



REVIEW OF SHABDHA PRAMANA WITH AYURVEDIC AUSCULTATORY METHOD

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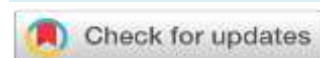
<https://doi.org/10.46607/iamj3211022023>

(Published Online: February 2023)

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Article Received: 01/02/2023 - Peer Reviewed: 11/02/2023 - Accepted for Publication: 19/02/2023.



ABSTRACT

Ayurveda is a complete science of diagnosis and treatment, it is necessary to understand the diagnosis and prognosis of disease after proper examination and medicine are to be given. In the present article, an attempt is made to understand and compile the *Shabdha pareeksha* mentioned in classical text books of *Ayurveda* and tried to correlate with the contemporary view.

Keywords: *Shabdha Pramana, Shabdha Pareeksha, Pareeksha.*

INTRODUCTION

Ayurveda has described various tools to diagnose diseases. One of them is *Shabdha Pareeksha*, which can be both *Rogi Pareeksha* as well as *Roga Pareeksha*. *Shabdha Pareeksha* is mentioned in *Yogaratanakara* in *Ashtasthana Pareeksha* as *Rogi*

*Pareeksha*¹ in *Shadvidha Pareeksha* as *Roga pareeksha*². *Astasthana Pareeksha* is a purely non-invasive form of diagnostic tool. The physician should be friendly, and attentively listen whenever the patient talks about his illness and it is important to

diagnose the disease by using appropriate techniques and accordingly treat the disease with confidence, love, and affection. Action must be initiated with the proper knowledge of the Physician. Vaidya can obtain knowledge of *Dosha Sthiti* from *Shabdha Pareeksha*. A person whose body is vitiated by *Kapha Dosha Prakopana* has *Guru Swara / Gambhira Swara*. A person whose body is vitiated by *Pitta Prakopa* has *Supti Swara* or *Sputavatt Swara*. Other than these two sounds can be considered as *Vata Prakopaja Swara Bheda*³. In *Shadvidha Pareeksha*, *Swarabheda* is helpful in understanding diseases in different phases of examination by *Shrotrendriya* and its *Grahya*, different modern equipped tools are also used. Ex: Stethoscope.

MATERIALS METHODS: Conceptual study of *Shabdha Pareeksha* with help of books and articles.

DISCUSSION

Swarabheda in different diseases: *Vatajakasa*, *Vataja chardi*, *Kshataja kasa*, *Dhatukshayaka kasa*, *Peenasa*, *Vataja pratisyaya*, *Aupasargaja Trishna*, *Vishajonmada*, *Hataswara*, *Deenaswara*, *Trishno-padrava*, *Pandupadrava*, *Alasakaasadhya lakshana*, *Galaganda asadhya lakshana*, *Dhatukshayaja Daha*, *Rajayakshma asadhya lakshana*, *Rajayakshama roopa*, *Sarpadamsha Asadhya lakshana*, *Vilambika asadhya lakshana*, etc. *Khara Swara*⁴- *Vataja Swarabheda*, *Dyspnea* in case of vocal irritation and vocal increased threshold frequency seen in case of Soprano singers at high pitch. *Anuswara*⁵ - Low pitch voice/ expressive aphasia (preserved comprehension and slow nonfluent speech)- *Medhaja Galaganda Gardhabhavat Swara- Vataja Swarabheda*⁶- Chronic dyspnoea- Hoarseness of voice like that of donkey secondary to long term adaptation. *Paravata iva Koojana- Kshataja Kasa*⁷ clicking sounds in case of rib fracture on auscultation. *Swarahani*⁸- *Stri Sarpadamshtra*- Aphonia.

Contemporary view of understanding Shabdha Pramana.

Aphonia⁹- refers to the loss of voice that accompanies disease affecting the larynx or its nerve supply. - *Swarahani-Strisarpadamstra*

- *Hataswara- Asadhya Kushta, Abhishyanda Jwara, Urdwa Shwasa*
- *Swaropaghata- Vataja Pratisyaya , Asthi Maj-jagata Kushta*
- *Avyaktaswara-Madhyamada Arishta*
- Dysphonia¹⁰ - Refers to impairment in the volume quality or pitch of voice.
- *Kharaswara- Vataja Swarabheda*
- *Shanayswara- Vataja Swara*
- *Kshama Swara-Dhatukshayaja Daha ,Asadhya Pinasa*
- *Sawaraamaya- Pittaja Kasa*
- *Bhinna Swara- Asadhya Galaganda , Urakshata, Ardita*
- *Vaiswarya- Pittajakasa, Kshyaja kasa,Dushta Pratisyaya*
- *Ruksha Swara- Pishachounmada*
- *Alpaswara*
- *Kaphounmade ,Yakshounmada, Pandu*
- *Ativakra Swara –Vatapittaja Jwara*
- Dysarthria¹¹ – Defect in muscular control of the speech apparatus.
- *Ruksha Swara- Pishachounmada*
- *Vakstambha- Ardhita Maha Hikka, Pakshaghata*
- *Pralapa- Vatavyadhi Purvarupa, Marmaghata Vrana, Moola Visha*
- Aphasia¹²– Disorders in producing and understanding language.
- *Vaakstambha –Pakshaghata*
- *Alpaswara-Kaphounmada, Yakshounmada*
- *Ruksha Swara –Pishachounmada*
- Friction rub/Plural rub¹³ – A discontinues, low frequency, grating sound that arises from inflammation and roughening of the visceral pleura as it slights against the parietal pleura.
- *Vataudara, Kukshi Vidradhi, Vata Udara, Amaja Shoola, Vataja Gulma, Kshataja Kasa, Kshayaja Kasa ,Kshataja Daha ,Maha Hikka ,Urakshata.*
- Brut¹ - An abdominal blowing vascular sound or vascular murmur generated by the turbulent flow of blood.
- In artery due to either partial obstruction or localized high rate of blood flow through an unobstructed artery.

- *Amashaya Vrana, Ashmari purva rupa, Pratyadhmana, Vatavyadhi Upadrava*

Altered bowel sound - The gurgling, rumbling, or growling noise from the abdomen caused by muscular contractions of peristalsis.

- *Purishaja Udavarta, Ama Atisara, Adhmana, Pakwashayagata Vata, Vataja Parinama Shoola, Vataudara, Baddha Gudodara, Vataja Grahanai dosa, Pratyadhmana*

Wheeze¹⁵ – Wheeze is the continuous musical sound that occurs during rapid airflow when bronchial airways are narrowed.

- *Shokaja Jwara*

- *Tamaka Shwasa*

Crackles¹⁶ – Crackles are discontinuing sounds heard as a result of a series of tiny explosions when small distal airways deflated during expiration, and pop open during inspiration.

- *Antarvegi Jwara, Kaphaja Kasa*

Rhonchi¹⁷ – A Variant of wheeze, arising from the same mechanism but lower in pitch.

- *Chinna Shwasa*

Stridor¹⁸ - Stridor is an ominous, high-pitched musical sound from severe sub glottis or tracheal obstruction that signals a respiratory emergency.

- *Maha Shwasa¹⁹ -Maktharishabha iva*

Percussion- Helpful in the case of lung pathologies, cardiac pathologies, and gastrointestinal pathologies.

In Lung Pathologies of two types-

1. Dull Node-Lobar pneumonia, pleural effusion, hemothorax, emphysema, fibrosis of tissue, tumor.

- *Gulmaroga, Kukshividradhi*

- *Kshataja kasa, Kshayaja kasa, Kaphaja kasa*

2. Hyperresonant node- Chronic obstructive pulmonary disease, pneumothorax.

- *Tamaka Shwasa²⁰, Mahashwasa, Vatajakasa*

- *Yamaka Hikka, Amaja Trishna.*

In Gastrointestinal Pathologies-

Tympanic note -Tympanic note is high-pitched and sounds like a drum in terms of quality with longer duration than resonance and hyperresonance. Ex-gaseous distention (localised or generalized).

-In *Grahanai- Gatiyantraiva²¹.*

- *Vatodara,*

-*Purishaja Udavartha*

-*Amaatisara*

-*Pakwashagata Vataja Parinama Shoola*

Dull note -Dull or thud-like sounds are normally heard over dense areas such as the heart or liver.

Dullness replaces resonance when fluid or solid tissue is present ex-Ascitis fluid.

-*Baddagudodara*

-*Mutrajatara*

-*Sannipataja Grahanai*

On Auscultation -gurgling sound or regurgitation in GERD. (*Grahanai Roga*)

- Mechanical obstruction -Neuromuscular origin. (*Pakvasahya Gata Vata Kshaya*)

- High-frequency watery flow -diarrhoea (*Amatisara*)

In Cardiac Pathologies –

Extrasystole sound – Ejection sound

Extra diastolic sound – S3, S4, or opening snap.

Diastolic murmur -Valvular heart disease, Mitral murmur -Mitral regurgitation.

-*Ojakshaya, Asadhya jwara, Kshatajadaha*

In Joint Pathologies –

On examination either by palpation or percussion, we can hear a crepitus-Crackling or grating sound caused by bones rubbing against each other.

- *Janu Sandhgatha Vata-Vatpurnadhuthi²²*

In wound examination, we get a reference of *Shabdha Pareeksha* as a foreign body lodged in *Dhamani* leading to the agitation of *Vata* resulting in the flow of frothy blood with sound, pain, thirst, and nausea²³.

CONCLUSION

Pareeksha is the tool for knowledge. Ayurveda as well as contemporary science has given various modes of patient examination depending on the patient's condition. In ancient times the availability of accessory tools was not there but still, the patients were examined as well as treated well. There is a modification in examination patterns as per the modern time due to available instruments as compared to ancient times. An effort is made here to find a similar understanding of *Ayurveda* and Allopathic

approaches of examination in diagnosing different diseases based on *Shabda Pareeksha*.

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Source of Support: Nil

Conflict of Interest: None Declared

How to cite this URL: Manjushree S L et al: Review of Shabdha Pramana with Ayurvedic Auscultatory Method. International Ayurvedic Medical Journal {online} 2023 {cited February 2023} Available from: http://www.iamj.in/posts/images/upload/416_419.pdf