



ISSN 2456-3110

Vol 7 · Issue 8

September 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

Applied aspect of *Ashtasthana Pariksha* w.s.r. to tools used in current era

Neha Yadav¹, Amarendra Kumar Singh²

¹Post Graduate Scholar, Dept. of Rog Nidan evum Vikriti Vigyan, Govt. Ayurvedic College & Hospital, Patna, Bihar, India.

²Associate Professor, Dept. of Rog Nidan evum Vikriti Vigyan, Govt. Ayurvedic College & Hospital, Patna, Bihar, India.

ABSTRACT

Health is a state of equilibrium of the *Dosha*, *Dhatu* and *Mala* along with proper functioning of *Indriya*, *Manas* and *Atma*. To treat the disease, it is necessary to keep balance between *Doshas* and to bring back them into their normal condition. *Ayurveda* had described various tools to diagnose various diseases and one of them is *Rog* and *Rogi Pariksha*. For *Rogi Pariksha*, various *Parikshas* have been described like *Dwividha Pariksha*, *Trividha Pariksha*, *Chaturvidha Pariksha*, *Panchavidha Pariksha*, *Ashtavidha Pariksha* and *Dashvidha Pariksha*. *Yogratnakara* provides a clear picture of scenery of illness and healthy condition through *Ashtavidha Pariksha*. In current era, various diagnostic tools like urine examination, stool examination, tongue examination, auscultation, percussion, eye examination and gait examination are also very helpful in the prognosis of many common diseases. In current paper, attempts were made to study the relation of *Ashtasthana Pariksha* with special emphasis on tools used in modern era.

Key words: *Ashtasthana Pariksha*, *Ayurveda*, *Examination*, *Prognosis*, *Diagnosis*, *Yogratnakara*.

INTRODUCTION

The fundamental principle of *Ayurveda* is to maintain health of a healthy person and to diminish the disease of patient. *Yogratnakara* stresses on the importance of "*Vyadhi Vinishchaya*" (Diagnosis of ailment). It is essential that physician should examine the disease thoroughly and arrive at a proper diagnosis (*Vyadhi Nirnaya*). Afterwards i.e., knowing fully about the nature etc. of diseases he should commence the *Chikitsa* (treatment) by administering suitable "*Aushadha*" or by employing a procedure e.g. *Snehana*,

Lepa etc.^[1] Different methods of examination have been explained in classics of *Ayurveda*, which will be helpful in diagnosis of a disease, estimating the status of *Rogibala* and *Rogabala* etc. Following table provides a glimpse on this:

Methods of Examination	Methods
<i>Dwividha Pariksha</i> ^[2]	<i>Pratyaksha</i> & <i>Anumana</i>
<i>Trividha Pariksha</i> ^[3]	<i>Aptopadesha</i> , <i>Pratyaksha</i> & <i>Anumana</i> , <i>Darshan</i> , <i>Sparshan</i> & <i>Prashna</i>
<i>Chaturvidha Pariksha</i> ^[4]	<i>Aptopadesha</i> , <i>Pratyaksha</i> , <i>Anumana</i> & <i>Yukti</i>
<i>Shadvidha Pariksha</i> ^[5]	<i>Panchendriya Pariksha</i> & <i>Prashna Pariksha</i>
<i>Ashtavidha Pariksha</i> ^[6]	<i>Nadi</i> , <i>Mutra</i> , <i>Mala</i> , <i>Jihwa</i> , <i>Shabda</i> , <i>Sparsha</i> , <i>Drika</i> , <i>Akriti</i>
<i>Dashvidha Pariksha</i> ^[7]	<i>Prakriti</i> , <i>Vikriti</i> , <i>Sara</i> , <i>Samhnana</i> , <i>Pramana</i> , <i>Satmya</i> , <i>Satva</i> , <i>Aharshakti</i> , <i>Vyayama Shakti</i> & <i>Vaya</i>

Address for correspondence:

Dr. Neha Yadav

Post Graduate Scholar, Dept. of Rog Nidan evum Vikriti Vigyan,
Govt. Ayurvedic College & Hospital, Patna, Bihar, India.

E-mail: nehastar20@gmail.com

Submission Date: 14/07/2022 Accepted Date: 21/08/2022

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

Among all these methods of examination, *Ashtasthana Pariksha* is one of the best and the most significant method of clinical assessment. It is a complete clinical examination of a patient which has very close resemblance with general physical examination of the patient as described in Modern Medicine. It is indeed the examination of eight aspects of a person to determine their health status.

AIM AND OBJECTIVES

1. To assess the diagnostic and prognostic aspect of disease with the help of *Ashtavidha Pariksha*.
2. To make the prognosis of diseases with the help of tools used in current era.

MATERIAL AND METHODS

References of *Ashtavidha Pariksha* and different types of *Pariksha* have been collected from the available literature of Ayurveda.

Ashtasthana Rogi Pariksha (Eight fold Examination)

- (1) *Nadi Pariksha* (Pulse Study)
- (2) *Mutra Pariksha* (Examination of Urine)
- (3) *Mala Pariksha* (Stool Examination)
- (4) *Jihwa Pariksha* (Tongue Examination)
- (5) *Shabda Pariksha* (Voice Examination)
- (6) *Sparsha Pariksha* (Skin Examination)
- (7) *Drik Pariksha* (Eye Examination)
- (8) *Akriti Pariksha* (General appearance Examination)

1. *Nadi Pariksha (Pulse Examination)*

नाडीमअंगुष्ठमूलाधः स्पर्शदक्षिणगे करे | ज्ञानार्थं रोगिणो
वैद्यो निजदक्षिणपाणिना || (यो.र.१/४३)

The status of *Doshas* in diseased as well as in healthy individual can be assessed by *Nadi Pariksha*. Like *Prakriti*, *Nadi* also varies in person depending on health and diseased person.^[8]

Paryayas of Nadi: *Snayu, Nadi, Hansi, Dhamani, Dharani, Dhara, Tantuki* and *Jeevan Gyan*.^[9]

Nadi Location: *Vata, Pitta* and *Kapha Nadi* lies respectively under *Tarjini* (index), *Madhyama* (middle) and *Anamika* (ring) fingers of examining physician.^[10]

Tridosha Examination

Three fingers placed in position over *Nadi* indicate the condition of the *Tridosha* and their *Gati* (i.e. *Manda, Madhyama* and *Tikshna*). The index finger denotes *Vata*, the middle finger *Pitta* and the ring finger *Kapha*. *Nadi Pariksha* offers knowledge about involvement of *Dosha - Vata, Pitta* and *Kapha, Dwandaja, Tridoshaja* and *Sadhya Asadhyata*.^[11]

Jiva Sakshini

Anatomical position of the *Jiva Sakshini Nadi* is at *Angushtha Moola*.^[12] The pulsation in the *Dhamani* (artery) reflects the evidence of life and the learned physician through *Sparshana Pariksha* is able to come to assessment of the person concerned, whether the person is ill or well. In female, left hand *Nadi* should be palpated and vice-versa.

How to examine

Nadi should be examined in mental stability and peace of mind with his hand pulse (beat) below the right thumb. The elbow (*Kurpara*) of the patient should be lightly flexed to the left and the wrist slightly bent to the left with the fingers distended and dispersed. *Nadi* should be examined repeatedly for three times by applying and releasing pressure alternatively over *Nadi* to assess the condition of *Doshas* rightly.^[13]

Method for Arterial Pulse Examination

An ideal time for pulse examination is early morning with empty stomach. But in case of emergency, it can be examined at any time of the day or night. It is essential as a routine to feel not only the radial pulse but also the other peripheral pulses. The pulse is usually felt at the wrist and over the radial artery, because of its superficial position and ease of palpability. The radial artery is situated slightly medial to the styloid process of the radius, on the anterior aspect of the wrist.^[14]

Nadi Gati^[15]

- *Vataja Nadi: Sarpa and Jalauka*
- *Pittaja Nadi: Kaak, Lavaka and Manduka*
- *Kaphaja Nadi: Raj hansa, Mayura, Paravata, Kapota and Kukuta*
- *Vata- Pittaja Nadi: Sarpa and Bheka (mandooka)*
- *Pitta- Kaphaja Nadi: Hari (Vaananar) and Hansa*
- *Vata- Kaphaja Nadi: Sarpa and Hansa*
- *Sannipataja Nadi: Kashthakutta*

Nadi Gati in different Pathological Conditions^[16]

Pathological Conditions	Nadi Gati (Pulse movements)
<i>Jwara</i>	<i>Gambheera, Ushna and Vegavati</i>
<i>Kama, Krodha</i>	<i>Vegavati (Rapid)</i>
<i>Chinta & Bhaya</i>	<i>Kshina (Weak)</i>
<i>Mandagni</i>	<i>Manda (Slow)</i>
<i>Rakta Dosh</i>	<i>Ushna, Gurvi and Sama</i>
<i>Ama</i>	<i>Gambheera</i>
<i>Deeptagni</i>	<i>Laghu and Vegavana</i>

Tools used for Nadi Pariksha

Pulse oximetry is a non invasive test that measures the oxygen saturation level of the blood. It can rapidly detect even small changes in oxygen levels. These levels show how efficiently blood is carrying oxygen to the extremities furthest from our heart, including our arms and legs. The pulse oximeter is a small, chip – like device. It attaches to a body part, most commonly to a finger. The purpose of pulse oximetry is to see if the blood is well oxygenated. Medical professionals may use pulse oximeters to monitor the health of people with conditions that affect blood oxygen levels, specially while they're in the hospital. The diseases like COPD, asthma, pneumonia, lung cancer, anemia, heart attack or heart failure and congenital heart diseases can be included.^[17]

2. Mutra Pariksha (Urine Examination)

अथातः संप्रवक्ष्यामि च मूत्रस्य परीक्षणम् | येन विज्ञातमात्रेण रोगचिन्हं प्रकाशयते | (यो.र. १/८६)

By *Mutra Pariksha* (urine examination) one can assess any running pathology inside the body. Urine is the end product of metabolism by billions of human cells and the body chemistry, blood pressure, fluid balance, nutrient intake, and the state of health are key elements in establishing the characteristic of urine.

Urine appearance involving Doshas^[18]

Dosha	Urine colour/ Appearance
<i>Vata</i>	<i>Pandu</i>
<i>Pitta</i>	<i>Rakta</i>
<i>Kapha</i>	<i>Phenayukta</i>
<i>Dwandaja</i>	Mixed/ as per predominant <i>Dosha</i>
<i>Sannipataja</i>	<i>Krishna</i>

Taila Bindu Pariksha

Urine collected in a round low bottom vessel and a drop of oil is dropped in the collected urine very lightly with the help of grass (*Truna*). As oil is lighter than urine, oil spreads over the urine. Observations and conclusions are made on the basis of direction, shape and speed of spreading of oil drop. The *Taila Bindu* Appearance in *Vata, Pitta* and *Kapha Dosh* *Vikaras* are of snake, umbrella and pearl shaped respectively.^[19]

Oil Position in different diseased condition^[20]

Urine	Diseased Condition
If instilled oil spreads quickly over the surface of urine	<i>Sadhya</i> (Curable)
If the oil does not spread	<i>Kashtha Sadhya</i> (difficult to treat)
If oil sinks and touches the bottom of vessel	<i>Asadhya</i> (Incurable)

Taila Bindu Inference^[21]

Direction	Curableness
East	<i>Shighramsukhi</i> (Early Curable)
South	<i>Kramen Sadhyam</i> (Curable step by step)
North	<i>Curable (Arogita Samprajayate)</i>
West	<i>Sukha Arogya</i> (Health and Pleasure)
North-East	<i>Masen Nashyati</i> (Must die in 1 month)
South-East	<i>Maranam</i> (Must die)
South- West	<i>Maranam</i> (Must die)

Method

The wise physician should wake up the patient early in the morning around 4 o'clock, avoid the first stream of early morning urine, then collect the urine of subsequent flows in a clean glass vessel and examine thoroughly to assess the disease process and treat the patient accordingly. For routine urine examination, midstream sample of urine which is the first morning sample, collected in a clean container is preferred since it gives a more constant result.

Urine Examination

- **Physical Examination:** The parameters to be examined on physical examination of urine are volume, color, appearance, odor and specific gravity.^[22]
- **Chemical Examination:** The chemical examination is carried out for parameters like pH, proteins, glucose, ketones, bilirubin, bile salts, urobilinogen, blood, haemoglobin, myoglobin and nitrite.^[23]

3. Mala Pariksha (Stool Examination)

Direct examination of the faecal matter by the naked eye can tell a lot about the digestive state of the body. The colour, consistency, floating nature, smell, presence of blood or mucus in stool gives a lot of information about various *Dosha* imbalances or diseases. *Sama-Nirama* condition of the faeces is noted specifically in Ayurveda.

Jala Nimajjana Purisha Pariksha

A specialised technique of stool examination is conducted to detect the presence of *Ama* thereby inferring the status of *Agni*. If stool sinks in water, it has *Ama Dosha* and if not then it is normal.^[24]

Mala Swarupa in different diseases^[25]

Mala Swarupa	Diseases
Whitish, bulky with foul smell	<i>Jalodara</i>
<i>Shyama</i>	<i>Kshaya</i>
Yellowish associated with pain in the <i>Kati</i>	<i>Amayukta disorders</i>
<i>Jatharagni</i> passes <i>Pandu</i> and dry <i>mala</i> while in <i>Mandagni</i> state passes <i>Drava</i> and <i>Durgandhita Mala</i>	<i>Asadhya Vyadhi</i>

Stool Examination

Examination of feces is helpful in the investigation of disease of gastrointestinal like detection of parasites. Other examinations involved are bacteriologic examination, chemical examination and microscopic examination.^[26]

Colour/ Appearance of Fecal Specimens are black if there is bleeding in upper GIT, red if bleeding in large intestine and watery in certain strains of *E. coli*.^[27]

4. Jihwa Pariksha

The colour, shape, coating of a tongue can be indicative of many digestive abnormalities. Detection of the type of disease condition can be made by *Jihwa Pariksha*. Commonly we observe only *Sama-Nirama* condition. Different areas of the tongue correspond to different organs of the body. Hence by correlating the location of the blemishes on the tongue, the Ayurvedic practitioner can determine which organs of the body are out of balance. The colour, size, shape, coating, anomalies, surface, mobility and local lesion are all noted.

Characteristics of tongue in different Doshik Condition^[28]

Diseases	Tongue
Vataja	Khara Sparsh, Sphutita
Pittaja	Rakta, Shyama Varna
Kaphaja	Shweta, Pichhila
Sannipataja	Krishna, Sakantaka, Shushka
Dwandaja	Mishrit Lakshana

Tongue features in different diseased conditions^[29]

Tongue Features	Diseased Condition
Pale coloured	Anaemic
Yellow coloured	Jaundice, possible liver disorders
Blue coloured	Heart diseases
Smooth, often sore tongue without papillae	Atrophic Glossitis
Softening of the skin at the angles of the mouth followed by cracking	Angular stomatitis

5. Shabda Pariksha (Voice Examination)

Healthy and natural when the *Doshas* are in balance, the voice will become heavy when aggravated by *Kapha*, cracked under *Pitta* effect and hoarse & rough when afflicted by *Vata*.^[37] These are the sounds which we have to feel from the patient like Intestinal gargling, Heart sounds, Pleural rub, Crepitus etc.

Auscultation

Auscultation can be compared with the *Shabda Pariksha* of *Ayurveda*. Four auscultatory areas of the heart facilitate clinical diagnosis. Triangle of auscultation involves lateral border of trapezius muscle, medial border of scapula and upper border of latissimus dorsi muscle. In Respiratory examination, inspiratory and expiratory sounds with or without an intermediate pause or interval is observed as normal

condition. Abnormal breath sounds are heard if they are abnormally generated and if they are abnormally conducted. Auscultation is also an important part of abdominal examination for detecting bowel sounds and vascular bruits.^[30]

6. Sparsha Pariksha (Skin Examination)

The tactile perception or touch reveals many aspects. Cold, hot, smooth, rough, soft, hard perceptions, fever, oedema etc. should be examined through tactile perception. Skin is Moist or wet in *Kaphaja* diseases, hot in *Pittaja* and rough and cold in *Vataja* disorders.^[31] *Sparsha Pariksha* can be compared with palpation and percussion.

Palpation

Palpation is the examination method that relies on the sense of touch. The method of palpation is applied depending upon the area to be examined. It involves palpating individual structures on the surface and within the body cavities, particularly the abdomen. It elicits important information regarding the position, size, shape, consistency and mobility of the normal anatomic components. It uncovers crucial clues to the presence of abnormalities such as enlarged organs and palpable masses. It may be effective in assessing fluid within a space.

Percussion

Percussion is a method of tapping on a surface to determine the underlying structures, and is used in clinical examinations to assess the condition of the thorax or abdomen. It is done with the middle finger of one hand tapping on the middle finger of the other hand using a wrist action. The non striking finger is placed firmly on the body over tissue. Effective percussion is a knack that requires consistent practice; we can do so upon ourselves or on willing colleagues, as percussion can be uncomfortable for patients if performed repeatedly and inexpertly.^[32]

7. Drika Pariksha (Eye Examination)

Different types of eye features may reflect the personality of a person as well as the state of his health. The colour of the sclera, conjunctiva, size of

eyeball, shape, and the area around the eyes give insight into various serious metabolic diseases.

Drika Pariksha^[33]

Doshaja Prakriti	Drika
Vata	Dhumra, Aruna, Nila, Ruksha, Chanchala, Antrapravista, Roudra, Antarjwala
Pitta	Aruna, Haridra, Rakta, Malina, Tikshna, Dipa Dwesha, Dahayukta
Kapha	Shweta, Dhavala, Pluta, Snigdha, Sthira, Shanta, Jyotish, Kanduyukta
Dwandaja	Mixed Lakshana of involved Doshas
Sannipataja	Rakta and Roudra

Eye features in different diseased condition^[34]

Eye Features	Diseased Condition
Congenital small discs	Optic disc swelling
Hard exudates in retina	Microaneurysms in diabetes
Blot haemorrhages in retina	Hypertension and retinal vein occlusion

7. Akriti Pariksha (General Appearance of the body)

Examination of Akriti include Diagnosis of hair, nails and other body organs can reveal many signs which point towards different diseases. Kaphaja personalities have oily skin, well built body and joints, tolerance to hunger, thirst, hardship, hot sun. Pittaja personalities have strong appetite and thirst, fair complexion; they are brave, bold, egoistic and less hair. Vataja personalities are prone to many diseases and have split hairs and dry skin with Dhusara Varna and they dislike cold things and atmosphere.^[35]

Gait Examination

The gait will play a big role in Akriti examination. The gait may be defined as the forward propulsion of body by the lower limbs in a systematic, coordinated, semi-rotator movements of the trunk, arm and head. A normal gait must be rhythmic and soundless, having

springiness in the feet which work alternatively in a definite cyclic order.

Gait Abnormalities^[36]

1. Antalgic Gait: Pain related to arthritis or tendonitis
2. Spatic Gait: Hemiplegia related to CVA
3. Shuffling Gait: Parkinson's disease
4. Ataxic Gait: Cerebellar disease
5. Waddling Gait (Trendelenburg): Bilateral gluteus medius tendinopathy
6. High stepping (Foot drop): Peroneal neuropathy (multiple causes)

DISCUSSION

Ashtavidha Pariksha in Ayurveda is one of the important examinations to find different causing factors of diseases. These eight factors are mentioned in Ashtavidha Pariksha - Nadi Pariksha (Pulse Study), Mutra Pariksha (Urine Examination), Mala Pariksha (Stool Examination), Jihwa Pariksha (Tongue Examination), Shabda Pariksha (Voice Examination), Sparsha Pariksha (Skin Examination), Drika Pariksha (Eye Examination), Akriti Pariksha (General appearance Examination). Each one of them plays very important role in diagnosis of the disease. By Ashtavidha Pariksha characters of various Doshas can be evaluated either they are in balanced form or unbalanced. Ashtavidha Pariksha was mentioned in detail by Acharya Yogratnakar. The modern tools have also been described to make the prognosis easy going. Urine examination is used to detect and manage a wide range of disorders such as UTI, kidney disease and diabetes. Stool examination is used to detect colour, consistency and to classify type of faeces (diagnostic triad for IBS). Tongue examination can reflect a number of underlying diagnosis such as infections, nutritional deficiencies, malignancy and even neurological dysfunction. Auscultation, palpation, percussion are the methods of clinical examination for disease of different systems. Gait analysis is a way to assess the dynamic posture and coordination during movement.

CONCLUSION

Before starting the treatment of any disease, diagnosis is the first and most important step. To diagnose various diseases, *Ashtavidha Pariksha* is mentioned as a necessary tool in our different *Ayurvedic* texts. On the basis of eight factors mentioned in *Ashtavidha Pariksha*, diagnosis can be conclude to a particular disease and then treatment can be done. These got modified with the advent of time and the additions of things were done according to requirements.

REFERENCES

- Sharma Rohit, Amin Hetal, Galib, Prajapati PK. Astasthana Pariksha - A Diagnostic Method of Yogaratnakara and its Clinical Importance, GJRMI, Volume 1, Issue 5, May 2012, 186- 201.
- Trikamji Jadavji, (2007), Charak Samhita (Dridhabala with Chakrapani), Reprint, Varanasi, India, Chaukhamba Prakashana, p. 274
- Trikamji Jadavji, (2007), Charak Samhita (Dridhabala with Chakrapani), Reprint, Varanasi, India, Chaukhamba Prakashana, p. 247
- Trikamji Jadavji, (2007), Charak Samhita (Dridhabala with Chakrapani), Reprint, Varanasi, India, Chaukhamba Prakashana, p.70
- Trikamji Jadavji, (2007), Sushruta Samhita, Varanasi, Kavyatiratha Chaukhamba Publication, p. 43
- Byadgi P.S., Rogi Pariksha and Rog Pariksha, (2007), Paramoswarappa's Ayurvediya Vikriti Vijnana, 1st edition, Varanasi, Chaukhamba Sanskrit Saamsthana, p. 376
- Trikamji Jadavji, (2007), Charak Samhita (Dridhabala with Chakrapani), Reprint, Varanasi, India, Chaukhamba Prakashana, p. 276
- Acharya Sidhinandan Mishra, Yogratnakara, Chaukhamba Orientalia, Varanasi, p. 6
- Acharya Sidhinandan Mishra, Yogratnakara, Chaukhamba Orientalia, Varanasi, p. 7
- Acharya Sidhinandan Mishra, Yogratnakara, Chaukhamba Orientalia, Varanasi, p. 6
- Acharya Sidhinandan Mishra, Yogratnakara, Chaukhamba Orientalia, Varanasi, p. 7, 8
- Acharya Sidhinandan Mishra, Yogratnakara, Chaukhamba Orientalia, Varanasi, p. 9
- <https://www.healthline.com>
- Acharya Sidhinandan Mishra, Yogratnakara, Chaukhamba Orientalia, Varanasi, p. 11
- Acharya Sidhinandan Mishra, Yogratnakara, Chaukhamba Orientalia, Varanasi, p. 13
- Acharya Sidhinandan Mishra, Yogratnakara, Chaukhamba Orientalia, Varanasi, p. 11,12
- Acharya Sidhinandan Mishra, Yogratnakara, Chaukhamba Orientalia, Varanasi, p. 12
- Shirish M Kawthalkar; Essentials of Clinical Pathology; The Health Sciences Publisher; Second Edition; 2018; p. 18
- Shirish M Kawthalkar; Essentials of Clinical Pathology; The Health Sciences Publisher; Second Edition; 2018; p. 20
- Sushruta Samhita of Maharshi Sushruta edited with Ayurveda Tattva Sandipika; Hindi commentary by Kaviraj Ambikadutta Shastri, A.M.S; Chaukhamba Sanskrit Sansthan Publishers; Reprint 2016; Chapter no. 40/17 Uttar Tantra.
- Acharya Sidhinandan Mishra, Yogratnakara, Chaukhamba Orientalia, Varanasi, p. 14
- Shirish M Kawthalkar; Essentials of Clinical Pathology; The Health Sciences Publisher; Second Edition; 2018; p. 121
- Shirish M Kawthalkar; Essentials of Clinical Pathology; The Health Sciences Publisher; Second Edition; 2018; p. 123
- Acharya Sidhinandan Mishra, Yogratnakara, Chaukhamba Orientalia, Varanasi, p. 16
- Hutchison's Clinical Methods; Edited by Michael Glynn, William M. Drake; 24th Edition; 2018; p. 16

30. Hutchison's Clinical Methods; Edited by Michael Glynn, William M. Drake; 24th Edition; 2018; p. 256
31. Acharya Sidhinandan Mishra, Yogratnakara, Chaukhamba Orientalia, Varanasi, p. 15
32. Hutchison's Clinical Methods; Edited by Michael Glynn, William M. Drake; 24th Edition; 2018; p. 175
33. Acharya Sidhinandan Mishra, Yogratnakara, Chaukhamba Orientalia, Varanasi, p. 15
34. Hutchison's Clinical Methods; Edited by Michael Glynn, William M. Drake; 24th Edition; 2018; p. 427, 429

35. Acharya Sidhinandan Mishra, Yogratnakara, Chaukhamba Orientalia, Varanasi, p. 15
36. Hutchison's Clinical Methods; Edited by Michael Glynn, William M. Drake; 24th Edition; 2018; p. 274

How to cite this article: Neha Yadav, Amarendra Kumar Singh. Applied aspect of Ashtasthana Pariksha w.s.r. to tools used in current era. J Ayurveda Integr Med Sci 2022;8:46-53.

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