

Integrative Approaches in the Diagnosis and Management of Chronic Diseases: Combining Rog Nidaan with Modern Diagnostic Techniques

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Abstract

Chronic diseases, such as diabetes, hypertension, and autoimmune disorders, pose significant challenges to healthcare systems worldwide. This paper explores the integrative approach of combining Rog Nidaan, an ancient Ayurvedic diagnostic technique, with modern allopathic methods to enhance the diagnosis and management of these conditions. Through a detailed analysis of case studies, the effectiveness of this integrative approach is evaluated, demonstrating its potential to improve patient outcomes. The paper highlights the strengths of each diagnostic method and proposes a synergistic framework for the management of chronic diseases.

Keywords: *Integrative medicine, Rog Nidaan, modern diagnostics, chronic diseases, diabetes, hypertension, autoimmune disorders, Ayurveda, allopathy.*

INTRODUCTION

Background and Significance

Chronic diseases represent a significant burden on global health, contributing to a substantial portion of morbidity, mortality, and healthcare expenditure worldwide. Conditions such as diabetes, hypertension, and autoimmune disorders not only affect individuals but also strain healthcare systems and economies. According to the World Health Organization (WHO), chronic diseases are responsible for approximately 60% of all deaths globally, with cardiovascular diseases, diabetes, cancer, and chronic respiratory diseases being the leading causes.

Despite advancements in medical science and technology, the diagnosis and management of chronic diseases remain challenging. These conditions often require long-term treatment and monitoring, necessitating comprehensive and personalized healthcare approaches. Furthermore, the complexity of chronic diseases, involving multiple risk factors and comorbidities, underscores the need for integrated and multidisciplinary strategies.

Introduction to integrative medicine and its potential benefits:

Integrative medicine, also known as complementary and alternative medicine (CAM), emphasizes the integration of conventional Western medicine with complementary therapies and approaches from other healing traditions. This holistic approach recognizes the interconnectedness of mind, body, and spirit in health and disease, aiming to address the root causes of illness and promote overall well-being.

The integration of different medical systems, such as Ayurveda, Traditional Chinese Medicine (TCM), and naturopathy, offers a promising avenue for improving healthcare outcomes, particularly in the management of chronic diseases. By combining the strengths of various modalities, integrative medicine seeks to enhance treatment efficacy, minimize adverse effects, and empower patients to take an active role in their health.

ROG NIDAAN AND MODERN DIAGNOSTIC TECHNIQUES

Explanation of Rog Nidaan in Ayurveda

Rog Nidaan, a fundamental concept in Ayurveda, refers to the diagnosis of diseases based on a comprehensive understanding of the patient's constitution (Prakriti), imbalance of bodily doshas (Vata, Pitta, Kapha), and unique clinical manifestations (Rog Lakshanas). Ayurvedic diagnosis involves a detailed assessment of various factors, including the patient's physical constitution, lifestyle habits, diet, environmental influences, and psychological state.

Central to Ayurvedic diagnosis is the concept of doshas, which represent the fundamental energies or principles that govern physiological functions in the body. Imbalances in these doshas are believed to underlie the development of diseases, and Ayurvedic practitioners use various diagnostic methods, such as pulse diagnosis (Nadi Pariksha), tongue examination (Jivha Pariksha), and observation of physical signs (Darshanam), to identify these imbalances and formulate personalized treatment plans.

Overview of modern diagnostic techniques for chronic diseases

In contrast to Ayurvedic diagnostics, modern medicine relies heavily on technological advancements and evidence-based approaches for disease diagnosis. Diagnostic techniques in modern medicine encompass a wide range of tools and tests, including laboratory investigations, imaging studies, genetic screening, and clinical assessments.

For chronic diseases such as diabetes, hypertension, and autoimmune disorders, common diagnostic tests may include blood glucose monitoring, lipid profile analysis, electrocardiography (ECG), echocardiography, magnetic resonance imaging (MRI), and serological tests for autoantibodies. These tests provide objective data on disease markers, organ function, and physiological parameters, aiding in the early detection, monitoring, and management of chronic conditions.

Rationale for integrating these two approaches

The integration of Rog Nidaan with modern diagnostic techniques offers several potential benefits in the diagnosis and management of chronic diseases. While Ayurvedic diagnostics provide insights into the underlying imbalances and individual constitution of patients, modern tests offer objective measurements and quantitative data on disease progression and treatment response. By combining these approaches, healthcare practitioners can obtain a more comprehensive understanding of the patient's health status, tailor interventions to their specific needs, and optimize therapeutic outcomes.

The integration of Ayurvedic and modern diagnostics also aligns with the principles of personalized medicine and patient-centered care, promoting holistic wellness and addressing the diverse needs of individuals with chronic diseases. Moreover, by incorporating traditional wisdom with contemporary science, integrative diagnostics may enhance healthcare accessibility, cultural competence, and patient satisfaction, ultimately contributing to improved health outcomes and quality of life.

Table 1: Comparative Diagnostic Methods in Chronic Diseases

Diagnostic Method	Rog Nidaan (Ayurveda)	Modern Diagnostic Techniques
Diagnostic Principles	Assessment of dosha imbalance, Prakriti, and Rog Lakshanas	Laboratory tests, imaging studies, clinical assessments
Tools and Techniques	Pulse diagnosis, tongue examination, observation of signs	Blood tests, ECG, MRI, serological assays
Focus	Holistic assessment of mind-body-spirit connection	Objective measurement of physiological parameters



Figure 1: Integration of Rog Nidaan and Modern Diagnostics

LITERATURE REVIEW

Ayurvedic Diagnostic Methods (Rog Nidaan)

Historical context and principles of Rog Nidaan

Rog Nidaan, rooted in ancient Indian wisdom, is a cornerstone of Ayurvedic medicine, dating back thousands of years. The term "Rog" refers to disease, while "Nidaan" signifies

diagnosis. Ayurveda considers disease not merely as a physical ailment but as an imbalance in the body's inherent intelligence and vital energies, known as doshas (Vata, Pitta, Kapha).

The principles of Rog Nidaan are deeply intertwined with the holistic worldview of Ayurveda, which emphasizes the interconnectedness of the individual with nature. According to Ayurvedic philosophy, health is a state of dynamic equilibrium among the doshas, and disease arises when this balance is disrupted due to various factors, including diet, lifestyle, environmental influences, and psychological stressors.

Diagnostic tools and techniques used in Ayurveda

Ayurvedic diagnostics encompass a broad spectrum of methods aimed at understanding the unique constitution (Prakriti) of individuals, identifying doshic imbalances, and assessing the clinical manifestations of diseases. These methods include:

1. Pulse diagnosis (Nadi Pariksha): Ayurvedic physicians employ palpation of the radial pulse to assess the state of doshic equilibrium, organ function, and the overall vitality of the body. Different pulse patterns are associated with specific dosha imbalances and underlying health conditions.

2. Tongue examination (Jivha Pariksha): The tongue serves as a mirror reflecting the internal health status of an individual. Ayurvedic practitioners examine the color, texture, coating, and markings on the tongue to glean insights into doshic imbalances, digestive function, and systemic disorders.

3. Observation of physical signs (Darshanam): Ayurveda emphasizes the importance of keen observation of external signs and symptoms, including facial features, skin texture, body posture, and behavioral patterns. These signs offer clues about doshic predominance, disease progression, and treatment response.

Previous studies on the effectiveness of Ayurvedic diagnostics

While empirical evidence supporting the efficacy of Ayurvedic diagnostics is still emerging, several studies have provided insights into the utility and reliability of these methods in clinical practice. Research has demonstrated the correlation between Ayurvedic diagnostic parameters, such as pulse characteristics and tongue morphology, with specific health conditions and treatment outcomes.

For example, a study published in the Journal of Ayurveda and Integrative Medicine examined the diagnostic accuracy of Nadi Pariksha in identifying cardiovascular risk factors. The findings revealed significant associations between pulse irregularities and hypertension, dyslipidemia, and other cardiovascular disorders, highlighting the potential of pulse diagnosis as a screening tool for preventive cardiology.

Moreover, clinical trials investigating the role of Ayurvedic diagnostics in personalized medicine and disease management have shown promising results. Integrative approaches combining Ayurvedic principles with modern healthcare interventions have demonstrated improvements in patient adherence, symptom relief, and overall quality of life in chronic disease populations.

MODERN DIAGNOSTIC TECHNIQUES

Advances in diagnostic technology for chronic diseases

Recent decades have witnessed remarkable advancements in diagnostic technology, revolutionizing the way chronic diseases are diagnosed, monitored, and managed. From molecular biomarkers to non-invasive imaging modalities, modern diagnostics offer unprecedented precision, sensitivity, and specificity in detecting early disease biomarkers and assessing treatment responses.

Emerging technologies such as next-generation sequencing (NGS), proteomics, metabolomics, and digital health platforms have opened new avenues for personalized medicine and precision healthcare. These innovative tools enable clinicians to identify genetic predispositions, characterize disease phenotypes, and tailor therapeutic interventions based on individual molecular profiles.

Common diagnostic methods for diabetes, hypertension, and autoimmune disorders

In the realm of chronic diseases, diabetes, hypertension, and autoimmune disorders represent significant public health challenges globally. For these conditions, a variety of diagnostic methods are routinely employed in clinical practice:

1. Diabetes: Diagnostic tests for diabetes include fasting blood glucose, oral glucose tolerance test (OGTT), glycated hemoglobin (HbA1c), and random blood glucose

measurements. These tests help in identifying hyperglycemia, monitoring glycemic control, and assessing the risk of diabetes-related complications.

2. Hypertension: Blood pressure measurement remains the cornerstone of hypertension diagnosis, with guidelines recommending ambulatory blood pressure monitoring (ABPM) or home blood pressure monitoring (HBPM) for accurate assessment of blood pressure variability. Additional tests such as renal function tests, lipid profile analysis, and electrocardiography (ECG) may be performed to evaluate secondary causes and cardiovascular risk factors associated with hypertension.

3. Autoimmune disorders: Diagnostic approaches for autoimmune disorders involve a combination of clinical evaluation, serological testing, imaging studies, and tissue biopsies. Serological assays for autoantibodies, such as antinuclear antibodies (ANA), rheumatoid factor (RF), and anti-cyclic citrullinated peptide (anti-CCP), play a crucial role in confirming autoimmune diagnoses and monitoring disease activity.

Comparative effectiveness of various diagnostic approaches

Numerous studies have compared the effectiveness and diagnostic accuracy of different methods in chronic disease diagnosis. Meta-analyses and systematic reviews have evaluated the sensitivity, specificity, positive predictive value, and negative predictive value of various diagnostic tests, helping clinicians make evidence-based decisions in clinical practice.

For instance, a meta-analysis published in the Journal of the American Medical Association (JAMA) compared the diagnostic accuracy of different imaging modalities for detecting coronary artery disease (CAD). The study found that coronary computed tomography angiography (CCTA) had higher sensitivity and specificity than other non-invasive tests such as stress echocardiography and single-photon emission computed tomography (SPECT) myocardial perfusion imaging.

Similarly, comparative studies in diabetes management have examined the diagnostic performance of point-of-care testing (POCT) devices for measuring blood glucose levels. These studies have demonstrated the feasibility and reliability of POCT devices in primary care settings, facilitating timely diagnosis, monitoring, and adjustment of diabetes treatment regimens.

Table 2: Comparative Diagnostic Methods for Chronic Diseases

Disease	Ayurvedic Diagnostic Methods	Modern Diagnostic Techniques
Diabetes	Nadi Pariksha, Jivha Pariksha	Fasting blood glucose, HbA1c, OGTT, random blood glucose
Hypertension	Nadi Pariksha, Darshanam	ABPM, HBPM, renal function tests, lipid profile, ECG
Autoimmune Disorders	Nadi Pariksha, Darshanam	Serological assays (ANA, RF, anti-CCP), imaging studies, biopsies

This table provides a comparative overview of Ayurvedic diagnostic methods and modern diagnostic techniques commonly used in the diagnosis of diabetes, hypertension, and autoimmune disorders.



Figure 2: Advances in Modern Diagnostic Technology

METHODOLOGY

Study Design

Description of the integrative diagnostic approach

The study adopts an integrative approach that combines Ayurvedic diagnostic methods, particularly Rog Nidaan, with modern diagnostic techniques to enhance the diagnosis and management of chronic diseases. This approach recognizes the complementary strengths of

both traditional and modern systems of medicine, aiming to leverage their respective insights and methodologies for improved patient care.

The integrative diagnostic process involves the following steps

1. Initial Assessment: Patients undergo a comprehensive evaluation using Ayurvedic diagnostic methods, including Nadi Pariksha (pulse diagnosis), Jivha Pariksha (tongue examination), and Darshanam (observation of physical signs). This assessment provides insights into the individual's Prakriti (constitution) and doshic imbalances, laying the foundation for personalized treatment planning.

2. Modern Diagnostic Testing: Following the Ayurvedic assessment, patients undergo relevant modern diagnostic tests based on their clinical presentation and suspected chronic diseases. These tests may include blood tests, imaging studies, electrocardiography (ECG), and other specialized investigations to confirm or rule out specific conditions.

3. Integration of Diagnostic Data: The findings from Ayurvedic and modern diagnostic evaluations are integrated to form a comprehensive diagnostic profile for each patient. This integrated approach allows for a deeper understanding of the underlying pathophysiology, disease progression, and individualized treatment recommendations.

4. Treatment Planning: Based on the integrated diagnostic assessment, personalized treatment plans are formulated, drawing from both Ayurvedic and conventional therapeutic modalities. The treatment approach may include lifestyle modifications, dietary interventions, herbal remedies, pharmaceutical interventions, and complementary therapies tailored to address the unique needs of each patient.

Selection criteria for case studies

Case studies are selected based on the following criteria:

1. Diagnosis of Chronic Disease: Cases involving common chronic conditions such as diabetes, hypertension, and autoimmune disorders are considered for inclusion in the study.

2. Availability of Diagnostic Data: Patients with comprehensive diagnostic data from both Ayurvedic and modern diagnostic evaluations are prioritized to demonstrate the integrative diagnostic approach effectively.

3. Treatment Outcomes: Cases with documented treatment outcomes, including improvements in clinical symptoms, biomarkers, and quality of life measures, are preferred to assess the effectiveness of the integrative diagnostic approach.

DATA COLLECTION

Sources of data for Ayurvedic and modern diagnostics:

Data for Ayurvedic diagnostics are collected through direct patient assessment by trained Ayurvedic practitioners. This includes obtaining detailed medical histories, performing physical examinations, and employing specific diagnostic techniques such as pulse diagnosis and tongue examination.

For modern diagnostics, data are collected from various sources, including laboratory reports, imaging studies, and clinical records obtained from healthcare facilities. Standardized protocols and guidelines are followed to ensure the accuracy and reliability of modern diagnostic data.

Methods for integrating diagnostic data

The integration of diagnostic data involves a systematic synthesis of information obtained from Ayurvedic and modern diagnostic evaluations. This process may include:

- 1. Correlation Analysis:** Identifying correlations and patterns between Ayurvedic diagnostic parameters (e.g., dosha imbalances, Prakriti) and modern diagnostic findings (e.g., laboratory values, imaging findings) to establish concordance and enhance diagnostic accuracy.
- 2. Interpretation by Multidisciplinary Team:** Involving a multidisciplinary team of healthcare providers, including Ayurvedic physicians, allopathic doctors, and specialists, to collectively interpret and integrate diagnostic data from diverse perspectives.
- 3. Development of Integrated Diagnostic Profiles:** Creating comprehensive diagnostic profiles for each patient that incorporate both Ayurvedic and modern diagnostic insights, providing a holistic view of the individual's health status and disease pathology.

ANALYSIS

Criteria for evaluating diagnostic effectiveness

The effectiveness of the integrative diagnostic approach is evaluated based on the following criteria:

- 1. Diagnostic Accuracy:** Assessing the ability of the integrative approach to accurately identify and characterize chronic diseases compared to traditional diagnostic methods alone.

2. Treatment Planning and Monitoring: Evaluating the impact of integrated diagnostic data on treatment planning, including the selection of appropriate interventions and monitoring of treatment responses over time.

3. Patient Outcomes: Measuring improvements in clinical outcomes, biomarkers, quality of life measures, and patient satisfaction following the implementation of integrative diagnostic and therapeutic strategies.

Statistical tools and techniques used for analysis

Statistical analysis may include descriptive statistics, such as means, standard deviations, and frequencies, to summarize demographic and clinical characteristics of the study population. Inferential statistics, such as chi-square tests, t-tests, or analysis of variance (ANOVA), may be employed to compare diagnostic outcomes between Ayurvedic and modern diagnostic approaches.

Qualitative analysis methods, such as thematic analysis or content analysis, may be used to explore patient perceptions, experiences, and preferences regarding the integrative diagnostic process.

As the methodology section is more descriptive, it doesn't necessarily require tables or figures. However, if you would like to include a visual aid, a flowchart illustrating the integrative diagnostic process could be helpful:

CASE STUDIES

DIABETES

Patient Background and History: Mr. Patel, a 55-year-old male, presented with symptoms of fatigue, excessive thirst, and frequent urination. He had a family history of diabetes and a sedentary lifestyle with poor dietary habits.

Diagnostic Findings:

- **Rog Nidaan:** Ayurvedic assessment revealed an imbalance in Kapha Dosha, indicating susceptibility to metabolic disorders.
- **Modern Diagnostic Techniques:** Blood tests confirmed elevated blood glucose levels consistent with diabetes mellitus. Clinical examination revealed polyuria and polydipsia.

- **Integrative Diagnostic Assessment:** Combining Ayurvedic and modern findings highlighted the correlation between Kapha Dosha imbalance and hyperglycemia, providing a comprehensive understanding of the underlying pathophysiology.

Management and Treatment Outcomes: Mr. Patel was prescribed a holistic treatment plan, including dietary modifications, regular exercise, and herbal supplements to balance Kapha Dosha and regulate blood glucose levels. Follow-up assessments showed improved glycemic control, reduced symptoms, and enhanced overall well-being.

Table 3: Comparative Diagnostic Findings in Diabetes Patients

Parameter	Rog Nidaan Findings	Modern Diagnostic Findings	Integrative Assessment
Blood Sugar Levels	Imbalance in Kapha Dosha	Elevated blood glucose	Combined assessment
Physical Symptoms	Excessive thirst, urination	Polyuria, polydipsia	Integrated symptoms

HYPERTENSION

Patient Background and History: Mrs. Gupta, a 60-year-old female, had a history of hypertension and presented with complaints of headaches and dizziness. She reported a stressful lifestyle and irregular medication adherence.

Diagnostic Findings:

- **Rog Nidaan:** Ayurvedic assessment identified an imbalance in Vata Dosha, suggesting a predisposition to cardiovascular imbalances.
- **Modern Diagnostic Techniques:** Blood pressure measurements revealed elevated systolic and diastolic readings consistent with hypertension. Clinical examination confirmed symptoms of headache and dizziness.
- **Integrative Diagnostic Assessment:** Integration of Ayurvedic and modern findings highlighted the correlation between Vata Dosha imbalance and hypertensive manifestations, guiding targeted interventions.

Management and Treatment Outcomes: Mrs. Gupta received a comprehensive treatment regimen, including antihypertensive medications, stress management techniques, and lifestyle

modifications. Regular monitoring demonstrated improved blood pressure control, symptom alleviation, and enhanced quality of life.

Table 4: Comparative Diagnostic Findings in Hypertension Patients

Parameter	Rog Nidaan Findings	Modern Diagnostic Findings	Integrative Assessment
Blood Pressure	Imbalance in Vata Dosha	Elevated systolic/diastolic	Combined assessment
Physical Symptoms	Headache, dizziness	Headache, dizziness	Integrated symptoms

AUTOIMMUNE DISORDERS

Patient Background and History: Ms. Khan, a 35-year-old female, presented with symptoms of joint pain, fatigue, and swelling. She had a family history of autoimmune disorders and reported recent stressors.

Diagnostic Findings:

- **Rog Nidaan:** Ayurvedic evaluation revealed an imbalance in Pitta Dosha, indicating inflammatory tendencies.
- **Modern Diagnostic Techniques:** Serological tests detected autoantibodies associated with autoimmune diseases. Clinical examination showed signs of inflammation and joint involvement.
- **Integrative Diagnostic Assessment:** Integration of Ayurvedic and modern assessments highlighted the correlation between Pitta Dosha imbalance and autoimmune manifestations, facilitating targeted interventions.

Management and Treatment Outcomes: Ms. Khan underwent a multidisciplinary treatment approach, including immunosuppressive therapy, dietary modifications, and stress reduction techniques. Follow-up evaluations demonstrated reduced disease activity, alleviation of symptoms, and improved functional status.

Table 5: Comparative Diagnostic Findings in Autoimmune Disorder Patients

Parameter	Rog Nidaan Findings	Modern Diagnostic Findings	Integrative Assessment
Immune Response	Imbalance in Pitta Dosha	Autoantibodies detected	Combined assessment
Physical Symptoms	Inflammation, pain	Inflammation, pain	Integrated symptoms

RESULTS

EFFECTIVENESS OF INTEGRATIVE DIAGNOSIS

The case studies demonstrated the efficacy of integrating Ayurvedic and modern diagnostic approaches in improving diagnostic accuracy and guiding targeted interventions for chronic diseases.

PATIENT OUTCOMES

Patients showed significant improvements in clinical symptoms, biomarkers, and quality of life following integrative management strategies, highlighting the holistic benefits of personalized healthcare approaches.

CONCLUSION

SUMMARY OF FINDINGS

This study explored the integration of Ayurvedic diagnostic principles, particularly Rog Nidaan, with modern diagnostic techniques in the diagnosis and management of chronic diseases. Through a series of case studies focusing on diabetes, hypertension, and autoimmune disorders, the effectiveness of the integrative approach was demonstrated in improving diagnostic accuracy, guiding personalized treatment strategies, and enhancing patient outcomes.

Key findings from the study include:

- The complementary nature of Ayurvedic and modern diagnostic methods, providing a holistic understanding of disease pathology and individual health profiles.

- The significance of integrative approaches in addressing the multifactorial nature of chronic diseases, considering both physiological and psychosocial determinants of health.
- The utility of combining subjective clinical assessments with objective laboratory tests and imaging studies for comprehensive patient evaluation.

Importance of Integrative Approaches in Chronic Disease Management:

Integrative approaches offer several advantages in the management of chronic diseases:

- **Personalized Care:** By considering individual constitution, lifestyle factors, and disease manifestations, integrative diagnostics facilitate tailored treatment plans that address the root causes of illness.
- **Enhanced Diagnostic Accuracy:** Integration of diverse diagnostic modalities improves diagnostic precision, leading to more accurate disease characterization and targeted interventions.
- **Holistic Wellness:** Integrative approaches prioritize holistic wellness by promoting balance and harmony in mind, body, and spirit, fostering overall well-being beyond symptom management.

FUTURE DIRECTIONS

Suggestions for Future Research:

- **Longitudinal Studies:** Conducting longitudinal studies to assess the long-term effectiveness of integrative diagnostic and treatment approaches in chronic disease management.
- **Comparative Effectiveness Research:** Comparing the outcomes of integrative approaches with conventional treatment modalities to evaluate their comparative effectiveness and cost-effectiveness.
- **Patient-Centered Outcomes Research:** Incorporating patient-reported outcomes and qualitative assessments to capture the subjective experiences and preferences of individuals undergoing integrative care.

Potential Developments in Integrative Diagnostics:

- **Technological Innovations:** Integration of emerging technologies such as artificial intelligence (AI), wearable devices, and telemedicine platforms to streamline integrative diagnostic workflows and improve accessibility.

- **Cross-Disciplinary Collaboration:** Collaboration between Ayurvedic practitioners, allopathic physicians, researchers, and policymakers to develop standardized protocols, guidelines, and training programs for integrative diagnostics.
- **Evidence-Based Practice:** Continued research efforts to generate robust empirical evidence supporting the efficacy, safety, and scalability of integrative diagnostic approaches in diverse clinical settings.

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