

Yukti Pramana and its Utility: A Review

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Abstract

Objective: The proper application of Yukti is very important in achieving the goals of Ayurveda and Research. Like bhesaja, Yukti is used in different ways as Pramana, Pariksha and Guna. Acharya Charaka accepted Yukti as the fourth Pramana. It is a major contribution to the field of Ayurveda. It gives us trikaala and Trivarga Gyana(information).

Drug research, Drug standardization, pharmaceutical research, observational method, pathological research, and experimental research, animal researches are the main part of a research which is achievable with the help of Yukti. The utility of Yukti Paramana is present in every aspect of Ayurveda and Research and its negation leads to the failure of treatment as well as management of complications.

Data Source: Present work has been done on critical review of classical information mentioned in reference list, modern literature, research mentioned in various text, electronic data (e-charak).

Review Methods: In this work systematic reviews and meta-analyses are used.

Result and Conclusion: It is Karya Yojana (work planning) for every process. It is one of the most important Chaturvedi Pareeksha as per Acharya Charak. It is beneficial for the restoration of health, diagnosis, and treatment principles. In future, researcher can use Yukti Pramana as procedure development for treatment planning, research planning, and drug standardization procedure. This paper is useful for Post graduate student for performing their research in well planned manner.

Keywords: Yukti; Planning; Reasoning; Pareeksha; Pramana.

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Introduction

Ayurveda is made up of two words Ayu means life and Veda means knowledge. It is the complete science of life in the current scenario. Knowledge of many disease and precautions are the only remedies. Yukti (planning) also plays an important role in the prevention, diagnosis, and treatment of diseases. The immoral crave of the human being for obtaining complete knowledge is fulfilled with the help of the tools of investigation. The tools of investigation (examining) need to be perfect and unbiased so that the truth obtained from the investigation is uncovered and pragmatically

perfect for its application. The Pramana (instruments of investigation) provide us arms and ammunition to fight the darkness of ignorance and reality. It utilizes the scientific tools to unfold the true and valid knowledge.¹

According to Acharya Vagbhat, there is nothing in this universe which is non medicinal, which cannot be made use of for many purpose by many modes.¹⁰ With the help of planning (Yukti) and need of aims and objective we can any substance in many ways. This is the importance of Yukti Pramana.

In Ayurveda, Pramana is accepted under the name of Pareeksha also. It means the examination



or investigation finds its place in the Ayurvedic system everywhere. The coveted concept of research in Ayurveda can be pursued only through the uses of the Pareeksha. The research methodology in Ayurveda revolves around the Pareeksha. Pramana is the means of measuring or investigating the world. The word Pramana is derived from pra- means forward or more, upsarga (prefix), Ma dhatu ad Lyut pratyaya, it means true knowledge. The word Pareeksha is derived from Pari (means around/beyond or away) upsarga, Iksha-dhatu means the proper observation/investigation/vision. Acharya Charak considered Yukti as the fourth Pramana or Pareeksha.¹

The Yukti is the Yojana or planning or assessment or reasoning which is applied.⁶ Thus the term Yukti signifies as an applied design or framework. In Vimanasthana, Charaka explained Yukti as the part of Anumana Pramana.⁷ Acharya Chakrapani rejected it as an independent pramana and said it is pramana sahkari and apramana. Yukti means proper planning /assessment/reasoning.²

The Yukti is the buddhi vishesh (intelligence) needed for the perception of the compound knowledge of multiple reasons.⁸ It gives the knowledge of Trikaala (past, present, and future) and Trivarga (dharma, artha, kama).²

Examples of Yukti⁹-Acharya Charaka has quoted these example in Sutrasthan chapter eleven-

1. Jala (water), Karshan (plowing), Beeja (seed), and Ritu (season) produce the Sasya (crop).
2. The combination of Shadadhatu (Panchamahabhuta and Atma) produces the garbha.
3. The three objects of friction namely Mathya, Manthaka, Manthan produce Agni.
4. Ideal functioning of chatuspada/Limbs of treatment/four pillar of treatment namely Vaidya (physician), Bhesaja (the drug or medicine), Rugana (patient), and Paricharika (the attendant including nurses) are capable to manage the disease. This is the best practical example of Yukti.²

Table 1: Application of Yukti

S. No.	Combination of contents	Product
1	Jala (water), Karshan (plowing), Beeja (seed), and Ritu (season)	Sasya (crop)
2	Shadadhatu(PanchamahabhutaandAtma)	Garbha
3	Mathya, Manthaka, Manthan	Agni
4	Vaidya (physician), Bhesaja (the drug or medicine), Rugana (patient), and Paricharika (Nurse)	Cure of disease

Data Source- Present work has been done on critical review of classical information, modern literature, research mentioned in various text, electronic data (e-charak). The possible corelation has been made between this collected information and has been presented scientific and systemic ways.

Results

1. Drug Research, Drug standardization, pharmaceutical research, observational survey, pathological research, experimental research, animal research are the main parts of research that are possible with the help of Yukti Pramana.⁵
2. Panchakarma, Shastrakarma, Yantrakarma, etc procedures can be modified as per utility and need with the help of Yukti Pramana.⁵
3. Ayurveda approves of every individual being a separate entity. So the management of patients needs a very careful decision making strategy regarding matra, preparations, anupaana with the use of Yukti Pramana.¹
4. Therapeutic utility of Yukti¹
 - i) Diagnosis The diagnosis is totally depended on the reasoning. The different etio-pathological factors act differently in all persons. In this situation, Yukti is used as an effective tool for diagnosis.
 - ii) Treatment plan-Indication, contra-indication, Matra, Bala, Satmya, Desha, Agni, Kaal, etc are judged and finalized with the help of Yukti.
 - iii) Casualty and emergency treatment- In this condition, where there no proper information and investigations reports are available- management of such patients becomes very difficult. Emergency and casualty need an instant plan, which is possible with Yukti.
 - iv) Complication management- Though all the management of panchakarma upadrava are provided in Charak's Siddhisthan, but instant planning and strategy are a must to tackle complication situations.
5. Research utility of Yukti-^{1,5}

In research planning of study is a very important process. Yukti helps in the planning of research as follows-

- i) Selection of the problem- This is a very tough job for the researcher. Based on logic, planning and feasibility one can choose a problem topic for research.
- ii) Formulation of hypothesis- This step is also very important in the research process. In randomized controlled trial again involves the Yukti as a tool.
- iii) Material and methods, results and discussion, conclusion-These steps are very crucial in the research process. The conceptual and experimental design needs a pragmatic approach. The discussion and result part is impossible without the knowledge of Yukti. The results are logically discussed and analyzed with Yukti. Based on the discussion, the main conclusion is drawn out.

Discussion

1. Yukti is considered as Pramana, Pareeksha, and Paradi guna.⁵
2. Collection of medicines, purification, identifications, processing, formulations according to rasa, guna, virya, vipaka, etc are completed with the help of Yukti Pramana.³
3. The purpose of life is to achieve dharma (virtue), artha (wealth), kama (enjoyment), and moksha (salvation). Attending this purushartha is possible only with help of Yukti.⁴
4. Dosha, dhatu, mala, srotus, Agni, Nidan, Samprapti, Shadkriyakaal (the stages of manifestation of diseases), saadhyaa sadhyata, chikitsa sutra, matra, aushadha Kalpana, Kaal, anupaan, upadrava, upadrava siddhi are planned, assessed, strategized by Yukti Pramana.^{1,2}

Conclusion

- It is Karya Yojana (work planning) for every

process.

- It is one of the most important Chaturvedi Pareeksha as per Acharya Charak.
- It gives Trikala and Trivarga gyan.
- Beneficial for the restoration of health, diagnosis, and treatment.
- The utility of Yukti Pramana is present in every aspect of Ayurveda and Research and its negation leads to the failure of treatment and management of complications.

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