



CLINICAL DISTRIBUTION OF TRIVIDHA ROGAMARGA AMONG PATIENTS ATTENDING A TERTIARY AYURVEDIC HOSPITAL: A CROSS-SECTIONAL OBSERVATIONAL STUDY

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Abstract

Background: Rogamarga is one among the fundamental concepts in Ayurvedic pathology that describes the pathways through which vitiated Doshas manifest and lead to disease. Classical Ayurvedic texts classify Rogamarga into Bahya, Madhyama, and Abhyantara. Objective: To assess the distribution of Trividha Rogamarga among patients attending a tertiary Ayurvedic healthcare centre and identify the most predominant Rogamarga in patients attending a tertiary Ayurveda Hospital. Materials and Methods: A hospital-based cross-sectional observational study was conducted among 511 participants using a validated questionnaire. Results: Madhyama Rogamarga was observed in 320 (62.6%) participants, followed by Abhyantara Rogamarga in 153 (29.9%) and Bahya Rogamarga in 38 (7.4%). Conclusion: Madhyama Rogamarga was observed to be the predominant Rogamarga, supporting the clinical applicability of Trividha Rogamarga concept.

Keywords- Rogamarga, Trividha Rogamarga, Madhyama Rogamarga, Ayurvedic Pathology

Introduction

Ayurvedic pathology emphasizes understanding the movement, localization, and manifestation of vitiated Doshas within the body.¹ Rogamarga has an important position in determining disease expression, severity, prognosis, and therapeutic response according to Ayurveda. Trividha Rogamarga includes Bahya, Madhyama, and Abhyantara pathways, each associated with specific anatomical structures and clinical outcomes.³

Identification of the affected Rogamarga helps in understanding disease pathogenesis and it also helps in formulating individualized treatment plans.⁴ Diseases involving different Rogamargas vary in accessibility to treatment, the way disease progress, and its prognosis⁵. Despite extensive description in classical Ayurvedic literature about Rogamarga, only limited studies have been conducted to evaluate the practical applicability of Rogamarga through contemporary research methodologies.

The present study was undertaken to understand the distribution of Trividha Rogamarga among patients in a tertiary Ayurvedic healthcare centre and identify the predominant Rogamarga among them.

Objective

To assess the distribution of Bahya, Madhyama, and Abhyantara Rogamarga in patients attending a tertiary Ayurvedic healthcare centre and identify the predominant Rogamarga.

Materials and Methods

Study Design: Hospital-based cross-sectional observational study.

Study Setting: Outpatient and Inpatient Departments of Sri Sri College of Ayurvedic Science and Research Hospital, Cuttack, Odisha.

Study Population: Patients attending the OPD and IPD who fulfilled eligibility criteria.

Inclusion Criteria: Age 18–60 years, irrespective of gender, religion, cast etc; and were willing to provide written informed consent form.

Exclusion Criteria: Patients below 18 years or above 60 years; Those having history of organ implantation/amputation; those on immunosuppressive or steroid therapy; multidrug therapy; drug allergy; those who were unwillingness to participate.

Sample Size: 511 participants.

Sampling Technique: Direct sampling method.

Study Tool and Validation: A structured questionnaire was developed after extensive review of Rogamarga in Ayurvedic literature. The questionnaire was evaluated and validated by experts in Ayurveda Siddhanta and Samhita across the country. Questionnaire was finalized after incorporating their recommendations.

Data Collection: Selected participants after considering inclusion/exclusion criteria from OPD, IPD, and institutional health camps were assessed using the validated questionnaire.

Statistical Analysis: Data were entered into Microsoft Excel and descriptive statistics was analysed. Frequencies and percentages were calculated.

Ethical Considerations: Ethical approval was obtained from the Institutional Ethics Committee (SSCASRH/IEC/003/22; 11 February 2022). Written informed consent was collected from all participants.

Results

A total of 511 participants were included in this study. Among them Madhyama Rogamarga was identified in 320 (62.6%) participants, Abhyantara Rogamarga in 153 (29.9%), and Bahya Rogamarga in 38 (7.4%).

Demographically, the majority were of subjects were males, belonging to the 36–45 year age group, were graduates (educational qualification), and belonged to the middle socioeconomic class.

In Bahya Rogamarga, Kandu (81.6%) was the most observed manifestation followed by Rakta Tamra Varna (39.5%), Ghana Peedaka (36.8%), Asweda (23.7%), and Scaly Skin (21.1%).

In Madhyama Rogamarga, Stambha (61.2%), Shula (59.7%), Chestanasha (42.8%), Janu Sandhi Shula (33.1%), Shotha (26.2%), and Kati Shula (23.1%) were predominantly observed.

In Abhyantara Rogamarga: Aruchi (43.8%), was the most observed manifestation followed by Hritkantha Daha (26.2%), Kasa (24.2%), Malabaddhata (19.0%), Adhmana (17.6%), Tiktamla Udgara (16.3%), and Chhardi (15.7%).

TABLE 01- Age wise distribution of identified Rogamarga in study

	Sakhagata (Bahya Rogamarga)	Marmaasthisandhi (Madhyama Rogamarga)	Koshtha (Abhyantara Rogamarga)	Total
Male	24 (7.4%)	207 (64.1%)	92 (28.5%)	323 (63.8%)
Female	14 (7.4%)	113 (60.1%)	61 (32.4%)	188 (36.2%)

TABLE 02- Showing occupation of participants

	Bahya Rogamarga	Madhyama Rogamarga	Abhyantara Rogamarga	Total
Student	10 (26.3%)	06 (1.9%)	22 (14.4%)	38 (7.4%)
Housewife	2 (5.3%)	61(19.1%)	18 (11.8%)	81(15.9%)
Farmer	1(2.6%)	44 (13.8%)	10 (6.5%)	55 (10.8%)
Business	7 (18.4%)	51(15.9%)	48 (31.4%)	106 (20.7%)
Job	10 (26.3%)	107 (33.4%)	34 (22.2%)	151 (29.5%)
Others	8 (2.1%)	51(15.9%)	21(13.7%)	80 (15.7%)

TABLE 03- Showing Education status of study Population

Education Level	Bahya Rogamarga	Madhyama Rogamarga	Abhyantara Rogamarga	Total
Uneducated	2 (5.3%)	12 (3.8%)	2 (1.3%)	16 (3.1%)
High school	1 (2.6%)	63 (19.7%)	20 (13.1%)	84 (16.4%)
Intermediate	1 (2.6%)	46 (13.8%)	21 (13.7%)	66 (12.9%)
Graduation	34 (89.5%)	179 (55.9%)	106 (69.3%)	319 (62.4%)
Postgraduation	0 (0%)	22 (6.9%)	4 (2.6%)	26 (5.1%)

TABLE 04- Showing Economic status of study population

	Bahya Rogamarga	Madhyama Rogamarga	Abhyantara Rogamarga	Total
Poor	6 (15.8%)	79 (24.7%)	39 (21.6%)	118 (23.1%)
Middle Class	25(65.8%)	192 (60%)	95 (62.1%)	312 (61.1%)
Lower Class	7 (18.4%)	49 (15.3%)	25 (16.3%)	81 (15.9%)

TABLE 05- Source of Data

	Bahya Rogamarga	Madhyama Rogamarga	Abhyantara Rogamarga	Total
OPD	37 (97.4%)	268 (83%)	146 (95.4%)	451(88.3%)
IPD	1 (2.6%)	47 (14.7%)	3 (2%)	51(10%)
Special camp	0 (0%)	05 (1.6%)	04 (2.6%)	09 (1.8%)

Detailed Symptom-wise Results – Bahya Rogamarga

A total of 38 participants were identified under Bahya Rogamarga. Scaly Skin was observed in 21.1%, Kinakara Sparsha in 7.9%, Asweda in 23.7%, Kandu in 81.6%, Aruna Varna in 15.8%, Rakta Tamra Varna in 39.5%, Thick Skin in 2.6%, and Ghana Peedaka in 36.8%. Kandu was the most frequently observed manifestation. The detailed observation of each parameter assessed under Bahya Rogamarga is given in Table 06.

TABLE 06- Detailed Symptom-wise Results – Bahya Rogamarga

SYMPTOMS	GRADING	OBSERVATION
SCALY SKIN	Absent	30 (78.9%)
	Mild	00
	Moderate	08 (21.1%)
KINAKARA SPARSHA	Absent	35 (92.1%)
	Mild	00
	Moderate	03 (7.9%)
ASWEDA	Absent	29(76.3%)
	Mild	03 (7.9%)
	Moderate	06 (15.8%)
KANDU	Absent	07 (18.4%)
	Mild	10 (26.3%)
	Moderate	21 (55.3%)
ARUNA VARNA	Absent	32 (84.2%)
	Mild	05 (13.2%)
	Moderate	01 (2.6%)
RAKTA TAMRA VARNA	Absent	23 (60.5%)
	Mild	03 (7.9%)
	Moderate	12 (31.6%)
	Severe	
THICK SKIN	Absent	37 (97.4%)
	Mild	00
	Moderate	01 (2.6%)
GHANA PEEDAKA	Absent	24 (63.2%)
	Mild	03 (7.9%)
	Moderate	11 (28.9%)

Detailed Symptom-wise Results – Madhyama Rogamarga

Among 320 participants of Madhyama Rogamarga, Stambha (61.2%) and Shula (59.7%) were the most prevalent symptoms. Other manifestations included Chestanasha (42.8%), Janu Sandhi Shula (33.1%), Shotha (26.2%), Kati Shula (23.1%), Karmahani (16.9%), Toda (15.0%), Shabda (13.4%), Amshashula (8.4%), Urustambha (8.1%), Manyastambha (6.3%), Sandhishula (5.9%), Supta (5.0%), Bhrama (3.4%), along with other manifestations as mentioned in Table 07.

TABLE 07- Detailed Symptom-wise Results – Madhyama Rogamarga

SYMPTOMS	GRADING	Observation
SHULA	Absent	251 (78.4%)
	Mild	44 (6.2%)
	Moderate	05 (1.6%)
STHAMBHA	Absent	124 (38.8%)
	Mild	101 (31.6%)
	Moderate	95 (29.7%)
SHABDA	Absent	279 (87.2%)
	Mild	11 (3.4%)
	Moderate	30 (9.4%)
FACIAL WEAKNESS	Absent	314 (98.1%)
	Mild	01 (0.3%)

	Moderate	05 (1.6%)
DIFFICULTY IN SPEECH	Absent Mild Moderate	311 (97.2%) 01 (0.3%) 08 (2.5%)
MUSCLE TWITCHING	Absent Mild Moderate	316 (98.8%) 01 (0.3%) 03 (0.9%)
TODA	Absent Mild Moderate	271 (85%) 21 (6.6%) 27 (8.46%)
BHRAMA	Absent Mild Moderate	309 (96.6%) 09 (2.8%) 02 (0.6%)
URUSTHAMBHA	Absent Mild Moderate Severe	294 (91.9%) 05 (1.6%) 20 (6.2%) 1 (0.3%)
SOSHA	Absent Mild Moderate	317 (99.1%) 00 03 (0.9%)
SHOTHA	Absent Mild Moderate	236 (73.8%) 41 (12.8%) 43 (13.4%)
PRAVARTISCHA SOOLAM	Absent Mild Moderate	310 (96.9%) 06 (1.9%) 04 (1.2)
NISTHODA	Absent Mild Moderate	314 (98.1%) 04 (0.2%) 02 (0.6%)
SANDHISHULA	Absent Mild Moderate	301 (94.1%) 01 (0.3%) 18 (5.6%)
SUPTA	Absent Mild Moderate	304 (95%) 11 (3.4%) 05 (1.6%)
REFERED PAIN	Absent Mild Moderate	315 (98.4%) 03 (0.9%) 02 (0.6%)
AMSHASHULA	Absent Mild Moderate	293 (91.9%) 03 (0.9%) 24 (7.5%)
JANUSANDHI SHULA	Absent Mild Moderate	238 (74.4%) 58 (18.1%) 24 (7.5%)
KATISHULA	Absent Mild Moderate	246 (76.9%) 63 (19.7%) 11 (3.4%)
KARMAHANI	Absent Mild Moderate	266 (83.1%) 26 (9.1%) 28 (4.1%)
CHESTANASA	Absent Mild Moderate Severe	183 (57.2%) 80 (25%) 56 (17.5%) 01 (0.3%)
MANYASTHAMBHA	Absent Mild	298 (93.1%) 13 (4.7%)

	Moderate	07 (2.2%)
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Detailed Symptom-wise Results – Abhyantara Rogamarga

Among 153 participants identified in Abhyantara Rogamarga, Aruchi (43.8%) was the most common symptom followed by other symptoms like Hritkantha Daha (26.2%), Kasa (24.2%), Malabaddhata (19.0%), Adhmana (17.6%), Tiktamla Udgara (16.3%), Chhardi (15.7%), Dourbalya (12.4%), Wheezing (7.9%), Swasa Krichha (7.2%), Bahumutrata (7.2%), and Shirogourava (7.2%). The detailed observation symptom wise is mentioned in Table 08.

TABLE 08- Detailed Symptom-wise Results – Abhyantara Rogamarga

SYMPTOMS	GRADING	DAY 1
DOURBALYA	Absent	134 (87.6%)
	Mild	09 (5.9%)
	Moderate	10 (6.5%)
KASA	Absent	116 (75.8%)
	Mild	28 (18.3%)
	Moderate	09 (5.9%)
SWASA KRICHHA	Absent	142 (92.2%)
	Mild	09 (5.9%)
	Moderate	02 (1.3%)
WHEEZING	Absent	141 (92.9%)
	Mild	09 (5.9%)
	Moderate	03 (2%)
AVIPAKA	Absent	144 (94.1%)
	Mild	06 (3.9%)
	Moderate	03 (2%)
UTKLEDA	Absent	147 (96.1%)
	Mild	06 (3.9%)
TIKTAMLA UDGARA	Absent	128 (83.7%)
	Mild	21 (13.7%)
	Moderate	04 (2.6%)
HRITKANTHA DAHA	Absent	113 (73.9%)
	Mild	14 (9.2%)
	Moderate	26 (17%)
BAHUMUTRATA	Absent	142 (92.8%)
	Mild	02 (1.3%)
	Moderate	09 (5.9%)
KARAPADA DAHA	Absent	148 (96.7%)
	Mild	0 (0.1%)
	Moderate	05 (3.3%)
ADHMANA	Absent	126 (82.4%)
	Mild	25 (16.3%)
	Moderate	02 (1.3%)
ARUCHI	Absent	86 (56.2%)
	Mild	57 (37.3%)
	Moderate	10 (6.5%)
JWARA	Absent	143 (93.5%)
	Mild	09 (5.9%)
	Moderate	01 (0.7%)
CHHARDI	Absent	129 (84.3%)
	Mild	23 (15%)
	Moderate	01 (0.7%)
BHRAMA	Absent	147 (96.1%)
	Mild	05 (3.3%)

	Moderate	01 (0.7%)
ANIDRA	Absent	147 (96.1%)
	Mild	05 (3.3%)
	Moderate	01 (0.7%)
MALABADHHATA	Absent	124 (81%)
	Mild	22 (14.4%)
	Moderate	07 (4.6%)
DAHA	Absent	145 (94.8%)
	Mild	08 (5.2%)
	Moderate	00
GOURAVA	Absent	152 (99.3%)
	Mild	01 (0.7%)
ANGAMARDA	Absent	148 (96.7%)
	Mild	04 (2.6%)
	Moderate	01 (0.7%)
LALASRAVA	Absent	149 (97.4%)
	Mild	04 (2.6%)
KSHAWATHU	Absent	148 (96.7%)
	Mild	05 (2.3%)
SHIRASHOOLA	Absent	143 (93.5%)
	Mild	10 (6.5%)
SHIROGOURAVA	Absent	142 (92.8%)
	Mild	11 (7.2%)
ALPAMUTRATA	Absent	150 (98%)
	Mild	02 (1.3%)
	Moderate	01 (0.7%)
DRAVAMALA	Absent	151 (98.1%)
	Mild	02 (1.3%)
MALABADHHATA	Absent	124 (81%)
	Mild	22 (14.4%)
	Moderate	07 (4.6%)
DAHA	Absent	145 (94.8%)
	Mild	08 (5.2%)
	Moderate	00
GOURAVA	Absent	152 (99.3%)
	Mild	01 (0.7%)
ANGAMARDA	Absent	148 (96.7%)
	Mild	04 (2.6%)
	Moderate	01 (0.7%)
LALASRAVA	Absent	149 (97.4%)
	Mild	04 (2.6%)
KSHAWATHU	Absent	148 (96.7%)
	Mild	05 (2.3%)

Discussion

The findings of the present study revealed that Madhyama Rogamarga was the most predominant Rogamarga observed in the study population. This may be attributed to the increasing prevalence of musculoskeletal and neuromuscular disorders which affect Asthi, Sandhi, Snayu, Kandara, Marma, and Sira. The major contributing factor to this predominance might be Occupational stress, sedentary lifestyle, improper posture, and age-related degeneration.

Abhyantara Rogamarga constituted the second most common category in the present study. This reflects the prevalent burden of gastrointestinal and respiratory disorders.

Bahya Rogamarga was least observed Rogamarga in the present study, suggesting comparatively fewer diseases primarily affecting Twak, Rakta, and Mamsa in the study setting.

The findings support the practical applicability of the classical Ayurvedic concept of Rogamarga in contemporary clinical practice.

Limitations

The study was conducted at a single tertiary Ayurvedic healthcare centre. Hence multi- centric studies can be considered to validate the observation in a larger geographic area.

Season-wise variations in diseases are generally observed, but has not been analysed in the present study.

Conclusion

Madhyama Rogamarga was the most predominantly affected Rogamarga among the study population, followed by Abhyantara Rogamarga and Bahya Rogamarga. This findings support the clinical relevance and applicability of Trividha Rogamarga mentioned in Ayurveda classical texts.

Conflict of Interest

The authors declare no conflict of interest.

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