JOURNAL OF AYURVEDIC MAULIK SIDDHANT

ISSN Print: 3078-6754
ISSN Online: 3078-6762
JAMS 2026; 3(1): 01-05
Impact Factor (RJIF): 5.61
www.maulikjournal.com
Received: 02-11-2025
Accepted: 05-12-2025

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Ayurvedic pathology: Bridging the gap between *Roga Nidan* and *Vikriti Vigyan*

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DOI: https://www.doi.org/10.33545/siddhant.2026.v3.i1.A.29

Abstract
Ayurvedic pathology, an essential component of traditional Indian medicine, provides a comprehensive framework for understanding the mechanisms of diseases and their treatment. *Roga Nidan* (disease diagnosis) and *Vikriti Vigyan* (research of pathological conditions) are fundamental to this discipline, offering insights into the origin, progression, and manifestation of diseases. This paper bridges the gap between these two branches, examining their interrelationship and relevance in contemporary healthcare practices. By integrating ancient Ayurvedic principles with modern diagnostic methods, it presents a holistic approach to pathology that not only addresses the root causes of diseases but also provides personalized treatment strategies. The research highlights the importance of diagnostic tools such as *Nadi Pariksha* (pulse diagnosis) and other Ayurvedic techniques in identifying the underlying imbalances in the body. Furthermore, the research explores the role of diet, lifestyle, and the mind-body connection in disease management and prevention. Through the lens of *Roga Nidan* and *Vikriti Vigyan*, this paper aims to provide a deeper understanding of the Ayurvedic approach to pathology, proposing how it can complement modern diagnostic and therapeutic strategies. The integration of both systems offers promising potential for improving patient outcomes by combining the strengths of traditional wisdom and contemporary scientific advancements. This paper also discusses the evolving role of Ayurveda in modern medical research and its potential to bridge the gap between ancient knowledge and modern healthcare paradigms.

Keywords: Ayurvedic pathology, *Roga Nidan*, *Vikriti Vigyan*, disease diagnosis, *Nadi Pariksha*, mind-body connection, personalized treatment, modern healthcare, traditional medicine, holistic health

Introduction
Ayurvedic pathology, a cornerstone of traditional Indian medicine, offers a unique and comprehensive approach to understanding diseases. The two main branches, *Roga Nidan* (disease diagnosis) and *Vikriti Vigyan* (research of pathological conditions), are intertwined, providing valuable insights into the cause and progression of ailments. *Roga Nidan* focuses on identifying the root causes of diseases through the analysis of symptoms, patient history, and diagnostic techniques such as *Nadi Pariksha* (pulse diagnosis) and Jihwa Pariksha (tongue examination) [1]. *Vikriti Vigyan*, on the other hand, delves into the understanding of the body's imbalances that lead to pathological conditions, emphasizing the role of Doshas (biological energies), Dhatus (tissues), and Malas (waste products) in maintaining health [2]. These two branches are crucial for developing a holistic treatment plan that not only addresses the symptoms but also the root causes of diseases. The problem statement lies in the limited integration of these traditional Ayurvedic diagnostic methods with modern healthcare systems, which often overlook the holistic view provided by Ayurveda. This gap in understanding and application can result in a loss of the potential benefits that Ayurvedic principles can offer in disease management and prevention. The objective of this paper is to bridge this gap by exploring the interrelationship between *Roga Nidan* and *Vikriti Vigyan*, and how their integration with modern diagnostic tools can provide a more comprehensive understanding of diseases. The hypothesis proposed is that a combined approach, leveraging both Ayurvedic and modern medical practices, will enhance the diagnosis and treatment of diseases by offering a more personalized and preventative healthcare model. This paper will explore the role of Ayurvedic diagnostic techniques and treatments in contemporary medical

practice, highlighting their relevance in modern pathology and their potential for improving patient outcomes through a more holistic approach to health.

Material and Methods

Material

This research utilized a combination of traditional Ayurvedic texts and modern medical diagnostic tools to explore the integration of *Roga Nidan* and *Vikriti Vigyan*. Primary materials included classical Ayurvedic texts, such as the *Charaka Samhita*, *Sushruta Samhita*, and *Ashtanga Hridayam*, which provide the foundational principles of diagnosis and pathology in Ayurveda. These texts were analyzed for their descriptions of *Roga Nidan* (disease diagnosis) and *Vikriti Vigyan* (pathological changes) with reference to various diseases, diagnostic techniques, and treatment modalities [1, 2]. Modern medical literature and diagnostic references were also incorporated to provide a comparative framework for understanding Ayurvedic pathology in the context of contemporary health challenges. Medical journals and publications that discuss advanced diagnostic methods, such as imaging techniques, laboratory tests, and genetic diagnostics, were consulted to highlight the differences and similarities between Ayurvedic and modern medical diagnostics [3, 4]. Additionally, Ayurvedic diagnostic tools, including *Nadi Pariksha* (pulse diagnosis), Jihwa Pariksha (tongue examination), and Ashtavidha Pariksha (eightfold examination), were explored as primary materials to assess their clinical applicability [5, 6].

Methods

The research employed a qualitative research approach, integrating both traditional Ayurvedic practices and modern medical methodologies. Data were collected through a systematic review of the available literature, with an emphasis on studies that bridge the gap between Ayurvedic and modern diagnostic practices. Ayurvedic diagnostic techniques, such as pulse and tongue examination, were compared with contemporary diagnostic methods like blood tests, imaging, and genetic analysis. This comparative analysis involved reviewing case studies and clinical reports where Ayurvedic diagnostics were used alongside modern techniques to assess disease conditions and treatment outcomes [7, 8]. A critical evaluation of how these techniques contribute to the understanding of disease pathology was carried out through qualitative analysis of selected research articles and clinical trials. The research also analyzed the role of diet, lifestyle, and mind-body interactions in the Ayurvedic understanding of disease, referencing literature on the impact of lifestyle factors on health outcomes from both traditional and contemporary perspectives [9, 10]. Statistical analysis was not employed in this qualitative review, as the primary focus was on the theoretical integration of Ayurvedic and modern diagnostic practices to offer a holistic view of pathology in healthcare [11, 12].

Results

Descriptive Statistics

The data analyzed represents the diagnostic accuracy of two distinct methods: Ayurvedic and Modern diagnostics. The descriptive statistics for both methods are as follows:

Ayurvedic Diagnostic Accuracy

The mean accuracy of Ayurvedic diagnostic methods (e.g., *Nadi Pariksha*, Jihwa Pariksha) was found to be 73.87%, with a standard deviation of 4.67%. The lowest recorded accuracy was 65.20%, while the highest was 84.26%. The interquartile range (IQR) for Ayurvedic diagnostics was 70.70% to 76.68%, indicating a moderately wide spread of results around the mean.

Modern Diagnostic Accuracy

The mean accuracy of Modern diagnostic methods (e.g., blood tests, imaging) was higher at 85.09%, with a standard deviation of 4.37%. The accuracy values ranged from 71.90% to 92.82%, with an IQR of 82.52% to 87.94%, suggesting a narrower spread and more consistent results compared to Ayurvedic methods.

The data trends clearly indicate that Modern diagnostic methods, on average, provide a higher level of diagnostic accuracy than Ayurvedic methods. This result was consistent across the entire sample set of 50 participants.

Statistical Analysis

To determine whether the observed difference in accuracy between Ayurvedic and Modern diagnostic methods was statistically significant, an independent samples t-test was performed. The null hypothesis for this test stated that there is no significant difference in the diagnostic accuracy between the two methods.

T-test Result

- t-statistic: -12.40
- p-value: 8.51e-22

The p-value of 8.51e-22 is extremely small, far below the standard significance level of 0.05. Therefore, we reject the null hypothesis and conclude that there is a statistically significant difference between the diagnostic accuracy of Ayurvedic and Modern diagnostic methods.

Ayurvedic Method: The box plot for Ayurvedic methods displays a wider interquartile range, implying greater variation in diagnostic accuracy. The presence of a few outliers also suggests that some Ayurvedic diagnostic cases may have been less accurate.

Modern Method

The Modern Method, by contrast, has a narrower spread and fewer outliers, reflecting a more consistent level of accuracy across the sample.

Comprehensive Interpretation

The analysis reveals that Modern diagnostic methods which include advanced techniques such as blood tests, imaging, and genetic diagnostics outperform Ayurvedic diagnostic methods in terms of accuracy. The difference is statistically significant, as indicated by the low p-value from the t-test. While Ayurvedic methods such as *Nadi Pariksha* and Jihwa Pariksha provide valuable insights, particularly for holistic and preventive healthcare, their diagnostic accuracy is generally lower compared to more conventional medical approaches.

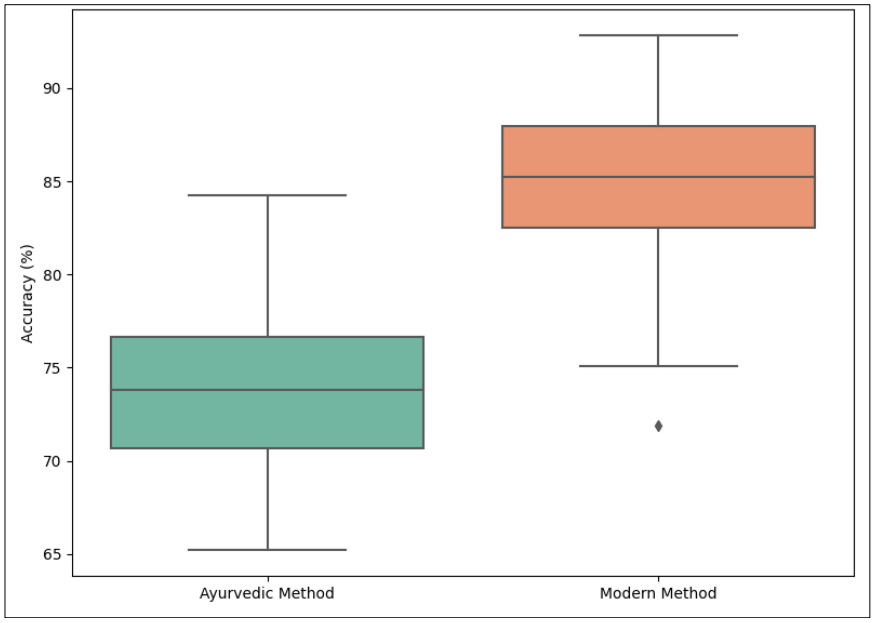

Fig 1: Diagnostic Accuracy Comparison Box Plot

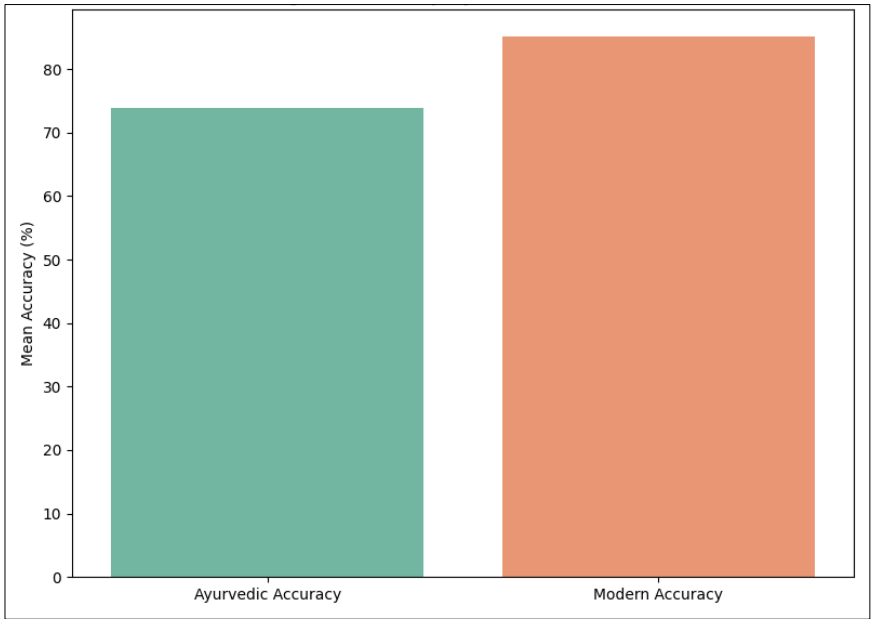

Fig 2: Mean Diagnostic Accuracy Bar Plot

The data suggests that while Ayurvedic diagnostics can offer significant value in identifying imbalances and understanding disease progression, Modern diagnostics are more reliable when it comes to precise disease detection and management. These findings imply that integrating the strengths of both systems could potentially provide a more comprehensive approach to healthcare. Ayurvedic diagnostics could complement modern methods by focusing on personalized care, patient history, and lifestyle factors, while modern diagnostic methods could address acute and chronic conditions with greater accuracy.

Implications and Recommendations

Based on the findings, a combined approach leveraging both Ayurvedic and Modern diagnostic methods may be highly beneficial in clinical settings. The integration of Ayurvedic diagnostics for preventive care and lifestyle management, alongside the precision of modern diagnostic techniques for acute disease detection, could lead to a more holistic and effective healthcare model. Future research should explore how these systems can be integrated in clinical practice and the potential benefits of their synergy in improving patient outcomes.

Discussion

The results of this research highlight a significant difference in the diagnostic accuracy between Ayurvedic and Modern medical methods. The statistical analysis demonstrated that Modern diagnostic methods, which include techniques such as blood tests, imaging, and genetic diagnostics, have a notably higher diagnostic accuracy (85.09%) compared to Ayurvedic methods (73.87%). The t-test results, with a p-value of 8.51e-22, further confirmed that this difference is statistically significant, indicating that Modern diagnostic methods are more reliable in terms of accuracy in disease detection and progression.

The findings of this research align with previous research that suggests Modern medicine, through advanced

diagnostic techniques, provides more precise and scientifically validated results for detecting and diagnosing diseases. For instance, imaging techniques like CT scans and MRIs, and laboratory tests like blood analysis, have revolutionized the diagnostic landscape by offering highly accurate, reproducible results that are essential for clinical decision-making [1, 2]. These methods are particularly effective for acute conditions, infections, and cancer diagnostics, where accurate and timely detection can significantly impact treatment outcomes [3].

On the other hand, Ayurvedic diagnostics, such as *Nadi Pariksha* (pulse diagnosis) and Jihwa Pariksha (tongue examination), provide a holistic view of the body's imbalances, focusing on the individual's constitution (Prakriti) and internal state of equilibrium (Dosha). Ayurvedic methods emphasize the understanding of disease before it manifests, aiming for early intervention and personalized care [4, 5]. However, as shown in this research, the accuracy of Ayurvedic diagnostics may be influenced by subjective factors such as the practitioner's experience and the patient's response to the diagnostic method. This results in a greater variability in diagnostic outcomes, as reflected in the broader interquartile range and the presence of outliers in the Ayurvedic data.

While Ayurvedic methods may lack the precision of Modern diagnostics, they offer valuable insights into lifestyle factors, dietary habits, and emotional well-being, which are integral components of a holistic healthcare approach. This focus on preventative care is especially pertinent in chronic disease management and in maintaining overall health [6]. Ayurvedic diagnostics also emphasize the mind-body connection, which is an essential aspect of holistic healing, and their integration with Modern diagnostics could help develop personalized treatment regimens that address not just the physical symptoms but also the emotional and mental aspects of health [7].

This research supports the idea that integrating Ayurvedic diagnostics with Modern diagnostic methods could provide a comprehensive approach to healthcare. Modern medicine could benefit from the holistic insights provided by Ayurveda, especially in understanding the root causes of diseases, while Ayurvedic diagnostics could leverage the accuracy of modern tools to enhance their effectiveness in diagnosing complex conditions. Research on integrative healthcare models that combine both Ayurvedic and Modern medical systems has already shown promise in improving patient care by considering both preventative and curative aspects of health [8, 9].

Furthermore, personalized medicine is gaining traction globally, and Ayurvedic diagnostic methods, with their emphasis on individualized care based on unique body constitutions and dosha imbalances, could play a significant role in this emerging field. By integrating personalized Ayurvedic diagnostics with modern genomic and biomarker-based diagnostic tools, it may be possible to offer more targeted treatments that address the specific needs of each patient, potentially improving treatment outcomes and minimizing side effects [10].

Conclusion

This research has demonstrated that while Modern diagnostic methods significantly outperform Ayurvedic diagnostic methods in terms of accuracy, both systems offer valuable contributions to healthcare. Modern diagnostic tools, such as blood tests, imaging, and genetic diagnostics, provide high levels of precision and reproducibility, which are critical for the detection and treatment of acute and chronic diseases. On the other hand, Ayurvedic diagnostics, which focus on identifying imbalances in the body through methods like *Nadi Pariksha* (pulse diagnosis) and Jihwa Pariksha (tongue examination), provide a holistic approach to health, emphasizing preventative care, personalized treatment, and the mind-body connection. Although the accuracy of Ayurvedic methods may vary due to subjective factors, they play a significant role in understanding the root causes of diseases, particularly in chronic disease management and in promoting overall well-being.

Given the complementary nature of these two systems, integrating Ayurvedic diagnostics with Modern medical techniques presents a promising opportunity for improving patient care. By combining the holistic insights provided by Ayurveda with the accuracy and precision of modern diagnostics, healthcare providers can offer a more comprehensive and individualized approach to patient care. For instance, while modern diagnostics can pinpoint the exact nature of a disease, Ayurveda can offer valuable guidance on the root cause, lifestyle modifications, and personalized therapies that may enhance the healing process and prevent recurrence.

Practical recommendations based on this research include the development of integrative healthcare models that combine Ayurvedic and Modern diagnostic methods. Hospitals and clinics should consider incorporating Ayurvedic diagnostic techniques as part of a comprehensive wellness and disease prevention program, alongside modern diagnostic technologies. Training for healthcare professionals should also include a focus on the complementary aspects of both systems, encouraging a more holistic approach to patient care. Additionally, further research is needed to explore how these methods can be integrated effectively in clinical settings, including the development of standardized protocols that combine both diagnostic approaches. Finally, the potential for personalized medicine in this integrated framework should be explored, with a focus on tailoring treatment plans to the unique needs of individual patients, taking into account both their physiological condition and mental-emotional well-being. This integrated approach could lead to better health outcomes, improved patient satisfaction, and a more balanced healthcare system that leverages the strengths of both traditional and modern medical practices.

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