etiology and pathogenesis
Helps assess patient strength and prognosis	Helps understand disease progression
Physician-oriented evaluation	Disease-oriented evaluation

Discussion

Holistic Foundation of Ayurvedic Diagnosis

Ayurveda adopts a holistic, individualized, and multidimensional approach toward diagnosis and treatment planning. The concepts of Rogi Parīkṣā (examination of the patient) and Roga Parīkṣā (examination of the disease) together provide a comprehensive clinical understanding necessary for effective management. Rogi Parīkṣā evaluates the patient's constitution, strength, mental status, digestive capacity, adaptability, and overall systemic condition, whereas Roga Parīkṣā focuses on disease causation, pathogenesis, symptomatology, progression, severity, and prognosis. This dual approach reflects the patient-centered philosophy of Ayurveda, where both the disease and the individual are assessed simultaneously before initiating therapy.

Scientific Basis of Ayurvedic Clinical Examination

Ayurvedic diagnostics are based upon systematic epistemological principles known as Pramāṇas, which include:

Pramāṇa	Meaning	Clinical Relevance
Āptopadeśa	Authoritative testimony	Knowledge from classical texts and experts
Pratyakṣa	Direct observation	Clinical examination and inspection
Anumāna	Inference	Diagnostic reasoning and interpretation
Yukti	Logical application	Treatment planning and prognosis

These methods demonstrate that Ayurveda follows a rational and evidence-oriented clinical methodology comparable to contemporary diagnostic reasoning.

Role of Nidāna Pañcaka in Disease Understanding

The concept of **Nidāna Pañcaka** provides a systematic framework for understanding:

Component	Purpose
Nidāna	Etiological factors
Pūrvārūpa	Premonitory symptoms
Rūpa	Clinical manifestations
Upaśaya–Anupaśaya	Therapeutic response
Samprāpti	Pathogenesis

This framework enables accurate diagnosis, prognosis, and rational treatment planning. Even in the era of modern investigations, Ayurvedic clinical assessment remains essential for individualized management.

Importance of Multidimensional Parīkṣā Systems

Ayurveda describes several structured methods of examination such as Dvividhā, Trividhā, Chaturvidhā, Ṣaḍvidhā, Aṣṭavidha, Navavidha, Daśavidha, Ekādaśavidha, and Dvādaśavidha Parīkṣā and Trayodasavidha pariksha. These progressively elaborate frameworks ensure detailed patient assessment from physical, psychological, constitutional, metabolic, and environmental perspectives.

Important Examination Systems

Type of Parīkṣā	Main Components	Clinical Utility
Navavidha Parīkṣā	Doṣa, Auśadha, Deśa, Kāla, Satmya, Agni, Sattva, Vaya, Bala	Assessment before Niruha Basti
Daśavidha Parīkṣā	Prakṛti, Vikṛti, Sāra, Saṃhanana, Pramāṇa, Satmya, Sattva, Āhārasakti, Vyāyāmasakti, Vaya	Evaluation of Rogibala and treatment tolerance
Ekādaśavidha / Dvādaśavidha Parīkṣā	Includes Doṣa, Bhaiṣajya, Deśa, Kāla, Bala, Śarīra, Sāra, Āhāra, Satmya, Sattva, Prakṛti, Agni, Vaya	Comprehensive therapeutic planning

These examination methods help determine:

- Rogibala (strength of the patient)
- Rogabala (strength of disease)
- Prognosis
- Treatment suitability
- Intensity and duration of therapy
- Need for Śodhana or Śamana therapy

Clinical Significance of Dvādaśavidha Parīkṣā

The concept of Dvādaśavidha Parīkṣā demonstrates the advanced clinical sophistication of Ayurveda. It emphasizes assessment of:

- Doṣa condition and movement
- Drug properties and therapeutic suitability
- Geographic and seasonal influences
- Physical strength and body composition
- Mental resilience
- Digestive and metabolic status
- Constitutional individuality
- Dietary adaptation and tolerance

Major Clinical Assessment Factors

Factor	Clinical Importance
Doṣa	Nature and severity of pathology

Factor	Clinical Importance
Agni	Digestive and metabolic efficiency
Bala	Capacity to tolerate treatment
Satva	Mental strength and coping ability
Satmya	Adaptability to food and environment
Prakṛti	Constitutional individuality
Deśa & Kāla	Environmental and seasonal influence

This approach closely resembles concepts of modern personalized medicine, precision healthcare, and integrative clinical assessment.

Relevance to Contemporary Medicine

Modern healthcare increasingly recognizes the importance of individualized treatment strategies based on genetics, metabolism, lifestyle, environmental exposure, and psychological factors. Ayurvedic Parīkṣā systems similarly emphasize:

- Personalized assessment
- Systems biology
- Functional evaluation
- Preventive medicine
- Psychosomatic interactions
- Environmental adaptation

Thus, Ayurvedic diagnostic principles offer a valuable complementary framework for integrative medicine and patient-centered healthcare.

Essential Qualities of an Ayurvedic Physician

Classical Ayurveda emphasizes that an ideal physician should possess:

- Strong theoretical knowledge
- Clinical observation skills
- Analytical reasoning
- Practical experience
- Compassion and ethical conduct
- Effective communication

The integration of these qualities ensures accurate diagnosis and successful therapeutic outcomes.

Conclusion

Rogī Parīkṣā and Roga Parīkṣā are the fundamental pillars of diagnosis in Ayurveda. The various examination methods described in the classical Ayurvedic texts provide a systematic, comprehensive, and scientific framework for understanding both the patient and the disease. Rogī Parīkṣā and Roga Parīkṣā are the fundamental pillars of diagnosis in Ayurveda. The various examination methods described in the classical Ayurvedic texts, such as Dvividhā Parīkṣā, Trividhā Parīkṣā, Chaturvidhā Parīkṣā, Pañcavidhā Parīkṣā, Shadvidhā Parīkṣā, and Aṣṭasthāna Nirīkṣaṇa, provide a systematic, comprehensive, and scientific framework for understanding both the patient and the disease. Rogī Parīkṣā focuses on evaluating the patient's constitution, strength, mental status, digestive capacity, and overall clinical condition, whereas Roga Parīkṣā deals with the assessment of disease causation, symptomatology, pathogenesis, progression, and prognosis through the principles of Nidāna Pañcaka. Among the important clinical examination methods, Charakokta Dashavidha Parīkṣā and Sushrutokta Dvādaśavidha Parīkṣā hold significant importance. These methods help assess both Rogibala (strength of the patient) and Rogabala (strength of the disease), thereby enabling the physician to evaluate prognosis, determine the patient's capacity to tolerate treatment, and select the appropriate line, intensity, and duration of therapy. By assessing factors such as constitution, tissue strength, mental status, digestive power, age, and disease severity, these examination methods support individualized and rational treatment planning.

Thus, comprehensive knowledge of Rogī Parīkṣā, Roga Parīkṣā, Nidāna Pañcaka, Rogibala (strength of the patient), Rogabala (strength of the disease), and the classical examination systems is essential

for accurate diagnosis, proper therapeutic planning, prevention of complications, and successful Ayurvedic clinical practice in Ayurveda.

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