



Research Article

SANTARPANOETHA NIDANA QUESTIONNAIRE EVALUATING AND DESIGNING

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ABSTRACT

The word *Sanatapana* is satisfying the desire or over nourishment or restoration. *Prithvi* and *Aap Mahabhuta* are contributing for *Santarapana* and it leads to increase in *Kapha Dosha* and *Meda* and *Mamsa dhatu*. If the person indulges in intake of *Nidanas* like *Snigdha*, *Madhura*, *Guru*, *Picchila Ahara* practicing these for longer duration causes *Santarapaniya Vyadhis* such as *Prameha*, *Pidaka*, *Kotha*, *Kandu* etc in this study *Sanatarapana* questionnaire are prepared based on the above-said *Nidana*. According to the *Samanya Visheshha Siddhanta*, *Samana guna* acts as *Vridhhi karana*. So here, there are five steps in the research process of designing and validating a questionnaire in the field of clinical research. There are different types of research among them, this questionnaire is used in a survey study i.e., in observational Research. Here an attempt is made based on the review of previously proved fundamentals of Ayurveda with the current lifestyle.

INTRODUCTION

At present, people are adopting unhealthy lifestyles, diet habits and reduced activities. These are the causative factors for many diseases. The diseases are caused due to *Santarpana*^[1] (over nourishment), The word meaning of *Santarapana* is "satisfying the desire"^[2] (*Triptikaram*) or which creates gratification^[3] also known as *Brimhana* which means making big or fat^[4] and which does *Vatadosha* and *Pittayukta Vatadosha Shamana*^[5]. The properties of *Santarapaka Ahara*^[6] such as *Snigdha guna* (oily) food create softness, *Madhura* which possesses sweetness, *Guru* articles which are heavy to digest like *Anupamamsa*, due to improper *Agni* delay in digestion and deposition of food in one place is observed, *Picchila* which does *Upalepa* brings sliminess in body due to continuous intake of these *Ahara* and *Vihara* such as sleeping in day time after intake of food increases *Kapha* and sitting for the longer duration in one place, hence increases *Kapha* in the body.

The occurrence of disease is not possible without the *Dosha-Dushya Sammurchana* and manifest diseases like *Prameha*, *Pidaka*, *Kotha*, *Kandu*, *Pandu*. Hence assessment of *Nidana*^[7] plays a very important role in the prevention and treatment the disease.

MATERIALS AND METHODS

Questionnaire development based on classical reference on *Santarpanoetha Nidana* followed by validation methods of research. Basically, the validation of the questionnaire involves five steps. 1. preparation of questionnaire 2. Expert validation-taking the suggestions of subject experts for content validity, to check the content of the questionnaire, this is done by experts or authority persons 3. Construct validity- checked by Reliability tests 4. Face validity-pilot study 5. Final reforming of the questionnaire.

RESULTS AND DISCUSSION

Validation of the questionnaire for reliability and consistency was carried out with the following steps:

1. Preparation of the questionnaire
2. Expert validation
3. Pilot study
4. Cronbach's alpha
5. Final reforming the questionnaire

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Preparation of the Questionnaire

A list of items related to *Santarpanooha Nidana* was prepared according to *Charaka Samhita Sutrasthana* 23rd chapter and the same was converted into questions. This is followed by the preliminary version of the questionnaire with fifty-six items. The prepared questionnaire comprised two Domains with *Aharaja* and *Viharaja Nidanas*.

Aharaja domain contains *Snigdha Guna, Madhura rasa, Guru guna, Picchila, Navanna, Navamadya, Anupamamasa, Varijamamasa, Gorasa, Guda* and *Pishtahara*. *Viharaja* domain consists of *Chestadwashi, Diwaswapna, Shayyasana sukha*, all are *Sanatapanooha nidana*. The items in the questionnaire were developed in such a way that it was understood and easily completed by patients aged between 18-60 years. The respondents were given the option for recording their responses in the form of 'Regularly=3-5 times in a week', 'Frequently=1-2 times in a week', 'Sometimes=1-2 times in a month', 'Occasional=1-2 times in 3 months', 'Never = 1, with duration= time of practicing these habits, by recording a checkmark in the respective column provided for the purpose.

Expert Validation

Expert validation was conducted to explore opinions about the positive and negative aspects of the

Table 1: Showing Reliability Statistics (Cronbach Alpha)

Cronbach's Alpha	Cronbach's Alpha Based on Standardized items	No. of Items
.912	.925	56

Final Reframing of the Questionnaire

The final questionnaire contains fifty-six questions, the questionnaire also contains a copy of the confidentiality agreement with subject consent and a brief history of the patient. Confidentiality agreement stating the purpose of the study and assuring strict confidentiality of the subjects and the subjects were asked to provide demographic details about their age, gender, marital status, education, etc. after the pilot study on thirty patients, Cronbach's alpha value was 0.912 considered to be acceptable. All the items were significant and acceptable. The validated questionnaire on *Santarpanooha Nidana* is presented in Table 2.

Table 2: Showing Validated *Santrapanooha Nidana* questionnaire

Instructions to fill	
Regularly (R)	3-5 times in a week
Frequently (F)	1-2 times in a week
Sometimes (S)	1-2 times in a month
Occasional (O)	1-2 times in 3 months
Never (N)	1 in a year
Duration (D)	Since when you are practicing these habits

questionnaire and give expert suggestions. Thirteen experts were given the questionnaire containing fifty-six questions with options as Essential, Useful but not essential, and Not necessarily. They were graded as 2, 1 and 0 respectively for each question, their suggestions were noted. Cronbach alpha scale was tested for fifty-six questions as a whole the data analysis was done using the software 'Statistical Package for Social Science'

Pilot Study

The self-administered questionnaire was distributed to 30 in-patients of Sri Dharmashtala Manjunatheshwara College of Ayurveda and Hospital, Hassan, for a pilot study during the month of October-November, 2022. *Pandu* (Anemia) Patients were given some time to complete the questionnaire. Cronbach alpha scale tested for fifty-six questions as a whole.

Cronbach's alpha

While validating the scales, values of Cronbach alpha greater than 0.7 are accepted and no items were deleted which means it is having a good consistency, those values of alpha greater than cronbach's coefficient alpha. For expert validation, Cronbach's alpha value was obtained 0.912 which is acceptable. All the items were significant. The reliability statistics showed in Table No 1

Domain- 1							
Aaharaja		R	F	S	O	N	Duration
Sub-Domains							
Itm.No	Snigdha						
1	Do you consume sweets made out of coconut? If yes, how often						
2	Do you consume food that is prepared out of ground nut oil? If yes, how often						
3	Do you consume food prepared out of sunflower oil? if yes, how often						
4	Do you consume puri? If yes, how often						
5	Do you consume bajji, bonda? If yes, how often						
6	Do you consume French fries? If yes, how often?						
7	Do you consume gobi manchoori? If yes, how often						
8	Do you consume chips? If yes, how often						
9	Do you consume any other food articles other than above mentioned? If yes, how often						
Madhura and Guru							
10	Do you consume food that is sweet in taste? If yes how often						
11	Do you consume dates (Kharjura)? If yes, how often						
12	Do you consume chocolates? If yes, how often						
13	Do you consume jamun? If yes, how often						
14	Do you consume laddu? If yes, how often						
15	Do you consume rasmalayi? If yes, how often						
16	Do you consume cornflakes with milk? If yes, how often						
17	Do u consume fruit milkshakes? If yes, how often						
18	Do consume sweets made out of ash gourd? If yes, how often						
19	Do you consume sweet potatoes? If yes, how often						
20	Do you consume any sweets other than above mentioned? If yes, how often						
Picchila							
21	Do you consume lady's finger? If yes, how often						
22	Do you consume banana? (big variety) If yes, how often						
23	Do you consume banana? (small variety) If yes, how often						
24	Do you consume jackfruit? If yes, how often						
Navanna							
25	Do you consume freshly harvested grains? If yes how often						

	Navamadya						
26	Do you have a habit of alcohol intake? If yes, how often						
27	Do you consume freshly prepared alcohol? (Wine) If yes, how often						
	Anupamamsa						
28	Do you consume chicken meat? If yes, how often						
29	Do you consume goat meat? (<i>Aja mamsa</i>) If yes, how often						
30	Do you consume <i>Avika mamsa</i> ? (sheep meat) If yes, how often						
	Varijamamsa						
31	Do you consume aquatic animals? (fish) If yes, how often						
	Gorasa						
32	Do you consume raw milk? If yes How often						
33	Do you consume boiled milk? If yes, how often						
34	Do you consume rice boiled with milk? (<i>payasa</i>) If yes, how often						
35	Do you consume milk cream? If yes, how often						
36	Do you consume cheese? If yes, how often						
37	Do you consume paneer? If yes, how often						
38	Do you consume any other milk products than the above-mentioned? If yes, how often						
	Guda						
39	Do you consume jaggery? If yes, how often						
40	Do you consume any sweets made out of jaggery? If yes, how often						
	Paishtika						
41	Do you consume food prepared out of rice flour? If yes, how often						
42	Do you consume wheat preparations? If yes, how often						
43	Do you consume maida preparations (<i>paratha</i>) if yes, how often						
44	Do you consume pizza? If yes, how often						
45	Do you consume burger? If yes, how often						
46	Do you consume pastries? If yes, how often						
47	Do you consume vada? If yes, how often						
48	Do you consume idli? If yes, how often						

	Domain- 2						
	Sub-Domain						
	<i>Chestadweshi</i>						
49	Do you feel lack of interest in doing any work? (due to laziness) If yes, how often						
50	Due to age? (old age) If yes, how often						
51	Due to any disease? If yes, how often						
	<i>Diwaswapna</i>						
52	Do you wake up late in the morning? If yes, how often						
53	Do you have the habit of sleeping for more than the required hours? If yes, how often						
54	Do you have the habit of sleeping soon after intake of food? If yes, how often						
	<i>Shayyasana Sukha (sedentary lifestyle)</i>						
55	Do you watch TV/mobile sitting for long duration? If yes, how often						
56	Do you work on a computer sitting for long time? If yes, how often						

CONCLUSION

Every known curable disease has been provided with *Nidanadi Panchaka* for its diagnosis under the heading of *Rogapariksha*. There are innumerable diseases, involvement of *Doshadi* factor is more, so numerous *Samprapti* can be seen. For the digestion of food, *Ushma*, *Kleda*, *Sneha* and *Vata* are responsible for transformation of food. *Santarpana* acts as *Nidana* and *Chikitsa Upakrama* depending on the improper and proper use. It is also responsible for maintaining basic physiology. In *Pandu Samprapti*, *Santarpana* results in deposition of fat, *Kaphapradhana Tridosha* involvement is seen due to which *Agni Dushti* which in turn leads to formation of *Ama* i.e., *Apakva Rasa* and in other hand *Dhatudushti* having the same *Guna* of *Kapha Dosha* with *Dhatu Mamsa*, *Meda* etc causes *Santarpanajanya Pandu* and also vitiating these lead to *Utpatti of Prameha*, *Sthoulya*, *Pidaka* etc. when excessive *Santarpana* is done leads to *Medoroga*. For eliciting definitive *Samprapti* for a set of given *Nidana*, *Dosha*, *Dushya* requires logical reasoning for diagnosing a disease. *Snigdha Guna* which has the quality of *Kledana Guna* does the *Agnidushti*. *Madhura rasa* which has the qualities like *Sheeta*, *Mridu* and *Guru* contributing towards *Santarpana karaka*. *Guru Guna* does the *Brimhana karma* by which *Srotosanga* takes place. *Picchila Guna* does *Lepana* i.e., again *Srotorodha* by which *Agni* which is present in *Amashaya* increases due to *Vata* which is obstructed which *Sthanika Dosha* dries up and body requires more nutrients or food that again cause *Sanatarpana*. The *Navanna* which is *Madhura*, *Snigdha*, *Kaphavardhna*.

Anupa and *Varija mamsa* are *Guru*, *Snigdha*, *Madhura*, *Vatahara* plays role in *Brimhana karma*. In *Viharaja* domain *Chestadweshi*, *Diwaswapna* and *Shayyasana Sukha* are the majorly contribute towards *Santarpana*. In *Pandu* explanation towards *Santarpana Pandu*, based on these questionnaires are designed. Designing questionnaires and their validation are of supreme importance in Ayurveda research. Questionnaires are the most commonly used tool in Survey studies. A questionnaire is valid if it is developed carefully and the work should be original. Questions were phrased in a way that is self-explanatory, direct questions and simple terminologies have been used. The order of questions was arranged in such a way that respondents feel easy in answering and catch the attention. The reliability test should be carried out based on the response of subjects.

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