

DASHAVIDHA PARIKSHA AND ITS CLINICAL APPLICATIONS: AN INTEGRATIVE AYURVEDIC PERSPECTIVE

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Article Received: 22 December 2025 | Article Revised: 12 January 2026 | Article Accepted: 2 February 2026

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DOI: <https://doi.org/10.5281/zenodo.18478779>

How to cite this Article: Dr. Ramkisan Ashok Kalbande, Dr. Ujwala V. Pawar (2026) DASHAVIDHA PARIKSHA AND ITS CLINICAL APPLICATIONS: AN INTEGRATIVE AYURVEDIC PERSPECTIVE. World Journal of Pharmaceutical Science and Research, 5(2), 258-260. <https://doi.org/10.5281/zenodo.18478779>



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ABSTRACT

Dashavidha Pariksha is a fundamental component of Rogi Pariksha (patient examination) in Ayurveda, designed to assess the individual comprehensively rather than focusing solely on disease pathology. It encompasses ten parameters that evaluate physical constitution, functional capacity, mental strength, adaptability, digestive and metabolic status, and age-related factors. These parameters collectively guide diagnosis, prognosis, therapeutic decision-making, and assessment of treatment outcomes. In contemporary healthcare systems, the principles of Dashavidha Pariksha show strong alignment with the concepts of personalized medicine, holistic patient evaluation, preventive healthcare, and patient-centered care. The present article aims to critically analyze the concept of Dashavidha Pariksha, elaborate its clinical utility, and establish correlations with modern biomedical assessment methods, thereby highlighting its relevance in present-day clinical practice and integrative medical research.

KEYWORDS: Dashavidha Pariksha, Rogi Pariksha, Prakriti, Vikriti, Bala, Personalized Medicine, Prognosis.

INTRODUCTION

Ayurveda advocates a holistic and individualized approach to health and disease, wherein equal emphasis is placed on the examination of both Roga (disease) and Rogi (patient). Acharya Charaka emphasizes that successful treatment depends upon the physician's ability to comprehensively assess the patient's constitution, strength, adaptability, and mental status before initiating therapy. Dashavidha Pariksha, described primarily in Charaka Samhita (Vimana Sthana) and elaborated in Ashtanga Hridaya and Ashtanga Samgraha, represents a systematic and scientific framework for patient evaluation.

Unlike the predominantly disease-oriented model of modern biomedicine, Dashavidha Pariksha considers multiple dimensions of human existence, including physical structure, physiological function, mental strength, environmental adaptability, and age-related variations. With the global shift towards personalized medicine and integrative healthcare, this classical Ayurvedic framework has gained renewed importance. It provides valuable insights into individualized treatment planning, prognosis assessment, and preventive healthcare strategies.

OBJECTIVES

1. To critically review the concept of Dashavidha Pariksha as described in Ayurvedic classics.
2. To analyze its clinical importance in diagnosis, prognosis, and treatment planning.
3. To correlate the parameters of Dashavidha Pariksha with modern clinical assessment tools.
4. To explore its relevance in contemporary personalized and integrative medicine.

MATERIALS AND METHODS

The present work is a conceptual and analytical review based on classical Ayurvedic literature, including Charaka Samhita, Ashtanga Hridaya, and Ashtanga Samgraha, along with their authoritative commentaries. Relevant research articles published in peer-reviewed Ayurvedic and integrative medicine journals were also reviewed. The collected information was critically analyzed to establish conceptual clarity, clinical relevance, and correlations with modern biomedical principles.

RESULTS

Dashavidha Pariksha consists of ten parameters that collectively assess the Bala (strength) of the patient and disease. These parameters provide comprehensive information regarding constitutional predisposition, current pathological status, tissue quality, physical endurance, mental resilience, digestive capacity, and age-related physiological variations.

Table 1: Components of Dashavidha Pariksha and Their Clinical Significance.

Sr. No.	Parameter	Clinical Significance
1	Prakriti	Determines constitutional dominance and disease susceptibility
2	Vikriti	Indicates current Dosha imbalance and disease status
3	Sara	Assesses quality and excellence of Dhatus
4	Samhanana	Reflects structural compactness and strength
5	Pramana	Provides anthropometric assessment
6	Satmya	Indicates adaptability to diet and environment
7	Satva	Assesses mental strength and psychological resilience
8	Ahara Shakti	Evaluates digestive and metabolic capacity
9	Vyayama Shakti	Measures physical endurance and exercise tolerance
10	Vaya	Assesses age-related physiological condition

Table 2: Correlation of Dashavidha Pariksha with Modern Clinical Parameters.

Ayurvedic Parameter	Modern Clinical Correlation
Prakriti	Genetic constitution, metabolic phenotype
Vikriti	Pathophysiology and clinical diagnosis
Sara	Nutritional status and immunity
Samhanana	Musculoskeletal strength and BMI
Pramana	Anthropometric measurements
Satmya	Lifestyle adaptation and tolerance
Satva	Mental health and coping capacity
Ahara Shakti	Digestive efficiency and metabolism
Vyayama Shakti	Cardiopulmonary fitness
Vaya	Biological and chronological age

DISCUSSION

Dashavidha Pariksha provides a multidimensional and patient-centered framework for clinical assessment. Prakriti assessment enables prediction of disease susceptibility, prognosis, and therapeutic response, closely resembling modern concepts of pharmacogenomics and precision medicine. Vikriti assessment identifies the active pathological processes, guiding disease-specific interventions.

Sara, Samhanana, and Pramana collectively evaluate structural integrity, nutritional status, and physical strength. Satva assessment highlights the role of psychological resilience in disease progression and treatment compliance, a concept increasingly recognized in psychosomatic medicine. Ahara Shakti and Vyayama Shakti reflect metabolic reserve and functional capacity, guiding the intensity and choice of therapeutic interventions. Vaya plays a decisive role in prognosis determination and therapeutic planning.

CONCLUSION

Dashavidha Pariksha represents a comprehensive, scientifically structured, and clinically relevant approach to patient evaluation in Ayurveda. Its holistic principles demonstrate strong concordance with modern personalized and integrative medicine paradigms. Incorporation of Dashavidha Pariksha into routine clinical practice enhances diagnostic accuracy, prognostic assessment, and therapeutic efficacy, providing a robust framework for future interdisciplinary research.

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