ISSN: 2322 - 0902 (P)
ISSN: 2322 - 0910 (O)

International Journal of Ayurveda and Pharma Research

Research Article

ROLE OF *DARSHANA PARIKSHA* IN DIFFERENT *PRAKRUTI'S* WITH SPECIAL REFERENCE TO BLOOD AND URINE

Prajwal Malagatti[1], Seeta M.Biradar[2]*

[1]UG Scholar, *[2]Professor & Head, Department of Roganidana evum Vikrutivijanan, BLDEA'S AVS Ayurveda Mahavidyalaya, Vijayapura, Karnataka, India.

Article info

Article History:

Received: 01-06-2022

Revised: 15-06-2022

Accepted: 26-06-2022

KEYWORDS:

Pareeksha, Ayurveda, *Rogi*, *Darshana*, Blood, Urine.

ABSTRACT

Trividha Pareeksha's like *Darshana, Sparshana* and *Prashna* holds relevance in the current clinical methods like history taking, general examination and systemic examinations. '*Rogamadou Pareekshet Tathoanantharam Oushadam*' before planning any treatment one should have completes knowledge of *Roga* and *Rogibala*. From ancient time to till date examination of patient is important. *Vyadhiutpathi* always lead to disrupted body system and after that body is need to be investigated by various protocols, *Pariksha* are one among them. *Rogi pariksha* is an important parameter in the diagnosis of a disease as before diagnosis the treatment of a disease is not possible. Examining the patient is a skillful act and well as in contemporary science both have explained this examination elaborately. *Prakrut avastha Rogi Pariksha* are dealt in Ayurveda. Principle of Ayurveda is to take care of individual health and to relieve the ailing individual for disease. *Acharyas* have given a variety of examination in the form of *Pariksha*. *Pariksha* are the diagnostic tool that helps to diagnose the *Vyadhi*. Hence in this present study individual different *Prakrutis* were selected for the study and each *Prakruti* assessment is done and *Darshana Pareeksha* is defined, comparing to the variables of blood components and urine. Here in this present study *Darshana Pareeksha* is considered as a major role in different *Prakruti* is observed with respect to blood and urine. *Darshana* variables are compared to CBC variables and urine variables. A complete blood count (CBC) gives important information about the kinds and numbers of cells in the blood, especially red blood cells, white blood cells, and platelets.

INTRODUCTION

Ayurveda has mentioned in detail about the various *Pareekshas* which have been categorized in *Trividha, Panchavidha, Shadvidha, Astavidha, Dashavidha pareekshas* are mentioned. Ayurveda is often called as a *Samakalin shastra*[1] (a science of all times). The fundamentals of this ancient science are simple and easily applicable to all eras. In fact, a majority of modern science principle are based on the fundamentals of Ayurveda. Here *Darshana pareeksha*[2] has given prime importance in examination of patient.

Access this article online

Quick Response Code

https://doi.org/10.47070/ijapr.v10i6.2373

The word '*Darshana*' means inspection, observation. In Ayurveda clinical examination begins as soon as patient steps in the consultation room. Physician should have best observation skill to master in this examination. *Darshan pariksha* is vague term. It includes variety of observational examination. But for study purpose it can be simplified under the following headings from Ayurveda point of view[3],

"वर्णसंस्थानप्रमाणच्छायाः शरीरप्रकृतिविकारौ, चक्षुर्वैषयिकाणि यानि चान्यान्यनुक्तानि तानि चक्षुषा परीक्षेत।"

Description- Colour, shape, measurement and complexion (*Varna samsthana pramana chaya Shareera prakruti vikaro*). Natural and unnatural changes in body. Other findings examined visually like signs of the disease, luster and other Abnormalities which indicate *Bala*, *Aayushya* also. In case of *Mrutbhakshanajanya Pandu*[4]*- shoona Gandakshkoot shotha* is told which is perceivable by *Netra*.

Darshana pariksha is part of their physical examination in terms of modern context. *Vranavastu* (type of injury) is also included in *Darshana pariksha*. *Kashyap Samhita* specialty *Vedana adhyaya* is completely based on *Darshan pariksha*. As small children are unable to speak, they convey their pain or feelings through certain actions, which are precisely explained in *Kashyap Samhita* for diagnosis of disease X-ray, endoscopy, microscopic examination these modern technologies are nothing but advanced version of *Darshana pariksha*. Now a day's various tools are used for indirect inspection (*Darshan pariksha*) of various organs. *Trividha Pareeksha's* like *Darshana*, *Sparshana* and *Prashna* holds relevance in the current clinical methods like history taking, general examination and systemic examinations. '*Rogamadou Pareekshet Tathoanantharam Oushadam*[5]' before planning any treatment one should have complete knowledge of *Roga* and *Rogibala*. Examinations help to obtain knowledge regarding the life strength and intensity of morbidity and life span. *Pareeksha* helps to arrive at proper diagnosis by understanding the condition of the patient. Those factors that are elicited by *Chakshurindriy* fall in these category general features, normal and abnormal colour.

Factors to be examined by *Darshana* (inspection)[6]

a) *Vaya* - age

b) *Varna* - colour

c) *Sharira* - nature of the physique and

d) *Indriya* - sense organs

Factors to be examined by

Prashna (interrogation)

a) *Hetu* - etiology

b) *Arti* - nature of the pain

c) *Satmya* (wholesomeness of food, drugs, etc.)

d) *Agnibala* (power of digestion and metabolism)

MATERIAL AND METHOD

Materials

The 30 healthy individuals are selected as per the assessment of the *Prakruti* of the individuals and after the fulfilling the criteria of inclusion were selected for the present study. The consent was taken from the individual after explaining the type and purpose of the study in detail.

Method

Study Design

Random sampling method

30 Healthy volunteers were selected for the study.

The method of study was an observational and comparative study of *Darshana pariksha* with respect to the blood and urine.

Inclusion Criteria

Patients between the age group of 18–50 years and not suffering any major systemic disease were selected irrespective of caste, gender, occupation, education.

Exclusion Criteria

Patients suffering from any serious systemic disorders such as hypertension, diabetes, children, pregnant ladies and who are suffering from chronic illness or infection are excluded.

DISCUSSION

In *Charak Samhita Vimana sthana* it has been well said that the physician who are unable to enter the soulful mind of the patient with the help of enlighten.

Knowledge and fails to acquire the trust of the patient are always unsuccessful in their treatment. So, it's mandatory for physician to have full flesh knowledge of various *Pariksha* for a good clinical practice. *Trividha pariksha* is supreme of all the methods. He should be expert in *Darshan, Saparshan* and *Prashana pariksha* because it also has application in modern diagnostic tests. X-ray, MRI, CT scan, Endoscopy, USG are nothing but indirect *Darshana pariksha* with the help of modern technology. *Sparshan pariksha* like palpation, percussion is also practice by every physician in his day to day clinical practice. Lastly *Prashana pariksha*, history taking is pearl of Ayurveda and *Vaidya* should be expert in this. In many cases, half of the symptoms of the patient is relieved just by having a positive conversation with doctor, because due to changing lifestyle many of the disease are due to depression, mental stress. Proper case history can guide us to right diagnosis without requirement of any special investigation.

Here in this study *Darshana* variables are compared to CBC variables and urine variables. A complete blood count (CBC) gives important information about the kinds and numbers of cells in the blood, especially red blood cells, white blood cells, and platelets. A CBC helps the physician to check any symptoms such as weakness, fatigue, or bruising, where as in Ayurveda *Darshana* variables are different specially based on physical observation such as *Varna*, *Prakruti* etc. Similarly Urine components are compared to Blood components. In Ayurveda, *Mutra pareeksha* is discussed as one of the *Astavidha pareeksha* where we are going to see.

It is concluded that *Darshan pareeksha* plays importance in different *Prakrutis* when compared to variables of blood and urine components.


OBSERVATION AND RESULTS

Table 1: Age (Years)

Age(Years)	No. of Patients	Percentage
< 30	16	53.3
30 - 39	6	20.0
40 - 49	6	20.0
50+	2	6.7
Total	30	100.0

More than 30yrs of age patients had

Table 2: Gender

Gender	No. of Patients	Percentage
Female	7	23.3
Male	23	76.7
Total	30	100.0

Table 3: *Varna* of *Nakha*

Varna of *nakha*	No. of Patients	Percentage
Blackish, small, brittle	9	30.0
Pinkish, big and smooth	6	20.0
Reddish small	15	50.0
Total	30	100.0

Table 4: *Varna* of *Netra*

Varna of *Netra*	No. of Patients	Percentage
Dry, reddish eyes	7	23.3
Dry, sunken eyes	2	6.7
Dry, sunken eyes, reddish brown colour	1	3.3
Red colour	2	6.7
Red colour, medium sized	5	16.7
Watery eyes, red colour	1	3.3
Wet, watery eyes	6	20.0
Wet, watery eyes, heaviness in eyelids	4	13.3
Yellow colour eyes, medium sized	2	6.7
Total	30	100.0

Table 5: *Varna* of *Jihwa*

Varna of *Jihwa*	No. of Patients	Percentage
Coated	2	6.7
Dry, cracked	1	3.3
Dry, rough	6	20.0
Reddish, coated	6	20.0
Reddish, slimy, coated	2	6.7
Rough, cracked	3	10.0
Slimy, reddish, coated	1	3.3
Wet, coated	6	20.0
Wet, reddish, coated	1	3.3
Wet, slimy, coated	2	6.7
Total	30	100.0

Table 6: *Varna* of *Twak*

Varna of *Twak*	No. of Patients	Percentage
Dry, rough, red complexion	4	13.3
Moist, greasy, red complexion	1	3.3
Moist, greasy, dark blackish complexion	3	10.0
Moist, greasy, glowing white complexion	1	3.3
Moist, greasy, red complexion	1	3.3
Pink complexion, dry, rough skin	1	3.3
Soft, more sweating, acne, dark blackish	5	16.7
Soft, more sweating, acne, dark blackish	1	3.3
Soft, more sweating, acne, glowing white	2	6.7
Soft, more sweating, acne, red complexion	4	13.3
Soft, more sweating, dark blackish complexion	1	3.3
Soft, more sweating, glowing white complexion	1	3.3
Soft, more sweating, pink complexion	3	10.0
Soft, more sweating, red complexion	2	6.7
Total	30	100.0

Table 7: *Varna* of *Kesha*

Varna of *Kasha*	No. of Patients	Percentage
Dry with split ends, brown colour	2	6.7
Dry with split ends, jet black colour	1	3.3
Greasy, heavy, jet black colour	5	16.7
Normal, thin, brown colour	7	23.3
Normal, thin, jet black colour	1	3.3
Normal, thin, more hair fall, brown colour	2	6.7
Normal, thin, more hair fall, jet black colour	12	40.0
Total	30	100.0

Table 8: *Varna* of *Danta*

Varna of *Danta*	No. of Patients	Percentage
Large, shining white	5	16.7
Medium sized, yellowish	24	80.0
small sized, irregular, yellowish	1	3.3
Total	30	100.0

Table 9: *Varna* of *Mutra*

Varna* of *Mutra	**No. of Patients**	**Percentage**
Pale yellow	30	100.0
Total	30	100.0

Table 10: *Varna* of *Pureesa*

Varna* of *Pureesa	**No. of Patients**	**Percentage**
Hard and constipated	1	3.3
Semisolid, well formed, pale colored	10	33.3
Soft and loose unformed	19	63.3
Total	30	100.0

Table 11: *Pramana*

Pramana	**No. of Patients**	**Percentage**
Lean and thin	2	6.7
Medium body frame	17	56.7
Thin body frame	3	10.0
Well-built body frame	8	26.7
Total	30	100.0

Table 12: *Akruti*

Akruti	**No. of Patients**	**Percentage**
Kapha predominant *Pitta prakruti*	10	33.3
Pitta predominant *Kapha prakruti*	5	16.7
Pitta predominant *Vata prakruti*	5	16.7
Vata predominant *Kapha prakruti*	4	13.3
Vata predominant *Pitta prakruti*	6	20.0
Total	30	100.0

Table 13: *Chaya*

Chaya	**No. of Patients**	**Percentage**
Dark blackish complexion, dry, rough skin	2	6.7
Dark blackish complexion, moist, greasy	3	10.0
Dark blackish complexion, soft skin	4	13.3
Dark blackish, dry, rough skin	2	6.7
glowing white complexion, moist greasy	1	3.3
Glowing white complexion, soft skin	1	3.3
Glowing white complexion, soft skin, acne	1	3.3
Glowing white, dry skin	1	3.3
Pink complexion, dry, rough skin	1	3.3
Pink complexion, soft skin	3	10.0
Red complexion, soft skin, acne	1	3.3
Red complexion, dry, rough skin	2	6.7
Red complexion, moist, greasy	1	3.3
Red complexion, soft, more sweating	1	3.3
Red complexion, soft, more sweating, acne	5	16.7
Reddish complexion, moist skin	1	3.3
Total	30	100.0

Table 14: Monocytes

Monocytes	No. of Patients	Percentage
0	30	100.0
Total	30	100.0

Table 15: Basophils

Basophils	No. of Patients	Percentage
0	30	100.0
Total	30	100.0

Table 16: Urine colour

Urine colour	No. of Patients	Percentage
Pale yellow	30	100.0
Total	30	100.0

Table 17: Urine appearance

Urine appearance	No. of Patients	Percentage
Clear	29	96.6
Turbid	1	3.3
Total	30	100.0

Table 18: Urine Quantity

Urine quantity	No. of Patients	Percentage
10	30	100.0
Total	30	100.0

Table 19: Urine Albumin

Urine quantity	No. of Patients	Percentage
Nil	15	50.0
Trace	15	50.0
Total	30	100.0

Table 20: Urine Sugar

Urine sugar	No. of Patients	Percentage
Nil	30	100.0
Total	30	100.0

Table 21: Epithelial cells

Epithelial cells	No. of Patients	Percentage
8-10/phf	1	3.3
few/phf	29	96.7
Total	30	100.0

Table 22: Pus cells

Pus cells	No. of Patients	Percentage
2-3/phf	12	40.0
3-5/phf	11	36.7
6-8/phf	5	16.7
8-10/phf	1	3.3
10-15/phf	1	3.3
Total	30	100.0

Table 23: RBC'S

RBC'S	No. of Patients	Percentage
Absent	30	100.0
Total	30	100.0

Table 24: Crystals

Crystals	No. of Patients	Percentage
Absent	30	100.0
Total	30	100.0

Table 25: Casts

Casts	No. of Patients	Percentage
Absent	30	100.0
Total	30	100.0

Table 26: Others

Others	No. of Patients	Percentage
Absent	30	100.0
Total	30	100.0

Table 27: Descriptive Statistics

	N	Minimum	Maximum	Mean	Std. Deviation
Age	30	21	52	31.10	10.253
Total Leucocyte count	30	4500	13700	8416.67	2296.336
Red blood cell count	30	4.0000	6.2700	4.947333	.5973155
Haemoglobin	30	8.3000	16.9000	13.873333	2.1706400
Hematocrit	30	.4	47.0	37.360	10.9564
Mean corpuscular volume	30	61.4000	103.5000	81.620000	9.3650635
Mean cell Haemoglobin	30	15.4000	38.4000	28.326667	4.8522965
MCHC	30	25.1000	37.1000	34.470000	2.4870908
Platelet count	30	136000	519000	306500.00	81853.001
Red blood cell distribution width	30	12.3000	20.6000	14.176667	1.6048812
Neutrophils	30	46.0000	74.0000	60.680000	7.9278818
Lmphocytes	30	21.70	48.00	33.6033	7.54881
Monocytes	30	0	0	.00	.000
Eosinophils	30	3.6	7.3	5.431	.7542
Basophils	30	0	0	.00	.000
Urine quantity	30	10	10	10.00	.000

Table 28: Detailed Analysis of Results

Prakruti	**Pathological analysis**			**One way ANOVA**	**P value**
	N	**Mean**	**Std. Deviation**		
Total Leucocyte count					
Kapha predominant *Pitta prakruti*	10	9750.00	2514.513	F=4.949	P.=0.04
Pitta predominant *Kapha prakruti*	5	9020.00	1225.561		
Pitta predominant *Vata prakruti*	5	6380.00	1785.217		
Vata predominant *Pitta prakruti*	4	9675.00	1506.375		
Vata predominant *Kapha prakruti*	6	6550.00	758.288		
Total	30	8416.67	2296.336		

Table 29: *Kapha* predominant *Pitta prakruti*

Prakruti	**Pathological analysis**			**One way ANOVA**	**P value**
	N	**Mean**	**Std. Deviation**		
Red blood cell count					
Kapha predominant *Pitta prakruti*	10	4.610	.531	F=2.213	P=.097
Pitta predominant *Kapha prakruti*	5	5.346	.636		
Pitta predominant *Vata prakruti*	5	5.236	.332		
Vata predominant Pitta prakruti	4	4.71	.753		
Vata predominant *Kapha prakruti*	6	5.095	.517		

Prakruti	**Pathological Analysis**			**One way ANOVA**	**P value**
	N	**Mean**	**Std. Deviation**		
Haemoglobin					
Kapha predominant *Pitta prakruti*	10	13.890	1.897	F=1.551	P=.218
Pitta predominant *Kapha prakruti*	5	12.980	2.972		
Pitta predominant *Vata prakruti*	5	15.700	1.151		
Vata predominant *Pitta prakruti*	4	12.600	1.663		
Vata predominant *Kapha prakruti*	6	13.916	2.371		

Prakruti	**Pathological analysis**			**One way ANOVA**	**P value**
	N	**Mean**	**Std. Deviation**		
Haematocrit					
Kapha predominant *Pitta prakruti*	10	31.080	16.5484	F=1.547	P=.219
Pitta predominant *Kapha prakruti*	5	39.800	4.2071		
Pitta predominant *Vata prakruti*	5	43.800	2.5884		
Vata predominant *Pitta prakruti*	4	37.250	5.3151		
Vata predominant *Kapha prakruti*	6	40.500	5.3572		

Prakruti	**Pathological analysis**			**One way ANOVA**	**P value**
	N	**Mean**	**Std. Deviation**		
Mean corpuscular volume					
Kapha predominant *Pitta prakruti*	10	85.730	10.798	F=1.259	P=.312
Pitta predominant *Kapha prakruti*	5	75.780	13.414		
Pitta predominant *Vata prakruti*	5	84.040	2.958		
Vata predominant *Pitta prakruti*	4	79.075	4.031		
Vata predominant *Kapha prakruti*	6	79.316	7.264		

Prakruti	**Pathological analysis**			**One way ANOVA**	**P value**
	N	**Mean**	**Std. Deviation**		
Mean cell Haemoglobin					
Kapha predominant *Pitta prakruti*	10	30.430	5.030	F=1.561	P=.216
Pitta predominant *Kapha prakruti*	5	24.760	7.366		
Pitta predominant *Vata prakruti*	5	30.020	1.916		
Vata predominant *Pitta prakruti*	4	26.850	1.320		
Vata predominant *Kapha prakruti*	6	27.366	4.040		

Prakruti	**Pathological analysis**			**One way ANOVA**	**P value**
	N	**Mean**	**Std. Deviation**		
Platelet count					
Kapha predominant *Pitta prakruti*	10	321000.00	71981.479	F=1.974	P=.129
Pitta predominant *Kapha prakruti*	5	379200.00	39971.240		
Pitta predominant *Vata prakruti*	5	282200.00	143353.409		
Vata predominant *Pitta prakruti*	4	273000.00	43825.411		
Vata predominant *Kapha prakruti*	6	264333.33	36533.090		

Prakruti	**Pathological analysis**			**One way ANOVA**	**P value**
	N	**Mean**	**Std. Deviation**		
Red blood cell distribution width					
Kapha predominant *Pitta prakruti*	10	14.320	.846	F=1.644	P=.195
Pitta predominant *Kapha prakruti*	5	15.580	3.133		
Pitta predominant *Vata prakruti*	5	13.300	.744		
Vata predominant *Pitta prakruti*	4	13.800	.547		
Vata predominant *Kapha prakruti*	6	13.7500	1.434		

Prakruti	**Pathological analysis**			**One way ANOVA**	**P value**
	N	**Mean**	**Std. Deviation**		
Neutrophils					
Kapha predominant *Pitta prakruti*	10	62.940	7.782	F=.305	P=.872
Pitta predominant *Kapha prakruti*	5	60.200	5.263		
Pitta predominant *Vata prakruti*	5	58.600	6.949		
Vata predominant *Pitta prakruti*	4	59.250	10.045		
Vata predominant *Kapha prakruti*	6	60.000	10.82		

Prakruti	**Pathological analysis**			**One way ANOVA**	**P value**
	N	**Mean**	**Std. Deviation**		
Lymphocytes					
Kapha predominant *Pitta prakruti*	10	30.7900	6.57275	F=.495	P=.739
Pitta predominant *Kapha prakruti*	5	34.6200	5.16256		
Pitta predominant *Vata prakruti*	5	35.5600	7.36770		
Vata predominant *Pitta prakruti*	4	35.1250	9.80115		
Vata predominant *Kapha prakruti*	6	34.8000	10.30049		

Prakruti	**Pathological analysis**			**One way ANOVA**	**P value**
	N	**Mean**	**Std. Deviation**		
Monocytes					
Kapha predominant *Pitta prakruti*	10	.00	.000	F=NA	P=NA
Pitta predominant *Kapha prakruti*	5	.00	.000		
Pitta predominant *Vata prakruti*	5	.00	.000		
Vata predominant *Pitta prakruti*	4	.00	.000		
Vata predominant *Kapha prakruti*	6	.00	.000		

Prakruti	**Pathological analysis**			**One way ANOVA**	**P value**
	N	**Mean**	**Std. Deviation**		
Eosinophil's					
Kapha predominant *Pitta prakruti*	10	5.372	1.0228	F=.305	P=.872
Pitta predominant *Kapha prakruti*	5	5.180	.8468		
Pitta predominant *Vata prakruti*	5	5.620	.7190		
Vata predominant *Pitta prakruti*	4	5.675	.2062		
Vata predominant *Kapha prakruti*	6	5.417	.4997		

Prakruti	**Pathological analysis**			**One way ANOVA**	**P value**
	N	**Mean**	**Std. Deviation**		
Basophils					
Kapha predominant *Pitta prakruti*	10	.00	.000	F=NA	P=NA
Pitta predominant *Kapha prakruti*	5	.00	.000		
Pitta predominant *Vata prakruti*	5	.00	.000		
Vata predominant *Pitta prakruti*	4	.00	.000		
Vata predominant *Kapha prakruti*	6	.00	.000		

Result - Basophils - Statistical Significance not available

Prakruti	**Urine color**		**Chi square test**	**P value**
	Pale yellow	**Total**	NA	NA
Kapha predominant *Pitta prakruti*	10	10		
%	33.3	33.3		
Pitta predominant *Kapha prakruti*	5	5		
%	16.7	16.7		
Pitta predominant *Vata prakruti*	5	5		
%	16.7	16.7		
Vata predominant *Pitta prakruti*	4	4		
%	13.3	13.3		
Vata predominant *Kapha prakruti*	6	6		
%	20.0	20.0		

Prakruti	**Urine appearance**			**Chi square test**	**P value**
	Clear	**Turbid**	**Total**		
Kapha predominant *Pitta prakruti*	9	1	10	2.069[a]	0.723
%	31.0	100.0	33.3		
Pitta predominant *Kapha prakruti*	5	0	5		
%	17.2	0.0	16.7		
Pitta predominant *Vata prakruti*	5	0	5		
%	17.2	0.0	16.7		
Vata predominant *Pitta prakruti*	4	0	4		
%	13.8	0.0	13.3		
Vata predominant *Kapha prakruti*	6	0	6		
%	20.7	0.0	20.0		
Total	29	1	30		
	100.0	100.0	100.0		

Result - Urine color - Statistical significance not available

Prakruti	**Urine quantity**		**Chi square test**	**P value**
	10 ml	**Total**	NA	NA
Kapha predominant *Pitta prakruti*	10	10		
%	33.3	33.3		
Pitta predominant *Kapha prakruti*	5	5		
%	16.7	16.7		
Pitta predominant *Vata prakruti*	5	5		
%	16.7	16.7		
Vata predominant *Pitta prakruti*	4	4		
%	13.3	13.3		
Vata predominant *Kapha prakruti*	6	6		
%	20.0	20.0		

Result - Urine Appearance - Statistically having no significance

Prakruti	**Urine albumin**			**Chi square test**	**P value**
	Nil	**Trace**	**Total**		
Kapha predominant *Pitta prakruti*	6	4	10	1.467[a]	.833
%	40.0	26.7	33.3		
Pitta predominant *Kapha prakruti*	3	2	5		
%	20.0	13.3	16.7		
Pitta predominant *Vata prakruti*	2	3	5		
%	13.3	20.0	16.7		
Vata predominant *Pitta prakruti*	2	2	4		
%	13.3	13.3	13.3		
Vata predominant *Kapha prakruti*	2	4	6		
%	13.3	26.7	20.0		
Total	15	15	30		
	100.0	100.0	100.0		

Result - Urine Albumin - Statistically having no significance

Prakruti	**Urine sugar**		**Chi square test**	**P value**
	Nil	**Total**	NA	NA
Kapha predominant *Pitta prakruti*	10	10		
%	33.3	33.3		
Pitta predominant *Kapha prakruti*	5	5		
%	16.7	16.7		
Pitta predominant *Vata prakruti*	5	5		
%	16.7	16.7		
Vata predominant *Pitta prakruti*	4	4		
%	13.3	13.3		
Vata predominant *Kapha prakruti*	6	6		
%	20.0	20.0		
Total	30	30		

Result - Urine sugar - Statistical significance not available

Prakruti	**Epithelial cells**			**Chi square test**	**P value**
	8-10/phf	**few/phf**	**Total**		
Kapha predominant *Pitta prakruti*	1	9	10		
%	100.0	31.0	33.3		
Pitta predominant *Kapha prakruti*	0	5	5		
%	0.0	17.2	16.7		
Pitta predominant *Vata prakruti*	0	5	5		
%	0.0	17.2	16.7		
Vata predominant *Pitta prakruti*	0	4	4		
%	0.0	13.8	13.3		
Vata predominant *Kapha prakruti*	0	6	6		
%	0.0	20.7	20.0		
Total	1	29	30		
	100.0	100.0	100.0	2.069[a]	.723

Result - Epithelial cells - Statistically Having no Significance

Prakruti	Pus cells						Chi square test	P value
	10-15/phf	2-3/phf	3-5/phf	6-8/phf	8-10/phf	Total		
Kapha predominant *Pitta prakruti*	1	6	3	0	0	10	18.603[a]	.290
%	100.0	50.0	27.3	0.0	0.0	33.3		
Pitta predominant *Kapha prakruti*	0	1	3	0	1	5		
%	0.0	8.3	27.3	0.0	100.0	16.7		
Pitta predominant *Vata prakruti*	0	1	2	2	0	5		
%	0.0	8.3	18.2	40.0	0.0	16.7		
Vata predominant *Pitta prakruti*	0	2	0	2	0	4		
%	0.0	16.7	0.0	40.0	0.0	13.3		
Vata predominant *Kapha prakruti*	0	2	3	1	0	6		
%	0.0	16.7	27.3	20.0	0.0	20.0		
Total	1	12	11	5	1	30		
	100.0	100.0	100.0	100.0	100.0	100.0		

Result - Pus cells - Statistically Having no Significance

Prakruti	RBC's		Chi square test	P value
	Absent	Total	NA	NA
Kapha predominant *Pitta prakruti*	10	10		
%	33.3	33.3		
Pitta predominant *Kapha prakruti*	5	5		
%	16.7	16.7		
Pitta predominant *Vata prakruti*	5	5		
%	16.7	16.7		
Vata predominant *Pitta prakruti*	4	4		
%	13.3	13.3		
Vata predominant *Kapha prakruti*	6	6		
%	20.0	20.0		

Result - RBC's - Statistical significance Not available

Prakruti	Crystals		Chi square test	P value
	Absent	Total	NA	NA
Kapha predominant *Pitta prakruti*	10	10		
%	33.3	33.3		
Pitta predominant *Kapha prakruti*	5	5		
%	16.7	16.7		
Pitta predominant *Vata prakruti*	5	5		
%	16.7	16.7		
Vata predominant *Pitta prakruti*	4	4		
%	13.3	13.3		
Vata predominant *Kapha prakruti*	6	6		
%	20.0	20.0		

Result - Crystals - Statistical Significance not Available

Prakruti	**Casts**		**Chi square test**	**P value**
	Absent	**Total**	**NA**	**NA**
Kapha predominant *Pitta prakruti*	10	10		
%	33.3	33.3		
Pitta predominant *Kapha prakruti*	5	5		
%	16.7	16.7		
Pitta predominant *Vata prakruti*	5	5		
%	16.7	16.7		
Vata predominant *Pitta prakruti*	4	4		
%	13.3	13.3		
Vata predominant *Kapha prakruti*	6	6		
%	20.0	20.0		

Result - Casts - Statistical Significance not Available

Prakruti	**Others**		**Chi square test**	**P value**
	Absent	**Total**	NA	NA
Kapha predominant *Pitta prakruti*	10	10		
%	33.3	33.3		
Pitta predominant *Kapha prakruti*	5	5		
%	16.7	16.7		
Pitta predominant *Vata prakruti*	5	5		
%	16.7	16.7		
Vata predominant *Pitta prakruti*	4	4		
%	13.3	13.3		
Vata predominant *Kapha prakruti*	6	6		
%	20.0	20.0		

Result - Others - Statistical Significance not Available

Prakruti	**Pathological analysis**			**One way ANOVA**	**P value**
	N	**Mean**	**Std. Deviation**		
MCHC					
Kapha predominant *Pitta prakruti*	10	35.330	1.715	F=2.013	P=.123
Pitta predominant *Kapha prakruti*	5	32.100	4.496		
Pitta predominant *Vata prakruti*	5	35.660	1.062		
Vata predominant *Pitta prakruti*	4	33.950	.420		
Vata predominant *Kapha prakruti*	6	34.366	2.157		

Result - MCHC- Statistically having no significance

CONCLUSION

The main objective of the study is to access the *Trividha pariksha* as per classics i.e., *Darshan*, *Sparshana, Prashna* and to relate the *Prakruti* of the individuals with the blood and urine. So we have accessed the *Prakruti* of the 30 healthy individuals and then we got the 10 individuals of *Vata* predominant *Prakuti*, 10 individuals of *Pitta* predominant *Prakruti* and 10 individuals of *Kapha* predominant *Prakruti*. Then blood and urine sample were collected and sent for the investigation after then the investigation variables were compared with the variables of the *Pariksha* as explained by Acharya Charaka in *Vimana Sthana* and then the variables were noted as according to the *Prakruti* of the individuals.

The method of study is observational study so we have adopted the blood investigation i.e., complete blood count and urine examination i.e., urine routine.

ACKNOWLEDGEMENT

Authors are very much thankful to Rajiv Gandhi University of Health Sciences, Bangaluru for funding the project of Rs 15,000/- towards the undergraduate project. We express sincerely and wholeheartedly thanks our Principal sir Dr Sanjay kadlimatti for providing us opportunity to conduct the research study successfully. We are also thankful to laboratory staff for extending their in time support and

the healthy volunteers of BLDEA'S AVS AMV, Vijayapur, Karnataka, heartfelt thanks for their co-operation.

REFERENCES

1. Dr. Sumit Srivastav, Comparative study of patient Examination (Rog Pariksha) Method in Ayurveda and Modern Science, European journal of Pharmaceutical and Medical Research, EJPMR 20174(5), page no.251-255.
2. Dr, Govindprasad Upadhyay, Ayurvedia Rogi- Roga pariksha padhati, Chaukhamba surbharati publication, Varanasi, Chapter 13, page no.60-81.
3. Dr.Harish Chandra Singh Kushwala, Charak Samhita Ayurved Dipika Ayusi Hindi-commentary, Chaukhamba Orientalia, Edition reprint 2014, Vimansthan, chapter 4, verses 3, page no.622.
4. Dr.Harish Chandra Singh Kushwala, Charak Samhita Ayurved Dipika Ayusi Hindi-commentary, Chaukhamba Orientalia, Edition reprint 2014 Chikitsa Sthana16th chapter 30th verse page no 595.
5. Dr.Harish Chandra Singh Kushwala, Charak Samhita Ayurved Dipika Ayusi Hindi-commentary, Chaukhamba Orientalia, Edition reprint 2014 Sutrasthana chapter 20th Verse 20 page no 115.
6. Dr.Harish Chandra Singh Kushwala, Charak Samhita Ayurved Dipika Ayusi Hindi-commentary, Chaukhamba Orientalia, Edition reprint 2014 Vimanasthana 4th chapter verse 7 page no 248.

Cite this article as:
Prajwal Malagatti, Seeta M.Biradar. Role of Darshana Pariksha in Different Prakruti's with special reference to Blood and Urine. International Journal of Ayurveda and Pharma Research. 2022;10(6):15-28.
https://doi.org/10.47070/ijapr.v10i6.2373
Source of support: Nil, Conflict of interest: None Declared

***Address for correspondence**
Dr. Seeta M.Biradar
Professor & Head
Department of Roganidana evum Vikrutivijanan
BLDEA'S AVS Ayurveda Mahavidyalaya, Vijayapura, Karnataka, India.
Email: drseetabijapur@gmail.com
Mobile: 8951695201