



ISSN 2456-3110

Vol 7 · Issue 3

April 2022

Journal of
**Ayurveda and Integrated
Medical Sciences**

www.jaims.in

JAIMS

An International Journal for Researches in Ayurveda and Allied Sciences



Maharshi Charaka
Ayurveda

Indexed

Multicentric Validation of Questionnaire on *Twak*, *Raktha* and *Mamsa Sara Pareeksha*

Parvathy Sreekumar¹, Ajantha², Mahesh Hirual³

¹Post Graduate Scholar, Dept. of Roga Nidana Evam Vikruti Vijnana, SDM College of Ayurveda and Hospital, Hassan, Karnataka, India.

²Professor, Dept. of Roga Nidana Evam Vikruti Vijnana, SDM College of Ayurveda and Hospital, Hassan, Karnataka, India.

³Associate Professor, Dept. of Roga Nidana Evam Vikruti Vijnana, SDM College of Ayurveda and Hospital, Hassan, Karnataka, India.

ABSTRACT

Ayurveda is a holistic science of life deals with healthy lifestyle, health upgrade and sustenance, disease prevention, diagnosis and treatment. It follows an individual focused treatment strategy. *Sara Pareeksha* is one of the parameters for the assessment of strength of an individual. This work is intended for revalidating of concept of *Sara Pareeksha* to the contemporary era aimed at its reachable equality in perception without losing its meaning. Very few works are done on *Sara Pareeksha* and no known works consummate on the questionnaire designing, detailed assessment of *Twak*, *Raktha* and *Mamsa Sara*. Need of standardization of basic principles like *Sara* concept should be supported with solid evidence using contemporary parameters. Scientific and statistical validation of questionnaire on assessment of *Sara Pareeksha*, showed relevance in effective and efficient examination of *Sara Pareeksha*.

Key words: Questionnaire Designing, Validation, *Twak Sara Pareeksha*, *Raktha Sara Pareeksha*, *Mamsa Sara Pareeksha*, *Dhatu*, *Ayurveda*.

INTRODUCTION

Ayurveda is a holistic science of life deals with healthy lifestyle, health upgrade and sustenance, disease prevention, diagnosis and treatment. Scientific evaluation of *Ayurveda* has been recognized since long time. Scientific value of Diagnostic approach according to *Ayurveda* centered on two-fold approach- *Roga Pareeksha* and *Rogi Pareeksha*. *Rogi Pareeksha* pertained with health status both physical and

psychosomatic state of the patient. In-depth examination of the patient is inevitable as medicines selection done by prior assessment of *Roga* and *Rogi Bala* Ten-fold examination of *Rogi* comprises of *Prakriti*, *Vikriti*, *Sara*, *Samhanana*, *Pramana*, *Satmya*, *Satva*, *Ahara Shakti*, *Vyayama Shakti* and *Vaya*.^[1] The term *Sara* signifies the purest form of *Dhatu*. The delineation of *Sara* implies the normal functioning of *Dhatwagni*, *Bhootagni* and *Jataragni* resulting in the proper production of *Dhatu* in the *Sapthadhatu* sequence. *Ashta Saras* are explained that comprises of seven *Dhatu Sara* and *Satwa Sara*.^[2] It is one among the important techniques of clinical examination employed to assess the status of different *Dhatu*. *Sara* ascribed as "*Vishudhatharo Dhatu*", essence of *Dhatu* that provides stability to the body.^[3] Derangement of *Dhatu Sarata* leads to *Dhatuvaishamyam*, fallouts in disease manifestation.^[4] *Sara Pareeksha* is done to ascertain the *Bala Mana Visheshajana* and *Ayu Pramana*.^[5] The relevance in assessing the *Bala* of a person has been cited in *Kalpasthanam* in the context of *Samshodhana*

Address for correspondence:

Dr. Parvathy Sreekumar

Post Graduate Scholar, Dept. of Roga Nidana Evam Vikruti Vijnana, SDM College of Ayurveda and Hospital, Hassan, Karnataka, India.

E-mail: drparvathy.ayu@gmail.com

Submission Date: 17/02/2022 Accepted Date: 24/03/2022

Access this article online

Quick Response Code



Website: www.jaims.in

Published by Maharshi Charaka Ayurveda Organization, Vijayapur, Karnataka (Regd) under the license CC-by-NC-SA

Chikitsa.^[6] Shamana Chikitsa also hinged upon the Rogi Bala^[7] as well as Aushadha Sevanakala.^[8]

Rasa the foremost formed *Dhatu* among *Sapta-Dhatu*s, *Acharya Dalhana* clarifies that in terms of *Twaksara*.^[9] The word *Twak* corresponds to *Rasa* residing in the *Twak*.^[10] Hence *Twaksara* person possess a good quality of *Rasa Dhatu* in predominance. *Twak Sara Purushas* can be defined as “individuals having predominance of essence of a good quality and quantity of *Rasa Dhatu*, characterized with a healthy and good looking skin”. *Rasa Dhatu* is the *Sara* of *Shad Rasayuktha Ahara* known as *Poshya Dhatu*. On *Pachana* of these *Poshya Dhatu*s in presence of *Agni* derived from *Pitta* transforms to *Raktha Dhatu* that is action of *Ranjaka Pita* on *Rasa*.^[11] *Sara* of *Ahara* after being subjected to *Paka* by *Ranjaka Pita* attains reddish color forms *Raktha Dhatu*.^[12] *Mamsa Dhatu* is the third structural element in the sequence of *Saptadhatu* formation, considered as one of the important criteria for defining compactness of body and immunity of an individual.^[13]

Innate strength of the individual cannot be assessed by the bulk of the body, can only be judged by the *Sara Pareeksha*. Physician should not be misjudged to decide a person is strong or weak from his bulky or small body structure or appearance. Lean and slender may seem to be strong enough, just comparable to “*Pipeelika Bharaharanavath Siddhi*”^[14]; implies that small ants capable of carrying much more weight than its own. *Vikriti* (pathological changes) in *Sara* to be assessed as it varies according to the stages of *Samprapti* of *Vyadhi*, food and lifestyle the individual. *Ayurveda* requires evidence based research in the area especially in diagnostic principles so that *Ayurvedic* diagnosis can be made more pinpointed leading to more effective treatment strategies as it is a science based on logical explanation on *Pareeksha* aspects.

OBJECTIVE

To frame and validate questionnaire on *Charakoktha Twak, Raktha* and *Mamsa Sara Pareeksha*.

METHODOLOGY

Two Steps in Questionnaire Study

1. Method of Designing Questionnaire
2. Method of Validation of Questionnaire

Steps of Designing Questionnaire

- Write a study protocol
- Draw a plan of analysis
- Draw a list of the information needed
- Design different part of questionnaire
- Order of questions
- Rating scale
- Complete the questionnaire

Questionnaires are the most commonly used tool in survey research. However, the results of a particular survey are worthless if the questionnaire is written inadequately. Questionnaires should produce valid and reliable demographic variable measures and yield valid and reliable individual disparities that self-report scales generate. Questionnaire developing based on the classical reference of assessment of *Charakoktha Twak, Raktha* and *Mamsa Sara Purusha Lakshanas*, followed by validation through research methods. Basically, validation of Questionnaire involves three steps: 1. Preparation of Questionnaire 2. Expert Validity- obtaining suggestions and recommendations of subject experts for Content validity, to check the content of Questionnaire, this is done by experts or authority persons.

1. Preparation of Questionnaire

Considering the lack of tools for the assessment of *Sara* and its importance in diagnosis and treatment, this questionnaire framed based on *Twak, Raktha* and *Mamsa Sara Purusha lakshanas* isolated from *Charaka Samhita*. Questionnaire framed with a total of 151 items under the domains *Twak, Raktha* and *Mamsa Sara Pareeksha*. *Twak Sarata* assessment done with 2 main domains – *Twak* (skin) and *Loma* (bodily hairs), 9 sub domains under each domain that are *Snigdha, Slakshna, Mrudu, Prasanna, Sookshma, Alpa, Gambheera, Sukumara* and *Saprabha*. Total 37 questions under those 23 questions framed for *Twak* (skin) and 14 questions framed for *Loma* (bodily hairs).

For *Raktha Sarata* assessment overall 55 questions outlined under 4 parameters to be evaluated - *Snigdghata*, *Raktavarna*, *Shrimad* and *Bhrajishnu* at *Karna* (ear pinna), *Akshi* (eyes), *Mukha* (face), *Jihwa* (tongue), *Nasa* (nose), *Osta* (lips), *Panithala* (palm), *Padathala* (sole), *Nakha* (nail), *Lalata* (forehead) and *Mehana* (perineum). 59 questions framed for the assessment of *Mamsa Sara* under *Sthira*, *Guru*, *Shubha* and *Mamsopachita* that are being examined at *Shanka* (temporal region), *Lalata* (forehead), *Krukatika* (back of neck), *Akshi* (periorbital region), *Ghanda* (zygomatic region), *Hanu* (mandibular region), *Greeva* (neck), *Skanda* (shoulder), *Udara* (abdominal region), *Kaksha* (axilla), *Vaksha* (thoracic region), *Panisandhi* (joints of upper limb) and *Padasandhi* (joints of lower limb). Assessment of these *Sara Purusha Lakshanas* including both objective and subjective parameters and scores will be attributed accordingly. Respective methodology followed are enlisted in the questionnaire attached.

Method of Validation of Questionnaire

2. Expert Validation

Expert validation for construct and content validity that includes:

- Focus Group Discussion / In-Depth Interviews with subject experts.
- Giving questionnaire with options-panel of experts are identified, a content validation form created that defines the construction of questionnaire.
- To examine and explore opinions regarding the items about both the positive and negative aspects of Questionnaire intended to measure and give expert opinions.

RESULT AND DISCUSSION

The questionnaire was designed based on *Charakoktha Twak, Raktha* and *Mamsa Sara Purusha Lakshanas*. All the assessment parameters were segregated individually, translated into English in form of subjective and objective analysis. Total 17 experts were identified Govt. Ayurveda College, Bisapur, Chattisgarh; five from Amrita School of Ayurveda, Kollam, Kerala; Vishnu Ayurveda College, Palakkad,

Kerala; Mandsaur Institute of Ayurveda Education and Research, Mandsaur, Madhya Pradesh; Karnataka Ayurveda Medical College, Mangalore, Karnataka; K V G Ayurveda College, Sulia, Karnataka; Hillside Ayurveda Medical College and Hospital, Saldoddi, Bangalore, Karnataka; SDACH – Chandigarh; SDMCAH, Hassan, Karnataka and Parul University, Vadodara, Gujarat; Global Institute of Ayurveda, Rajkot, Gujarat; and two from G J Patel Institute of Ayurvedic Studies and Research, New Vallabh Vidhyanagar, Anand, Gujarat. They were sent the questionnaire for informed opinion from experts with a track opinion provided with judgement and information regarding assessment. Among the total majority suggestion were on *Snigdghata* evaluation including the necessity adding of more grading system, nature of moisturizers used. Also, suggestion for assessment of parameter like *Sookshma Twak, Raktavarnata, Guru, Mamsopachita* were accepted and changes done in accordance with the requirement and available standard scales. All the 17 experts acclaimed that all questions incorporated were needed. Initially comprised of 139 questions, after incorporating the expert opinions 12 questions were added.

CONCLUSION

The inherent power of an individual cannot be assessed by mere muscle bulk, fat distribution and BMI. The actual strength of an individual can only be ascertained with *Sara Pareeksha*. Assessment of *Sara* is very crucial in the practice of *Ayurveda* as it act as a window to understand the status of *Dhatu* in an individual. Also, for assessing the *Bala* of individual and paramount importance in selection of *Chikitsa*. Thus, Evaluation of *Dhatu Sarata* can be expedient in *Samprapthi Vighattana*. Scientific and statistical validation of questionnaire on assessment of *Sara Pareeksha* showed relevance in effective and efficient examination of *Sara Pareeksha*.

REFERENCES

- Kushwaha HC (Editors). Roghbhishakjitiya Vimana, Charaka Samhita. Varanasi: Chaukambha Orientalia. 2005;693p.

2. Agnivesha. Charaka Samhita, elaborated by Charaka and Dridabala, with Ayurveda Deepika. Commentary by Chakrapani Datta, Jadavji Thrikamji Acharya (Editor), New Delhi; Chaukambha Publications. Reprinted 2014;278p.
3. Kushwaha HC (Editors). Rogbhishakjitiya Vimana, Charaka Samhita. Varanasi: Chaukambha Orientalia. 2005;693p.
4. Byadgi PS. Parameshwarappa's Ayurvediya Vikruti Vijnana & Roga Vijnana. Chaukambha Publications, New Delhi. Vol 1, 2013:449p.
5. Agnivesha. Charaka Samhita, elaborated by Charaka and Dridabala, with Ayurveda Deepika. Commentary by Chakrapani Datta, Jadavji Thrikamji Acharya (Editor), New Delhi; Chaukambha Publications. Reprinted 2014;277p.
6. Agnivesha. Charaka Samhita, elaborated by Charaka and Dridabala, with Ayurveda Deepika. Commentary by Chakrapani Datta, Jadavji Thrikamji Acharya (Editor), New Delhi; Chaukambha Publications. Reprinted 2014;673p.
7. Agnivesha. Charaka Samhita, elaborated by Charaka and Dridabala, with Ayurveda Deepika. Commentary by Chakrapani Datta, Jadavji Thrikamji Acharya (Editor), New Delhi; Chaukambha Publications. Reprinted 2014;646p.
8. Agnivesha. Charaka Samhita, elaborated by Charaka and Dridabala, with Ayurveda Deepika. Commentary by Chakrapani Datta, Jadavji Thrikamji Acharya (Editor), New Delhi; Chaukambha Publications. Reprinted 2014;646p.
9. Paradakara H S Sastri. Ashtangahrdya by Vagbhata. Varanasi; Chowkamba Surbharati Prakashan. reprint ed, 2005;10p.
10. Acharya J T, Acharya N R. Sushruta Samhita of Sushruta, Nibandha Sangraha Vyakhya of Dalhana. Varanasi: Chaukambha Orientalia. 7th edition, 2002;152p.
11. Acharya JT. Susrutha Samhita with Nibandhasangraha commentary of Dalhana, Nyayachandrika Panjika of Gayadasa Acharya on Susruta Samhita of Susruta. Varanasi: Chaukambha Orientalia. 9th edition, 2007;60p.
12. Acharya JT. Susrutha Samhita with Nibandhasangraha commentary of Dalhana, Nyayachandrika Panjika of Gayadasa Acharya on Susruta Samhita of Susruta. Varanasi: Chaukambha Orientalia. 9th edition, 2007;59p.
13. R.K Sharma and Bhagwan Dash. Charaka Samhita, English translation and critical exposition based on Chakrapani Datta's Ayurveda Deepika. Chaukambha Sankrit Series Office, Varanasi. Reprint – 2020, Vol 1, Sutra Sthana, 21, Shloka 18; page no 377.
14. Agnivesh. Charaka samhita, elaborated by Charaka and Dridabala, with Ayurveda Deepika. Commentary by Chakrapani Datta, Jadavji Thrikamji Acharya (Editor). New Delhi; Chaukambha Publications. Vimanasthana, 8th Chapter, 115 verse, Reprinted 2014;287p.

How to cite this article: Parvathy Sreekumar, Ajantha, Mahesh Hirual. Multicentric Validation of Questionnaire on Twak, Raktha and Mamsa Sara Pareeksha. J Ayurveda Integr Med Sci 2022;3:82-85.

Source of Support: Nil, **Conflict of Interest:** None declared.
