GENERAL CASE HISTORY IN AYURVEDA

step-by-step outline for handling case-related questions in Ayurveda

1. Patient's Basic Information

- **Name, Age, Gender**: Basic demographic details.
- **Occupation & Lifestyle**: Assess how the patient's lifestyle might affect their health.

2. Chief Complaint (Pradhana Roga)

- **Main Issue**: Identify the primary problem for which the patient has come.
- **Duration & Onset**: When did the problem start? Is it acute or chronic?

3. History of Present Illness

- **Cause of Illness (Nidana)**: According to Ayurveda, identify the causative factors (e.g., improper diet, stress).
- **Progression of Symptoms**: Understand how the symptoms have progressed over time.
- **Aggravating & Relieving Factors**: What makes the symptoms worse or better?

4. Prakriti (Body Constitution)

- **Vata, Pitta, Kapha**: Identify the patient's dominant dosha or combination of doshas (Prakriti) based on physical and mental characteristics.
- **Vikriti (Imbalance)**: Analyze the imbalance in doshas causing the disease.

5. Examination of Agni (Digestive Fire)

- **Strength of Digestion**: Is the patient's digestive fire normal (Samagni), low (Mandagni), irregular (Vishamagni), or excessive (Tikshnagni)?
- **Symptoms of Indigestion**: Any signs of indigestion or Ama (toxins)?

6. Bowel Movements & Elimination (Mala Pariksha)

- **Regularity & Nature**: Examine if the patient has regular bowel movements, constipation, or diarrhea.
- **Stool Examination**: Observe any abnormalities in the stool.

7. Pulse Examination (Nadi Pariksha)

- **Dosha Diagnosis**: Conduct a pulse diagnosis to understand the current dosha imbalance.
- **Subtle Insights**: Assess mental and emotional states through pulse reading.

8. Mental & Emotional Health (Manasika Prakriti)

- **Mental Constitution**: Identify the patient's mental dosha (Satva, Rajas, or Tamas) and emotional state.
- **Stress & Sleep Patterns**: Analyze mental health factors like stress levels, anxiety, and sleep disturbances.

9. Examination of Dhatus (Body Tissues)

- **Affected Dhatus**: Determine which of the seven dhatus (Rasa, Rakta, Mamsa, Meda, Asthi, Majja, Shukra) are affected.
- **Strength of Tissues**: Assess the strength and nourishment of these dhatus.

10. Ojas (Vital Energy) and Immunity

- **Ojas Level**: Evaluate the patient's overall vitality and immunity (strong or depleted).
- **Signs of Ojas Deficiency**: Look for fatigue, weakness, and low immunity.

11. Tongue Examination (Jihva Pariksha)

- **Color, Coating, and Texture**: Observe the tongue for coating (Ama), color, and cracks to assess digestion and dosha imbalances.

12. Treatment Approach (Chikitsa Krama)

- **Dosha Pacification**: Design a treatment plan based on the predominant dosha imbalance.
  - **Vata**: Focus on grounding, warmth, and nourishment.
  - **Pitta**: Emphasize cooling, calming, and balancing.
  - **Kapha**: Aim for stimulation, warmth, and dryness.
- **Shodhana (Cleansing Therapies)**: Consider Panchakarma if needed (Vamana, Virechana, Basti, Nasya, Raktamokshana).
- **Shamana (Pacifying Therapies)**: Use herbal medicines, diet, and lifestyle adjustments to balance the doshas.

13. Dietary Recommendations (Ahara)

- **Dosha-Specific Diet**: Suggest an appropriate diet for the patient's dosha type and condition.
- **Avoid Aggravating Foods**: Identify foods that aggravate the doshas and suggest alternatives.

14. Lifestyle Modifications (Vihara)

- **Dinacharya (Daily Routine)**: Recommend daily routines to support health and balance doshas.
- **Ritucharya (Seasonal Routine)**: Suggest adjustments in lifestyle based on the current season.
- **Yoga & Meditation**: Incorporate specific yoga asanas, pranayama, and meditation techniques to balance body and mind.

15. Herbal Treatment (Aushadhi)

- **Herbs & Formulations**: Prescribe appropriate Ayurvedic herbs and formulations to support healing (e.g., Triphala, Ashwagandha, Brahmi).
- **Dosage & Duration**: Provide clear instructions on the dosage and duration of herbal treatments.

16. Follow-Up and Prognosis (Rogaparinama)

- **Progress Monitoring**: Set follow-up consultations to assess the effectiveness of the treatment.
- **Prognosis**: Explain the expected outcome based on the chronicity and severity of the disease and the patient's response to treatment.

When dealing with case-related questions in Ayurveda, it is important to approach the case systematically, taking into account both traditional Ayurvedic principles and practical clinical application

THANKYOU