



राष्ट्रीय आयुर्वेद संस्थान

(आयुष विभाग, स्वास्थ्य एवं परिवार कल्याण मंत्रालय, भारत सरकार का स्वायत्त निकाय)
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पित्त के ऊष्णादि गुणों के परीक्ष्य भावों के विकास एवं प्रमाणीकरण पर राष्ट्रीय कार्यशाला

National Workshop on development and Validation of Assessment Criteria of Ushnadi Guna of Pitta Dosha 02-03 February 2018

Background

Pitta Dosha is one of the most important *Samprapti Ghataka* in the formation of *Rogas*. Since the very *avatarana* of *Ayurveda*, assessment of *Pitta Dosha* has been the keystone of *Ayurvedic* diagnosis. There has been a steady increase in the assessment criteria of all the *doshas* including *Pitta dosha* over the centuries of the evolution of *Ayurveda*. In the past few years, with the astounding growth of technology and science, the assessment criteria as well as the tools for their assessment have developed beyond imagination. To keep pace with the rapid progress, we need to update the assessment criteria in the *yuganurupasandarbha*. This National workshop is an attempt to bring together, the scientific developments made in the recent past in the development of assessment criteria of *Pitta dosha* in general and validation of these tools in particular.

Assessment tools such as Questionnaires are important methods for assessment of the *Doshas* and subsequent data collection and are used extensively in a variety of studies like *Prakriti* Analysis. However, many similar studies focusing on the same aspects often use questionnaires very different in design and focus. Consequently, data across studies cannot be compared and therefore meta-analysis from various similar studies is not possible. Thus, **development and validation of questionnaire and other tools such as scoring scales is neglected** at the expense of study design. It is worse when the researcher is unaware of what a valid and proper tool is and thus misses out on a valid tool for the purpose and continues to use outdated or invalid forms.

Validation asks two fundamental questions:

- 1. How reliable is the tool?** That is, researchers ask if an instrument measures in a way that is consistent and dependable. If the results from a tool contain a lot of random variation, it will be deemed less reliable.
- 2. How valid is the tool?** That is, researchers ask if an instrument measures accurately. The more that a tool measures what it proposes to measure, the more valid the tool is.

Keeping in mind that, many tools for the assessment of *Pitta Dosha* are already extant and widely used; the present workshop focuses on just one vital area: **Development and Validation of the Assessment Criteria of Ushnadi Guna of Pitta Dosha.**

The aim of this National Workshop is to identify problems in validation of assessment criteria with special reference to *Pitta* and also to seek out ways in which these can be improved. This will lead to better utilization of time and money and will lead to better research outcomes.

Roadmap

The two day National workshop will be conducted on two planes:

1. **Plenary Sessions** comprising of Keynote Lectures and presentations
2. **Working Group discussions** comprising of Keynote Lectures, Delphi style exercises, presentations and recommendations

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