

Nidana Panchaka and Its Application in Clinical Practice

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Abstract: *Nidana Panchaka, a core diagnostic tool in Ayurveda, comprises five components: Nidana (causative factors), Poorvarooopa (prodromal symptoms), Rooopa (clinical features), Upashaya (therapeutic suitability), and Samprapti (pathogenesis)¹. This framework provides a comprehensive understanding of disease aetiology, progression, and management, ensuring a personalized and holistic approach to patient care.*

In clinical practice, the application of Nidana Panchaka facilitates accurate diagnosis and effective treatment. Identification of Nidana aids in addressing root causes and implementing preventive strategies². Recognition of Poorvarooopa enables early intervention to halt disease progression. Detailed analysis of Rooopa supports precise disease classification, while Upashaya serves as a practical method for differential diagnosis through trial-based therapeutic responses. Understanding Samprapti provides insights into the stage, severity, and doshic involvement, guiding tailored treatment plans.

By integrating Nidana Panchaka, practitioners can adopt a pro-active and individualized approach, bridging disease prevention and curative care. Its application reinforces the Ayurvedic principle of treating not just the symptoms but the underlying imbalance, thereby promoting sustainable health outcomes in modern clinical settings³.

Keywords: nidana panchaka, nidana, poorvarooopa, roopa, upashaya samprapti.