



पूर्वरूप वज्ञानंइतिदीर्घजीवनम्

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Abstract –

The world has great progress in health sector; still people spend more years with illness. So here the challenge is to keep our self healthy and diseases free (सुखायु&हितायु) and target to LONGEVITY (दीर्घायु). AYURVEDA is such a great life science which fulfils the LONGEVITY by maintaining health, preventing& diagnosing diseases and diagnosis of diseases on right time can save lives and go towards LONGEVITY. For diagnostic purpose, **Purvroopas** have great importance in Nidaanpanchak. If **Purvroopas** are recognized properly on right time, even disease formation can be checked by changing life style, food habits &work habits. Thus the disease burden can be directly cut and target of LONGEVITY can be achieved through AYURVEDA, because प्राज्ञःप्रागेवतत्कुर्या द्धतं वद्याद्यदात्मनः (च.सु.7)

Key words- Longevity, Diagnosis, **Purvroopas**, and Health.



Introduction -

Longevity is the main and first object of **AYURVEDA**, and diseases are real barrier towards LONGEVITY.

Ayurveda has many ways to diagnose diseases. For diagnostic purpose, **Purvaroopas** (prodrome sign) have great importance in Nidaan Panchak.

A prodrome is an early sign or symptom or set of signs / symptoms which often indicate the onset of a disease before more diagnostically specific signs and symptoms.

स्थानसंश्रयिणः क्रुद्धाः भा वच्या धप्रबोधकम्।

दोषाः कुर्वन्ति यल्लिङ्गं पूर्वरूपं तदुच्यते॥ (मा.नि.अ.1)

The etiological factor of a disease correlated with Purvaroop (premonitory symptoms) Accumulation of Doshas according to "Ritus" is main cause of imbalance in Doshas.

तत्रपूर्वरूपगतेषुचतुर्थः क्रयाकालः।(सु.सू. 21/33)

The description of pathogenesis of a disease in AYURVEDA follow a specific progression termed as "Kriyakal" in which **Purvaroopas** stand as an important stage in early diagnosis of disease.

Synonyms - Agrajat, Puorgami.

The amalgamation of Vikrit dosh (Vitiated dosha) and durbal dhatu (weak susceptible tissue which cannot protect self) is called Dosh Dushya sammurchhna.

भा वच्या धबोधकमेव लङ्गपूर्वरूपंइति। (मधुकोषटीका)

In this stage the prodromal symptoms are manifested, these symptoms indicate the initial damage of tissue and called **Purvaroopas** and demands in the form of prompt treatment.

In the stage of **Purvaroopas** the Dsha Dushya sammurchhna will be in primitive stage and strength of Dosh dhatu amalgamation and symptom will be weak therefore the damage to tissue will be loss.

Early diagnosis of this condition and prompt treatment will prevent the disease progression and consequent formation the stage of manifestation of diseases and also the stage of manifestation of complication (Bhedawastha).

अव्यक्तं लक्षणं तस्य पूर्वरूपं इति स्मृतम्। (च. च.अ.11)



The **Purvaroopas** are fewer and weaker than (Rupas). So it is easy to treat this in compare of “Rupas”.

This stage of a disease progression is not just enlistment of few symptoms, but the spread of dearanged Doshas (body humors) all over the body or specific location.

The premonitory symptoms (**Purvaroopas**) form the key for early diagnosis and treatment of a disease.

Bhed –

प्रागरूपं द्ववध सामान्यं व शष्टं च सामान्यं तु दोष दूष्य सम्मूर्च्छनावस्थाजनितेन भाव
ज्वरादिव्याधमात्रं प्रतीयते।

व शष्टं च वातादि जनितत्वादि वशेषः।। (मधुकोषटीका)

“Samanya” **Purvaroopas** will not reveal the Dosha involvement in the formation of a disease in the beginning but in “Vishesh” **Purvaroopas** involvement of Doshas is seen.

Purvaroopas (prodromal symptoms) may be “Manas” or Shareer or both.

Importance - Knowledge of **Purvaroopas** help in early *stage* of treatment and good knowledge of **Purvaroopas**, the physician can diagnose the disease of the earliest and plan the treatment and medication at the earliest and if pathology is destroyed in this stage, the disease is stopped and it will be beneficial for the affected in contrast to a fully manifested disease **Purvaroopas** should obviously present in all disease. These may be silent or fully exposed.

हारिद्रवर्णं रुधिरमच मूत्रं वना प्रमेहस्य हि पूर्वरूपैः।

यो मूत्रयेत्तं न वदेत्प्रमेहं रक्तस्य पत्तस्य हिसप्रकोपः।।(च. च.अ.6)

Purvaroopas are so important to differentiate the disease eg. Differentiation of Prameha from Raktapitta is not based on mutrapravritti but on the **Purvaroopas** of Prameha.

If the Nidaan are same, the **Purvaroopas** also help in differential diagnosis of Hikka and Kasa.



Modern aspect- Modern science also reveals the concept of purvalupas (premonitory symptoms).

Eg. - Hyperesthesia, sensation patches, tingling, burning are found before the onset of Leprosy.

- Bio markers indifferent types of Malignancies.
- Loss of smell in Parkinson's disease.
- Early impairments in behavior, personality and language in Alzheimer's disease.

Conclusion -

There are important aspects of *Purvaroopas* and if properly used in diagnosis and proper preventive measures or treatment is applied. The progression of the disease can be checked which will be beneficial for the affected in contrast to fully manifested disease and a better approach to Longevity can be achieved.

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