



Critical Evaluation of Ayurvedic Sparsha Pariksha (Palpation) in Diagnosis of Diseases WSR to Respiratory System Palpation

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Received: 09-May-2022, Manuscript No. IJMRHS-22-63269; **Editor assigned:** 11-May-2022, Pre QC No. IJMRHS-22-63269 (PQ); **Reviewed:** 25-May-2022, QC No. IJMRHS-22-63269; **Revised:** 11-Jul-2022, Manuscript No. IJMRHS-22-63269 (R); **Published:** 01-Aug-2022.

ABSTRACT

Ancient Ayurvedic Acharyas have described many clinical methods to diagnose the disease. Sparsha Pariksha (Palpation) is one of them. Different Ayurvedic Acharyas like Charaka, Sushruta and Bhela have mentioned different parameters to be examined by palpation such as Softness hardness, coldness, warmth, rigidity, pulsations, tactile perceptions in disease states like fever, tumour, edema, abscess, organomegaly, skin lesion etc. As per Acharya Chakrapani Dasa, the flexion and extension difficulty of extremities and softness and hardness of palate, tongue etc should examine with palpation. In book called 'Yogaratnakara', the general tactile feeling doshik disease is mentioned. Acharya Vinodlal Sen had described the methodology of hepatosplenic palpation in his book 'Ayurveda Vigyan'. Modern science had described the palpation of Gall bladder and Kidneys apart from liver and spleen. There are many pathological conditions which can be diagnosed on the basis of tactile perception of the lesion. In general, tenderness or guarding during organ palpation indicates underlying inflammatory painful condition. For e.g. infective hepatitis may give rise to tender hepatomegaly. The stony hard touch of lump indicates malignant growth as observed in disease Arbuda (Malignant tumour) and Kaphaj/Sannipatik Gulma (malignant abdominal tumour). The movement of lump on palpation also gives idea about the nature of the disease. The malignant tumours are usually fixed and stable. The palpation may give idea about the state of temperature either local (inflammatory edema) or general (fever). The palpation also gives idea about the size and shape of the lesion. It also gives idea about regularity or irregularity of the lesions. Generally malignant tumours are irregular in shape as like hepatocellular carcinoma (Yakritodara). To indicate the irregularity of the lesion, Ayurveda used adjectives like back of the tortoise (Kacchap Prishthawat). The dryness and smoothness of the skin lesions can also be felt with palpation. The palpation examination can also give some idea about emergency conditions such as intestinal obstruction in which abdominal rigidity is observed. On the basis of guidelines given by Acharyas in (S.Su.10/5) and (C.Vi. 4/7); the palpation criteria for the gastrointestinal system can be framed.

It is observed and concluded that palpation as tool of examining the patient is very well described in Ayurveda. Preliminary clinical diagnosis of some of the diseases; particularly gastrointestinal can be made using palpation as method of examination.

Keywords: Sparsha, Ruksha, Khara, Mrudu, Ushna, Sheeta

INTRODUCTION

Ancient ayurvedic acharyas have described many clinical methods to diagnose the disease. Sparsha pariksha (Palpation) is one of them. Different Acharyas mentioned different parameters to be examined by palpation. As per

acharya charaka, softness hardness, coldness, warmness etc should be assessed by palpation. As per acharya sushruta, cold, hot, smooth, rough, soft, hard etc. tactile perceptions in fever, edema etc. should be assessed through palpation. As per Acharya Bhela, the normalcy or abnormality of temperature of the body, softness, roughness, warm and coolness should be examined by hands. As per acharya arundutta, temperature, tumour, abscess swelling and also the coldness, hotness, rigidity, pulsations, soft or rough surface etc. in disease like fever, tumour and abscess should be examined with palpation. As per acharya chakrapani dasa, the flexion and extension difficulty of extremities and softness and hardness of palate, tongue etc should examine with palpation. In book called 'Yogaratanakara' the general tactile feeling doshik diseases are mentioned. Beside this, acharyas have described the characteristic tactile finding in various diseases such as jwara (fever), kushtha (skin lesions), yakritodara (hepatocellular carcinoma), shleepada (elephantitis), sannipataj gulma (malignant growth), shotha (edema), etc. acharya vinodlal sen had described the methodology of hepatosplenic palpation in his book 'ayurveda vigyan.' Modern science had described the palpation of gall bladder and kidneys apart from liver and spleen.

LITERATURE REVIEW

Palpation examination as per acharya charaka

- Touch in healthy and diseased states should be assessed through palpation [1].
- Softness (mardava), hardness (mardav viparyaya), coldness (shaitya), warmness (shaitya viparyaya) etc should be assessed by palpation [2].
- In Pittaj disease, the touch is warm whereas Vataj diseased have cold touch. In Kaphaj diseases, touch is moist [3].
- The physician who is keen to know the remaining life span of the patient by way of palpation then he should palpate the entire body of the patient. While doing so, he should record the following things [4].
- Whether there is loss of pulsation in the body areas which are constantly pulsating?
- Whether the body parts which are usually warm are getting cold?
- Whether the body parts which are usually smooth are feeling rough?
- Whether there is feeling of loss of sensation on palpation?
- Whether the joints are felt loosened or dislocated on palpation?
- Whether there is loss of skeletal mass on palpation?
- Whether there is profuse sweating?
- Whether there is generalized stiffness?
- Any other palpable sign appearing without any reason?

Palpation examination as per acharya sushruta: Cold, hot, smooth, rough, soft, hard etc. tactile perceptions in fever, edema etc. should be assessed through palpation [5].

Palpation examination as per acharya bhela: The normalcy or abnormality of temperature of the body, softness, roughness, warm and coolness should be examined by hands [6].

Palpation examination as per acharya arundutta:

- As per acharya arundutta by touching with the palmer surface of the hand, one should feel the temperature, tumour, abscess swelling and also the coldness, hotness, rigidity, pulsations, soft or rough surface etc. in disease like fever, tumour, abscess [7].
- As per acharya hemadri, coldness of extremities etc should be examined by touch and palpation [8].

Palpation examination as per acharya indukara: As per acharya indukara, by palpation, the physician should examine the temperature, hardness, swelling etc. [9].

As per acharya chakrapani das, following aspects to be examined with palpation: [10].

As per acharya chakrapani das, following points should be assessed by palpation examination.

- Gatra sankoch nirodha-flexion difficulty.
- Gatra prasaran nirodha-extension difficulty.
- Kanta talu sheeta ushna bhava-warm or coldness of throat and palate.

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