



## LITERARY REVIEW OF PATHOGNOMONIC SIGNS IN AYURVEDIC OPHTHALMOLOGY

Dr. Arohi Parmar<sup>\*1</sup>, Dr. Pratik Laddha<sup>2</sup>, Dr. Manjiri Keskar<sup>3</sup> and Dr. Shivkant Sharma<sup>4</sup>

<sup>1</sup>PG Scholar, Department of Shalaky Tantra, Parul Institute of Ayurved, Parul University.

<sup>2</sup>PG Scholar, Department of Shalaky Tantra, Parul Institute of Ayurved, Parul University.

<sup>3</sup>Professor, Department of Shalaky Tantra, Parul Institute of Ayurved, Parul University.

<sup>4</sup>Ass. Professor, Department of Shalaky Tantra, Parul Institute of Ayurved, Parul University.

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\*Corresponding author: Dr. Arohi Parmar

PG Scholar, Department of Shalaky Tantra, Parul Institute of Ayurved, Parul University.

### INTRODUCTION

**Medical diagnosis** (abbreviated **Dx** or **Ds**) is the process of determining which disease or condition explains a person's symptoms and signs. It is most often referred to as **diagnosis** with the medical context being implicit. The information required for diagnosis is typically collected from a history and physical examination of the person seeking medical care. Often, one or more **diagnostic procedures**, such as diagnostic tests, are also done during the process. For the diagnosis of the disease in primary level, often signs and symptoms are used. **Pathognomonic** is a term, often used in medicine that means *characteristic for a particular disease*. A pathognomonic sign is a particular sign whose presence means that a particular disease is present beyond any doubt. Labelling a sign or symptom "pathognomonic" represents a marked intensification of a "diagnostic" sign or symptom. In Ayurvedic ophthalmology, Acharya have described some signs comparing with conditions seen in nature around us to diagnose the disease.

### NEED OF THE STUDY

A diagnosis, in the sense of diagnostic procedure, can be regarded as an attempt at classification of an individual's condition into separate and distinct categories that allow medical decisions about treatment and prognosis to be made. Diagnosis is often challenging, because many signs and symptoms are nonspecific. For example, redness of the skin (erythema), by itself, is a sign of many disorders and thus does not tell the healthcare professional what is wrong. In case of Ophthalmology, the procedure of diagnosing disease is even more challenging due to minuteness of the organ. Thus in

ophthalmological differential diagnosis, in which several possible explanations are compared and contrasted, must be performed. This involves the correlation of various pieces of information, and conditions around us followed by the recognition and differentiation of patterns. Occasionally the process is made easy by a sign or symptom (or a group of several) that is pathognomonic. In this article, an effort is made to review and collect ophthalmological signs described in various Ayurvedic texts to gain knowledge of pattern of diagnosis in Ayurvedic ophthalmology.

### Description of Pathognomonic Signs In Ayurvedic Ophthalmology Seen Around Us

SANDHIGATA ROGA				
Sr. No.	NAME OF DISEASE	SIGN	EXPLANATION	REFERENCE
1	UPNAHA	9arbud\budopm: xof:	Sharp and pointed like stone of kshara	Va. U. 10-3,4
2	PARVANI	mud\gopma ipi3ka	Mudga like growth	A.S. 13-5
VARTMAGATA ROGA				
1.	UTSANGINI	kuKku3a~Drsopmm S5av	The discharge appears like egg yolk when ruptured	videha
2.	KUMBHIKA	kuMwIkbIj p/itma: ipDka	Blackish pidika with shape of	Su. U. 3-10

			jalakumbhi, i.e. seeds of pomegranate	
3.	VARTMASHARKARA	isKtopma: ipi3ka	Follicular growth surrounded by sand like course eruptions	Va. U. 8-18
4.	POTHAKI	rKts8RpsiNnwa: ipDka	Growth like reddish mustard seeds	Su. U. 3-11
5.	KLISHTA VARTMA	bN2ujIvinw.	Japa pushpa- bandhujihva like red colour lid	Videha, dalhana
6.	VARTMAKARDAMA	kdRmopmm\	Lid look blackish like mud	dalhana
7.	SHYAVA VARTMA	AiGndG2 inw.	Lid appears like black flame burnt	Madhukosha - madhavnidana
8.	ANJANANAMIKA	mud\gma5a	Appears small like mudga	Va. U. 8-14
9.	LAGANA	kolp/ma`	Unctuous swelling like Kola	Su. U. 3-27
10.	BISAVARTMA	ibsmNtjRl [v	Lid looks swollen like stalk of lotus	Su. U. 3-28
11.	VARTMARBUDA	Maa.sip~Daw: Xvy4u:	Painless uneven growth resembling a ball of mamsa	Va. U. 8-24
12.	ARSHOVARTMA	0vaRrubIjp/itma: ipDka	Pidka on lid looking like seed of cucumber	Su. U. 3-13
<b>SHUKLAGATA ROGA</b>				
1.	LOHITARMA	Pad\maw.	Mamsavridhi of lotus color	Su. U. 4-5
2.	ADHIMAMSARMA	yk<Tp/kax.	Mamsavridhi of color of liver	Su. U. 4-6
3.	SNAYVARMA	ipixtmup:,	Hard like tendon	Su. U. 4-6
4.	SUKTIKA	ipixitinwa: ibNdvo: xuKtaWya:	Small yellowish spots resembling like seashell	Su. U. 4-7
5.	PISHTAKA	Sillinw: ibNdu	Dot with clear water like appearance	Su. U. 4-8
6.	BALASAGRATHITA	ka.saWy AMbuibNdu	Pidika resembling raised water bubble	Su. U. 4-9
<b>KRISHNAGATA ROGA</b>				
1.	SAVRANA SUKRA	sUCyev iv <sup>2</sup> .	Minute Ulcer looking as if caused by tip of needle	Su. U. 5-4
2.	SAVRANA SUKRA	pKvjMbuiw.	Blackish ulcer looking like ripe jambu fruit	Va. U. 10
3.	AVRANA SUKRA	ivhaysIvaC76nankair	White, thin cloud seen in clear sky	Su. U. 5
4.	AVRANA SUKRA	x <sup>2</sup> xuKl., xu <sup>2</sup> xuk/km\	White coloured spot resembling like shankha or shukra	Va. U. 10-25
5.	AVRANA SUKRA	x <sup>2</sup> , [NdukuNdp/itm	White color spot resembling like shankha, aura of moon	Madhava nidana, madhukosh
6.	AJAKAJATA	AjapurI8p/itm	A fatty oval lump resembling a pebble of goat's excreta	Su. U. 5-10
<b>SARVAGATA ROGA</b>				
1.	PITTAJA ADHIMANTHA	yk<iTpDopm>	Severe congection and eye appears like piece of liver	Su. U. 6
2.	RAKTAJA ADHIMANTHA	bN2ujIvp/tlkax., rKtmGnair*3vt\ k<*`wag	Japa pushpa like reddish coloured eye, black portion appears like arista fruit dipped in blood	Su. U. 6
3.	KAPHAJA ADHIMANTHA	Pa.axupU` Rimvaivlm\	Muddy appearance of eye with Foreign body sensation	Su. U. 6
4.	HATADHIMANTHA	]TPad\mimv s.xu*k	Eyeball looks like shrunken, dried & plucked lotus flower	Su. U. 6- dalhana
5.	SASOPHA AKSHIPAKA	pKvoduMbrsiNnw:	Eye looks reddish brown like ripe udumbara fruit	Su. U. 6
<b>DRASHTIGATA ROGA</b>				
1.	PITTAJA LINGNASHA	Ka.Syaw., w<¥nIla d<k\	Drasthimandal looks like honey bee, bluish	Su. U. 7-30

2.	KAPHAJA LINGNASHA	xꣳkuNdedu pa~Durm), cITpd\mplaxS4: ibNdu, pid\mnIpu3s.iS4t: ibNdu	Drishtimandala looks white like shankha, flowers of kunda, moon. Dristhi becomes shinny like drop of water on a moving lotus leaf	Su. U 7-30,31, Va. U. 12-18,19
3.	RAKTAJA LINGNASHA	p/valpd\mnaw. m~DI.	Dristimandala appears red like coral or lotus	Su. U. 7-32
4.	PARIMLAYI	S4Ulkacnalp/wm\ rKtj m~DI.	Red patches in dristimandala shining like glass bead or fire	Su. U. 7-33

## DISCUSSION AND CONCLUSION

A pathognomonic sign or symptom has very high specificity but does not need to have high sensitivity: for example it can sometimes be absent in a certain disease, since the term only implies that, when it is present, the doctor instantly knows the patient's illness. The presence of a pathognomonic finding allows immediate diagnosis, since there are no other conditions in the differential diagnosis. While some findings may be classic, typical or highly suggestive in a certain condition, they may not occur *uniquely* in this condition and therefore may not directly imply a specific diagnosis. Use of the signs mentioned in Ayurvedic ophthalmology can be useful to an ophthalmologist to diagnose the disease at primary level and they can be suggestive for indication of further diagnostic investigations and planning for future treatment of the disease.