



Review Article

DASHAVIDHA PARIKSHA- A HOLISTIC TENFOLD DIAGNOSTIC MODEL IN AYURVEDIC CLINICAL PRACTICE

Shweta Chaudhary*, Kuldeep Singh

Research Officer (Ay.), CCRAS, Ayush Wellness Centre, Rashtrapati Bhawan, New Delhi, India.

Article info

Article History:

Received: 29-05-2026

Accepted: 22-06-2026

Published: 19-07-2026

KEYWORDS:

Dashavidha Pariksha, Ayurvedic Diagnosis, Prakriti, Vikriti, Personalized Medicine, Swasthya Rakshana, Agni, Vyadhi Kshamatva.

ABSTRACT

Dashavidha Pariksha (tenfold examination) is a classical Ayurvedic diagnostic framework grounded in *Tridosha Siddhanta*, *Panchamahabhuta*, and *Dhatu-Mala-Srotas* theory. Unlike disease-centered approaches, it evaluates both the patient (*Rogi*) and the disease (*Roga*), enabling a comprehensive, person-centered understanding of health and illness. **Objectives:** This article examines the conceptual and clinical importance of *Dashavidha Pariksha*, explains its role in individualized diagnosis and treatment planning, and highlights its relevance in preventive, predictive, and psychosomatic health frameworks. **Methods:** A descriptive, concept-oriented review of classical Ayurvedic texts, including *Charaka Samhita*, along with selected contemporary interpretations, was conducted. The ten parameters *Prakriti*, *Vikriti*, *Sara*, *Samhanana*, *Pramana*, *Satmya*, *Satva*, *Ahara Shakti*, *Vyayama Shakti*, and *Vaya* were analyzed for their diagnostic value, therapeutic relevance, and role in personalized care. **Results:** *Dashavidha Pariksha* provides a comprehensive basis for individualized assessment by integrating physiological status, psychological strength, and lifestyle adaptability. It guides clinical decision-making between *Shodhana* and *Shamana* therapies, supports prognosis assessment (*Sadhyasadhyata*), early disease recognition (*Purvarupa*), and planning of long-term strategies such as *Rasayana* and enhancement of *Vyadhi Kshamatva*. It also shows potential for population-level health profiling and region-specific Ayurvedic intervention models. **Conclusion:** *Dashavidha Pariksha* is not merely a traditional checklist but a structured clinical assessment model supporting comprehensive, ethical, and patient-specific care. Its utility extends to health maintenance, disease prevention, and mind-body integration, reflecting Ayurveda's holistic foundation and relevance in modern integrative healthcare.

INTRODUCTION

Ayurveda, known as the “science of life” (with *Ayur* meaning life and *Veda* meaning knowledge), is much more than just a system for treating diseases. It focuses on preventing illness and promoting overall well-being, using a personalized and holistic approach^[1,2]. Based on core principles like *Tridosha Siddhanta* (the theory of the three *Doshas*), *Panchamahabhuta* (the five elements), and the *Dhatu-Mala-Srotas* theory (about body tissues, waste products, and channels), Ayurvedic diagnosis looks

closely at both the disease (*Roga*) and the person who has it (*Rogi*)^[3].

Ancient texts like the *Charaka Samhita* focus on the importance of carefully examining various aspects of the patient before starting treatment. These include the person's natural constitution (*Prakriti*), imbalances (*Vikriti*), physical strength (*Bala*), mental resilience (*Satva*), and the condition of internal body channels (*Srotas*)^[4].

One of the most important tools in this process is the *Dashavidha Pariksha*- the tenfold examination. This method gives a complete picture of a person's body, mind, and overall health. It helps Ayurvedic doctors understand the root of the problem (*Nidana*), choose the right treatment plan (*Chikitsa*, *Vyavastha patra*), and make accurate predictions about the outcome (*Sadhyasadhyata*)^[5]. This ten-part evaluation includes important aspects like (Table 1)

Access this article online	
Quick Response Code	
	https://doi.org/10.47070/ijapr.v14i7.4164
Published by Mahadev Publications (Regd.) publication licensed under a Creative Commons Attribution-NonCommercial-ShareAlike 4.0 International (CC BY-NC-SA 4.0)	

1) Prakriti (natural body type)
2) Vikriti (current health imbalance)
3) Sara (quality of body tissues)
4) Samhanana (body build)
5) Pramana (body measurements)
6) Satmya (habitual comforts or tolerance)
7) Satva (mental strength)
8) Aharashakti (ability to digest food)
9) Vyayamashakti (capacity for physical activity)
10) Vaya (age) ^[6]

By using this detailed approach, Ayurveda doesn't just focus on curing disease but aims to restore balance among the *Doshas*, strengthen digestion and metabolism (*Agni*), and maintain healthy tissues (*Dhatus*), which are all essential for long-term health. Below is the detailed description of the above said 10 *Parikshas*.

Prakriti (Constitution)

Prakriti refers to an individual's inherent constitution, established at the time of conception. It represents a unique and lifelong balance of the three *Doshas* *Vata*, *Pitta*, and *Kapha* that defines one's physiological, psychological, and behavioral tendencies. Understanding a patient's *Prakriti* is essential in Ayurveda, as it helps predict disease susceptibility, dietary and lifestyle preferences, mental disposition, and treatment response. For example, individuals with a *Vata*-dominant *Prakriti* may be more prone to neurological or musculoskeletal disorders, while *Pitta* types may be more susceptible to inflammatory or heat-related conditions. Recognizing a person's *Prakriti* enables personalized therapeutic planning, including tailored diet, lifestyle modifications, and preventive healthcare strategies^[7].

Vikriti (Pathological State)

While *Prakriti* reflects an individual's natural and balanced constitution, *Vikriti* refers to the current state of *Doshic* imbalance caused by various internal and external factors. According to Ayurvedic principles, this imbalance is the primary cause of disease. Identifying *Vikriti* is crucial for determining which *Dosha*(s) are disturbed and for guiding the appropriate treatment approach- whether to pacify the aggravated doshas (*Shamana*) or eliminate them through detoxification (*Shodhana*). A precise assessment of *Vikriti* also aids in distinguishing between acute and chronic conditions, offering valuable insights into the nature and prognosis of the illness^[8].

Sara (Excellence of Tissues)

Sara refers to the qualitative assessment of the body tissues (*Dhatus*), which include: *Rasa* (plasma), *Rakta* (blood), *Mamsa* (muscle), *Meda* (fat), *Asthi* (bone), *Majja* (marrow), and *Shukra* (reproductive tissue). An individual with well-nourished and well-developed *Sara* is considered to possess strength, vitality, and robust immunity. For instance, dominance of *Mamsa Sara* indicates good muscular strength and resilience to physical stress, while *Shukra Sara* reflects vitality, fertility, and overall reproductive health. The evaluation of *Sara* offers valuable insights into *Vyadhi kshamatva* (disease resistance), healing capacity, and aids in planning restorative and rejuvenative therapies such as *Rasayana*^[9].

Samhanana (Body Build)

Samhanana refers to the compactness and symmetry of the musculoskeletal framework. It indicates how well the tissues are arranged and held together in the body. A well-formed *Samhanana* reflects strong physique, endurance, and better prognosis in disease conditions^[2]. This assessment becomes especially significant in choosing physical therapies, exercise routines, and understanding the patient's strength for detoxification procedures like *Panchakarma*^[10].

Pramana (Body Measurements)

Pramana is the anthropometric assessment of the body using standard Ayurvedic units like *Anguli Pramana* (finger breadth). It evaluates the proportionality and symmetry of various body parts. Well-balanced *Pramana* is associated with beauty, health, and vitality^[3]. This examination helps in determining the nutritional status, diagnosing growth disorders, and planning lifestyle regimens suitable to the body type^[4].

Satmya (Adaptability or Habitual Suitability)

Satmya assesses what types of food, climate, habits, and routines a person has adapted to over time. It reflects the body's capacity to tolerate or reject certain substances and environmental conditions. For example, someone habituated to spicy food might tolerate *Pitta*-aggravating foods better than others^[1]. Knowing the *Satmya* of a patient helps in designing appropriate dietary and therapeutic regimens, minimizing side effects, and ensuring better compliance to treatment^[2].

Satva (Mental Strength)

Satva refers to the individual's psychological and emotional strength. It determines how well a person can handle stress, illness, and mental challenges. Based on their mental endurance, individuals are categorized as *Pravara* (strong), *Madhyama* (moderate), and *Avara* (weak) *Satva*^[2]. This assessment is crucial in managing psychosomatic

disorders, planning therapies involving counseling, and deciding the intensity of detoxification or stress management therapies. A patient with Pravara Satva is more likely to recover quickly and show better coping ability^[5].

Aahara Shakti (Digestive Power)

Aahara Shakti evaluates both the ability to ingest (*Abhyavaharana Shakti*) and digest (*Jarana Shakti*) food. Digestive power is central to Ayurveda, as *Agni* (digestive fire) is the cornerstone of health^[3]. Poor *Aahara Shakti* indicates weak metabolism, leading to the formation of *Ama* (toxins) and various systemic diseases. Treatment plans, dosage, and diet recommendations must be aligned with the patient's digestive capacity to avoid complications and enhance treatment outcomes^[4].

Vyayama Shakti (Capacity for Exercise)

Vyayama Shakti refers to an individual's capacity to engage in physical activity. It serves as an indicator of the functional status of the muscles, heart, and lungs, while also reflecting the person's overall stamina and vitality. In Ayurveda, assessing *Vyayama Shakti* is crucial for determining the appropriate level of physical exertion for the individual. It also aids in tailoring therapeutic interventions such as *Panchakarma*, and helps estimate the likely pace of recovery from illness^[11].

Vaya (Age)

Vaya, or age, is divided into three stages: *Bala* (childhood), *Madhyama* (youth/adulthood), and *Vridha* (old age). Each stage has its own physiological characteristics and treatment considerations^[2]. For example, in children, *Kapha* predominance requires careful consideration in treating respiratory diseases; in elderly individuals with natural *Vata* dominance, therapies should be mild and nourishing. Age is also crucial for deciding the strength and type of medications, preventive care, and rejuvenation therapies.

Clinical Significance of Dashavidha Pariksha

Dashavidha Pariksha, or the tenfold examination, is a key method in Ayurveda for thoroughly understanding a patient. Unlike modern systems that often focus just on the disease, this Ayurvedic approach looks at the whole person- their body, mind, and overall strength- to guide treatment in the most personalized way. It follows the idea that to treat any illness properly, the doctor must first truly understand the person who has it^[12]. The 10-fold parameters are as follows; Together, these help the doctor understand a person's strengths, weaknesses, and what kind of treatment will suit them best.

For example, if both the disease and the patient are strong, cleansing treatments like *Panchakarma* (*Shodhana*) may be used. But if the patient is weak,

gentler treatments (*Shamana*) to balance the body might be more appropriate.

This method also helps the doctor predict how the illness may progress and decide on the right food, lifestyle changes, and herbal medicines for the individual. Beyond just treating the disease, *Dashavidha Pariksha* is used to build long-term health plans, including rejuvenation therapies (*Rasayana*), preventive care, and ways to boost immunity and energy (*Vyadhi Kshamatva*)^[13].

In short, *Dashavidha Pariksha* is a central part of Ayurvedic practice. It ensures that treatment is not only about curing disease, but also about supporting overall health, based on each person's unique nature.

"Beyond Diagnosis: Unexplored Dimensions of *Dashavidha Pariksha* in Modern Ayurvedic Practice"

Bridge Between Preventive and Predictive Medicine

While Ayurveda focuses a lot on preventing diseases, *Dashavidha Pariksha* goes a step further by helping to predict future health problems based on a person's body type and current imbalances. By carefully studying aspects like *Prakriti* (natural constitution), *Vikriti* (present imbalance), and *Satmya* (what a person is used to), an Ayurvedic doctor can get clues about what kind of diseases the person may be more likely to develop in the future. This allows early steps to be taken to stop those illnesses from happening. In this way, it works like modern genetic tests that predict disease risks- but without needing any lab tests or machines^[14].

Psychosomatic Mapping for Individualized Mind-Body Interventions

The assessment of *Satva* (mental strength), in conjunction with *Vyayama Shakti* and *Ahara Shakti*, allows for a psychosomatic profiling unique to Ayurveda. This supports individualized therapeutic planning for:

- Lifestyle diseases (e.g., diabetes, hypertension)
- Autoimmune conditions with psychological triggers (like psoriasis or IBS).
- Stress-related disorders (insomnia, anxiety)

No other classical model integrates physiological resilience with mental endurance this precisely.

Triangulation for Greater Diagnostic Accuracy

In modern medicine, diagnosis can sometimes be challenging- especially when symptoms are vague, overlapping, or do not clearly point to a specific condition. *Dashavidha Pariksha* offers a more holistic and layered approach, allowing for triangulated diagnosis by evaluating multiple interconnected parameters.

For example, when trying to differentiate between similar conditions like *Ama Jwara* (fever due

to toxins) and *Pitta Jwara* (fever due to heat), an Ayurvedic physician can rely on:

- *Prakriti* and *Vikriti* to understand the patient's baseline constitution and current imbalance,
- *Agni* status (through *Ahara Shakti*) to assess digestive strength,
- *Sara* and *Samhanana* to evaluate tissue quality and structural robustness.

This multi-dimensional analysis enables more accurate and personalized diagnosis, something that often cannot be achieved through single-parameter tests commonly used in conventional medicine.

Tool for Assessing Therapeutic Threshold

Ayurvedic texts often advise determining whether the patient can tolerate *Shodhana* (intensive detox) or should be managed with *Shamana* (mild pacification). *Dashavidha Pariksha* serves as a therapeutic threshold marker especially through:

- *Samhanana*, *Bala*, and *Vyayama Shakti*
- *Satva* for psychological strength

This allows safe modulation of therapy intensity, preventing iatrogenic harm^[15].

Framework for Ayurveda-Based Health Profiling in Public Health

As Ayurveda moves into public health, *Dashavidha Pariksha* can evolve into a community-level health profiling model, helping to:

- Identify at-risk populations (e.g., people with *Avara Satva* or low *Sara*).
- Design region-specific health interventions based on *Satmya* and *Prakriti* distributions.
- Use *Vyayama Shakti* and *Ahara Shakti* data to develop regionally adapted lifestyle programs.

Such an application remains largely untapped in modern integrative healthcare.

Guiding Panchakarma Readiness Beyond Agni

While *Agni* is often the deciding factor in *Panchakarma* readiness, *Dashavidha Pariksha* broadens this understanding. A patient may have strong *Agni* but weak *Satva* or poor *Samhanana*, making them unfit for *Vamana* or *Virechana*. Thus, it enables a multi-dimensional fitness assessment for bio-cleansing procedures^[16].

Ethically Grounded Patient Engagement

By focusing on the individual's unique constitution and needs, *Dashavidha Pariksha* naturally promotes ethical, patient-centered care. It builds trust and compliance, which are sometimes missing in generalized or standardized treatment protocols.

CONCLUSION

Dashavidha Pariksha, or the tenfold examination, is an important method in Ayurveda that looks at a person as a whole not just the disease they

have. It helps Ayurvedic doctors understand the patient's body, mind, and overall health by checking things like their natural body type (*Prakriti*), current imbalance (*Vikriti*), digestion (*Agni*), tissue strength (*Sara*), and mental resilience (*Satva*)^[17,18].

This thorough evaluation plays a key role in understanding both the person and their illness (*Rogi-Roga Pariksha*). It helps the doctor find the root cause of the disease (*Nidana*), choose the right treatment (*Chikitsa Vikalpa*), and decide whether strong detox therapies (*Shodhana*) or milder balancing treatments (*Shamana*) are needed. It also helps predict how the illness might progress (*Sadhyasadyata*)^[19].

One of the fundamental strengths of *Dashavidha Pariksha* lies in its capacity to support highly individualized treatment protocols, a core tenet of Ayurvedic medicine. Ayurveda emphasizes that even when two individuals present with the same disease (*Vyadhi*), the therapeutic approach must be tailored to their unique constitution (*Prakriti*), physiological state, and environmental adaptations. Through comprehensive evaluation of parameters such as *Satmya* (habitual adaptation), *Vyayama Shakti* (physical endurance), and *Ahara Shakti* (digestive capacity), the physician gains insights into the individual's bio-energetic balance and overall vitality.

Beyond disease management, *Dashavidha Pariksha* plays a crucial role in *Swasthya Rakshana* (health preservation), *Vyadhi Utpatti Nivaranam* (prevention of disease onset), and early identification of *Dosha Vaishamya* (subtle imbalances in the doshas). This multidimensional assessment aids in recognizing prodromal signs (*Purvarupa*), offering lifestyle and dietary interventions aligned with the individual's *Prakriti* and *Agni*, and maintaining *Dhatu Samyata* (equilibrium of body tissues). Such a personalized and preventive approach forms the cornerstone of Ayurveda's holistic vision of sustainable health and wellness.

In essence, *Dashavidha Pariksha* is far more than a checklist it is a vital diagnostic compass that guides the physician toward a deeper, more authentic understanding of the patient. It facilitates the delivery of care that is not only precise and personalized, but also deeply rooted in the holistic, nature-aligned principles that define Ayurveda.

REFERENCES

1. Charaka Samhita, Vimana Sthana- overview of diagnostic tools and patient examination. Chaukhamba Sanskrit Pratishthan; 2018.
2. Sharma RK, Dash B. Principles and Practice of Ayurveda. 3rd ed. Jabalpur: Chaukhamba Orientalia; 2002.

3. Singh RH, Dwivedi L. Role of Dhatu Mala Srotas theory in Ayurvedic diagnosis. J Ayurveda Integr Med. 2014; 5(2): 91–96.
4. Rastogi S. Importance of patient examination in classical Ayurvedic texts. Ayu. 2016; 37(3): 234–38.
5. Paul SR. Clinical significance of Dashavidha Pariksha in modern practice. Int Ayurvedic Med J. 2023; 12(4): 150–155.
6. Verma R, Tiwari P. The ten parameters of Dashavidha Pariksha and their clinical utility. J Clin Diagn Res. 2021; 15(6): OE01–4.
7. Charaka. Charaka Samhita, Vimana Sthana, Chapter 8, Verses 94–97. Vaidya Jadavji Trikamji Acharya, editor. Varanasi: Chaukhambha Sanskrit Pratishthan; 2018.
8. Paul SR. Review on Dashavidha Pariksha. Int Ayurvedic Med J. 2023 Jun.
9. Patil AV, Kadam NS, Sakharkar PS. Importance of Ayu Pareeksha for the management of diseases. J Clin Diagn Res. 2017; 11(1): OE01–OE04.
10. Paul SR. Review on Dashavidha Pariksha. Int Ayurved Med J. 2021; 12(4): 1440–1449.
11. Sharma A, Deshpande S. Conceptual review of Dashavidha Pariksha and its clinical importance. Int Ayurved Med J. 2021.
12. Charaka. Charaka Samhita, Vimana Sthana, Chapter 8, Verses 94–97. Vaidya Jadavji Trikamji Acharya, editor. Varanasi: Chaukhambha Sanskrit Pratishthan; 2018.
13. Paul SR. Review on Dashavidha Pariksha. Int Ayurvedic Med J. 2023 Jun.
14. Sharma A, Deshpande S. Conceptual review of Dashavidha Pariksha and its clinical importance. Int Ayurved Med J. 2021.
15. Paul SR. Review on Dashavidha Pariksha. Int Ayurved Med J. 2021; 12(4): 1440–1449
16. Patil AV, Kadam NS, Sakharkar PS. Importance of Ayu Pareeksha for the management of diseases. J Clin Diagn Res. 2017; 11(1): OE01–OE04.
17. Sumana Ray Paul. Review on Dashavidha Pariksha. Int Ayurvedic Med J. 2021; 12(4): 1440–1449.
18. Importance of Ayu Pareeksha for the Management of Diseases. J Clin Diagn Res. 2017; 11(1): OE01–4.
19. Conceptual Review of Dashavidha Pariksha and Its Clinical Importance. Int Ayurvedic Med J. 2021.

Cite this article as:

Shweta Chaudhary, Kuldeep Singh. Dashavidha Pariksha- A Holistic Tenfold Diagnostic Model in Ayurvedic Clinical Practice. International Journal of Ayurveda and Pharma Research. 2026;14(7):1-5.

<https://doi.org/10.47070/ijapr.v14i7.4164>

Source of support: Nil, Conflict of interest: None Declared

***Address for correspondence**

Dr. Shweta Chaudhary

Research Officer (Ay.),
CCRAS, Ayush Wellness Centre,
Rashtrapati Bhawan
Email: drshwetaccras@gmail.com

Disclaimer: IJAPR is solely owned by Mahadev Publications - dedicated to publish quality research, while every effort has been taken to verify the accuracy of the content published in our Journal. IJAPR cannot accept any responsibility or liability for the articles content which are published. The views expressed in articles by our contributing authors are not necessarily those of IJAPR editor or editorial board members.