



## ROLE OF NIDANAPANCHAKA IN NETRA ROGAS

**Dr.Ashutosh Kar<sup>1</sup>, Dr.Sreeshma V<sup>2</sup>,Dr.Savita S Angadi<sup>3</sup>**

<sup>1</sup>PG Scholar, Dept.of Shalakyatantra,KAHER's KLE Shri BMK AyurvedaMahavidyalaya,Belagavi,Karnataka

<sup>2</sup>PG Scholar, Dept.of Shalakyatantra,KAHER's KLE Shri BMK AyurvedaMahavidyalaya,Belagavi,Karnataka

<sup>3</sup>Professor&HOD Dept.of Shalakyatantra,KAHER's KLE Shri BMK AyurvedaMahavidyalaya,Belagavi,Karnataka

### ABSTRACT

The knowledge of Nidana helps in diagnosis of diseases.Nidana is divided as five parts. Its known as PanchaNidana. The PanchaNidana is described in Charak Samhita. These are Nidana, Purva Rupa, Rupa, Upasaya, and Samprati. They help in Netra roga diagnosis.

**KEY WORDS:** Nidan, Purva Rupa, Rupa, Upasaya, Samprati, Netra rogas

### INTRODUCTION

In Charaksamhita Nidanstana (chapter one) panchanidan is described. These are Nidana not only help in all the disease of Netra but also in other diseases. Without knowledge of Nidana a Vaidya is unable to treat the Roga as well as the Rogi. According to Maharsi Susrut there are 76 Netra rogas. All the rogas are having different type of purva rupa, rupa. If a vaidya having good knowledge of the Nidana Panchaka then the disease diagnosis and treatment can be done properly.

### NIDANA

NidanaPaanchak is the best tool not only for Diagnostic but also we can apply for treatment. In Susrut Samhita it is mention that the main principle of the treatment is NidanParivarjana.According to Ayurveda the cause of all disease is Nidansevan. Nidan is divided into 4 types. i.e.Sarnnikrusta, biprakrusta, byavichari, pradhanika. In sarnnikrustanidana a vadya can able to know about the diets which increase the dosa in body.in biprakrustanidan we can found the dosa sanchaya and prakopa condition. Inbyavicharinidana we can found the dosa which is directly effect to our sharira. In pradhanikanidana we can able to know about the toxicity of aharadravya in our body. In those 4 types of nidana Vaidya can found the dosa which cause for a disease.

In general the main hetu/nidanas of Netra rogas are Ushnabhitaptasyajaleprabeshat(exposing to cold just after the hot exposure), Doorekshanat(looking at a distant object for long time), swapnaviparyavachha (disturbed sleeping), prasaktasamrodana(crying), kopa(anger), shoka(depressed), klesha(stress), abhighata(injury), ati-maithuna(more sexual activity), intake of sukta-aranala-amla-kullayha-masa, vegavarodha, dhooma-nisevanat(smoking), chadrivigrahat(suppress of vomiting urge), vamana-atiyogat(excess vomiting), vasha-grahat, sukshmanirikshanat(observe to micro things for long time). These are the main causative factor of Netra rogas.<sup>1</sup>

### PURVA RUPA

Its known as pragutpati laxyana.<sup>2</sup>This laxyan starts before the disease.The main purpose of this panchanidana to know the Sadya and Asadyata of a disease. If All the signs and symptoms of a disease found in Purva rupaavasta, that time we can know that the disease is untreatable as it also known as Asadyaavasta of disease. Ex. In Jwarapurvarupa having all the signs and symptoms then it is known as Asadyaavasta. Also we can do final diagnosis of a disease according to our knowledge of Purva rupanidana. Ex. If a patient having the yellow or pale colour urination (mutra tyaga) without the signs of Prameha then this disease known as Raktapitta. Also all disease having treatment principle according to the purvarupa, ex. In JwarapurvarupaLaghuAhara is indicated in Charak Samhita<sup>3</sup>

In Netra rogas Purva-rupas are avilanetra(dirtiness of eye), sasarambha-kandu(itching of eye), upadehavat(discharge), guru-ushna-toda(burning and pricking pain), sashulavatmakosa(pain in lid), sukapurnabha(forign body sensation)<sup>4</sup>.

In this condition vaidya should treat the rogi according to the dosas like elimination of etiological factor, by using of panchakarma therapy etc. if the vaidya is not treat the rogi then the disease condition will aggravate.

### RUPA

This nidana helps to proper diagnosis of a disease, because the signs and symptoms are more clearly<sup>5</sup>.In this nidana we can able to found the sadhya, asadhya or kruchhasadhyata of a disease. Ex. The hetu, purvarupa, and rupa having



*madhyamavasta* then that disease becomes *kuchrasadya*. All the *Netra Rogas* having separate *rupas* (signs and symptoms). In *Netra rogas* we can find particular signs and symptoms in all the disease.

The rupa of Utsangini eye disease described by maharsi Susrut is *Avyantromukhi bahyautsanf* that means a nodule like swelling in lower lid with an opening in inner surface. This sign and symptoms help to know the disease.

In Anjana-Namika, Maharsi Susrut described *Dahatodavati-tamra pidaka*, that means burning, pricking is present in this disease with the colour of vatma becomes tamra. This particular rupa helps to know the disease as Anjana-Namika.

So the Rupa avasta is so much helpfull for diagnosis and treatment of the *Netra rogas*.

## UPASAYA

The laxyan of vyadhi can be examine by Upsaya. It is of two types. One is upasaya and another known as anupasaya. This is the best *nidana* for a unknown disease. This principle is following by all the doctors till now. If a Vaidya or Doctor is unable to know about the disease after doing all the examination like *trividhparikshya*, *sadvidhparikshya*, *astavidhparikshya* then only one way for knowing the disease i.e *Upasaya* and *Anupasaya*. Ex. If a drugs is able to cure a disease then we can able to know about the disease name. According to Acharya Chakrapani the 18 types of *Upasaya* is described<sup>6</sup>

## SAMPRATI

After use of the above four *Nidana* we can able to known the name of the disease. This *samprapti* is help to know the *dosa* and *dusya* of the disease. Also it helps to known the place of the disease. Also its help to know the *samuthita dosa*. We can also know the *dosa* having effect on *nadi-samstana* or *raktabaha-samstana* etc.

If a *Vaidya* having the *panchanidanagyana*, then all disease can be diagnosis in proper time and the treatment will be very easy. It also help to patients as save their money and health. In *Charaksamhita* 5 types of *Samprapti* is described. i.e *Sankhya-Samprapti*, *Pradhanya-Samprapti*, *Bidhi-Samprapti*, *Bikalpa-Samprapti* *Bala-Samprapti*, and *Kala-Samprapti*<sup>7</sup>

According to Susrut Samhita after intake of the *Nidanas* the doshas are going to Urdhamarga and reach the *Netra Mandala* and creat so many diseases. According to *Astang-samgraha* the intake of *Achaksyusa dravya* increase *Pitta dosha*. That increase the mala in head. These mala and dosha affect the *vatma mandala*, *sandhi mandala*, *paksma mandala*, *sukla mandala*, *krushna mandala* to produce the diseases.

## DISCUSSION & CONCLUSION

Here the term *Nidana* known as the cause of the disease. This *nidana* is divided by two types. One is *sarnnikrusta* and another is *biprakrausta*. The *nidana* is also divided in to another two types, one is *avyantara* and *bahya*. The disease is *Asadhya* if we get all the *purvarupa* in the disease. *Purva Rupa* is also help in treatment principles like in *purvarupa of Jwara* indication of *laghubhojan* and in *purvarupa of vatajjaraghrith-pana* is indicated. If the *hetu*, *purva-rupa* and *rupa* not aggravate then the disease is known as *Sadhya Roga*. The knowledge of *Nidana* is very much important in all diagnosis and treatment of *Netra rogas*.

## REFERENCE

1. MahrsiSusruthvirachithaSusruthsamhitha Kaviraj Dr Ambika dattasastri vol 2, Uttarantra chapter 1 sloka no 26-27:Varanasi, chaukhambaSanskrit sansthan; 2016, p no14
2. The caraka Samhita of Agnivesha revised by caraka and dridabala with introduction by Vaidya samrata Sri Satya Narayana Sastripadmabhushana with elaborated vidyotinihindi commentary by Pt. KasinathaSastri Dr. GorakhaNathaChathurvedi sutra sthana 18<sup>th</sup> chapter. Varanasi Chaukamba Bharati Academy ; 2013, Nidanasthan 1 sloka 8
3. The caraka Samhita of Agnivesha revised by caraka and dridabala with introduction by Vaidya samrata Sri Satya Narayana Sastripadmabhushana with elaborated vidyotinihindi commentary by Pt. KasinathaSastriDr.GorakhaNathaChathurvedi sutra sthana 18<sup>th</sup> chapter. Varanasi Chaukamba Bharati Academy ; 2013, Nidanasthan 1 sloka 5
4. MahrsiSusruthvirachithaSusruthsamhitha Kaviraj Dr Ambika dattasastri vol 2, Uttarantra chapter 1 sloka no 21-23:Varanasi, chaukhambaSanskrit sansthan; 2016, p no 13
5. The caraka Samhita of Agnivesha revised by caraka and dridabala with introduction by Vaidya samrata Sri Satya Narayana Sastripadmabhushana with elaborated vidyotinihindi commentary by Pt. KasinathaSastriDr.GorakhaNathaChathurvedi sutra sthana 18<sup>th</sup> chapter. Varanasi Chaukamba Bharati Academy ; 2013, Nidanasthan 1 sloka 9
6. The caraka Samhita of Agnivesha revised by caraka and dridabala with introduction by Vaidya samrata Sri Satya Narayana Sastripadmabhushana with elaborated vidyotinihindi commentary by Pt. KasinathaSastriDr.GorakhaNathaChathurvedi sutra sthana 18<sup>th</sup> chapter. Varanasi Chaukamba Bharati Academy ; 2013, Nidanasthan 1 sloka 10
7. The caraka Samhita of Agnivesha revised by caraka and dridabala with introduction by Vaidya samrata Sri Satya Narayana Sastripadmabhushana with elaborated vidyotinihindi commentary by Pt. KasinathaSastriDr.GorakhaNathaChathurvedi sutra sthana 18<sup>th</sup> chapter. Varanasi Chaukamba Bharati Academy ; 2013, Nidanasthan 1 sloka 11