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Nadi Pariksha: An ancient Ayurvedic method of diagnosis & prediction

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ABSTRACT

Ayurveda gives emphasis on diagnosis of disease before treatment. Examination plays a significant role in diagnosis of the diseases. In Ayurvedic texts there are different type of Rog Rogi Pariksha i.e., Trividha Pariksha, Saptavidha Pariksha, Ashtavidha Pariksha, Dashavidha Pariksha etc. Concept of Nadi Pariksha is found under the Ashatavidhya Pariksha described by Yogratnakar. Yogratnakara described Nadi Pariksha under heading of Rog Pariksha. We can unlock Ayurvedic Sutra with the help of our inquiring mind. We can determine Nadi in context of Prakruti Vikruti, status of Doshas, Dhatus, Manas and Suskma Sharira. In following paper, we made an effort to study the relation of Nadi Pariksha and its applicability in different aspect in daily practices.

Key words: Pariksha, Nadi, Prakruti, Vikruti, Dosha.

INTRODUCTION

Nadi Pariksha is well-known term in Ayurveda and classical texts have emphasized its significance in assessment of Tridoshas which are the basis of disease diagnosis and prognosis.^[1] According to Yoga Ratnakara all the diseases can be diagnosed from Nadi and it was compared with strings of veena playing all the Ragas which signifies the important of Nadi Pariksha.^[2] In Ayurveda, Nadi indicate the status of whole body, as in Modern medicine pulse reflects nature, scope and purpose of life. In Ayurveda there are eight clinical limbs - examination of pulse, urine, faces, eyes, tongue, speech, skin and form.^[3]

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Rogakrant Sharirasya Sthananyashtau Nirikshayet.

Nadi Mutram Malam Jivha Shabda Sparsham
Drigakruti. (YR)

The most important of these limbs is Nadi. The earliest evidence about Nadi Pariksha are found in texts of Bhela Samhita, Harit Samhita, Angivin Nadi Shastra, Bharadwaja Samhita later Kanada, Markandeya, Ravana, Bhudharbhatta and other described. In modern medicine physician gets important information like rate, rhythm, pressure, force. But in Ayurveda the importance of Nadi Parkisha for understand pathogenesis, diagnosis diseased state and giving a reasonable prognosis and prediction of the disease. As Yogaratnakar says, Pulse denotes Vata Pitta Kapha, their dual and triple disorder as well as express prognosis of diseases. In Asthavidh Prakisha. Nadi Pariksha is most important to asses Prakruti, Vikruti, Doshic disorder and even prognosis of disease.

AIM

To conceptual review study of Nadi Pariksha.

OBJECTIVE

1. To study the role of Nadi Pariksha in diagnosis of disease.

- To study *Nadi Pariksha* in context of prognosis.

MATERIALS AND METHODS

This study is carried through literature search and critical review of obtain fact. Various *Ayurvedic* text, various medical research databased like PubMed, Google Scholar, Embase and other national research database is made to understand *Nadi* as diagnostic and prognosis tool.

Nadi

Pulse implies *Nadi* in Sanskrit. In another term, the five basic elements namely Space, Air, Fire, Water and Earth are communicated with *Vishva Nadi* to human through breath. In this text, *Nadi* reference pulse and science of pulse reading is called *Nadi Pariksha*.

Synonyms of Pulse

In ancient *Ayurveda*, there are many synonyms of pulse like *Nadi*, *Snayu*, *Hansi*, *Hinsra*, *Dhamani*, *Dhara*, *Tantuki*, *Jivitajnya*, *Jivanjnayna*, *Vasa*, and *Sira*.^[3,4]

Site for Nadi Prakisha

- As a routine radial pulse usually examine but others site may examine the pulse are wrist, elbow, arm, axilla, ankle, dorsum of foot, neck, in front of ear, above the eye, near the nose, tongue, lips, penis, perineum.^[5]
- Physician should be performed *Nadi Pariksha* of patients in right hand by using his right hand.
- Nadi* felt at the wrist region signifies the life of the patient and helps to diagnose the diseases.
- Always in male right hand *Nadi* felt and left in female.^[6]

Method of examination of Nadi^[7]

- The prime time for *Nadi Pariksha* is in the morning hour for one *Prahara*.
- The physician and patient both should be seated comfortable position. Physician should hold patients' hand and feel pulse with help of right index, middle, ring finger.
- By gently palpating, pressing, tapping and rolling artery under finger, *Nadi* should be examined.

- Identify the *Vata*, *Pitta* and *Kapha* pulsation at the index, middle and ring finger respectively and elicit its characters like feeble, moderate and fast along with identify the character of various *Doshic* pulse.
- Examination of pulse shed light on the involvement of *Vata*, *Pitta*, *Kapha*, mixing of two *Doshas* or mixing of three *Doshas* or curable or incurable diseases.
- Normal pulse is regular, steady, well felt at normal expected site and its movement like earthworm.^[8]
- For analysis a *Nadi* we have to focus on following character *Gati* (movement), *Vega* (rate), *Tala* (rhythm), *Bala* (force), *Akruti* (tension & volume), *Tapamana* (temperature), *Kathinya* (consistency of vessel wall) of pulse.
- It is convenient to divide the reading of pulse into seven level.^[9]

1 st Level	<i>Vikruti</i>
2 nd Level	<i>Manas Vikruti</i>
3 rd Level	<i>Subdosh</i>
4 th Level	<i>Ojas, Tejas, Prana</i>
5 th Level	<i>Dhatus</i>
6 th Level	<i>Manas Prakruti</i>
7 th Level	<i>Prakruti</i>

- When deep pulse corresponds to superficial pulse that person is healthy & balance.

Nadi Gati of Doshas

Vata, *Pitta*, & *Kapha* circulate in whole body producing well or ill consequences in entire system according to their states. Their normal state is *Prakruti* and their abnormal state is *Vikruti*.^[10] All three *Dosha* move in body through *Rasa* and *Rakta Dhātu*. We can feel qualities of *Vata* best under index finger, *Pitta* under middle and *Kapha* under ring finger.

Dosh	Finger	Nadi type	Gati type	Gati	Modern View
<i>Vata</i>	Index Finger	<i>Aadi</i>	<i>Vakra</i>	<i>Jaloka, Sarpa</i>	Irregular

<i>Pitta</i>	Middle Finger	<i>Madhya</i>	<i>Chanchal</i>	Frog, Crow	Rapid
<i>Kapha</i>	Ring Finger	<i>Anat</i>	<i>Manda</i>	Pigeon	Slow

Nadi Gati in Prakruti state

The human basic constitution is *Prakruti* and is read at seventh, deepest level. By pressing radial artery at deepest level of either side left/right deeply enough to cut off pulsation, released slightly just to the point where the pulsation returned for assessment of *Prakruti*. This is 7th level, the level of *Prakruti* feels *Vata*, *Pitta*, *Kapha*.^[9]

Nadi Gati in Vikruti state

Vikruti is present state of body. We can analyze *Vikruti* on superficial level of pulse, by status of *Dosh*, *Subdosh*, *Dhatu* of body through of *Nadi*.^[9]

Subdosh & Nadi

For apprehension a disease, mastery in subtype of *Dosh* is important because each *Dosh* divided into their subtype in *Ayurveda*. To estimate the *Samprapti* of disease the knowledge of subtype of each *Dosh* is very important. During *Vikruti*, subtype of *Doshas* is significant indicator of qualitative and quantitative change in human body. Give gentle pressure and go to third level, feel each subtype that has a spike and find out which subtype of *Dosh* is out of balance.

<i>Vataja Nadi</i>	<i>Pittaja Nadi</i>	<i>Kaphaja Nadi</i>	<i>Dvandva ja Nadi</i>	<i>Sannipataja Nadi</i> [11]
<i>Jalauka Sarpayogati</i> (leech and snake like movement)	<i>Kulinga-kaka-Mandukagati</i> (sparrow, crow and frog like movement)	<i>Hansa-Paravatagati</i> (swan, pigeon like movement)	Sometimes slow and sometimes fast <i>Nadigati</i>	<i>Lava Tittira Varti Gamana</i> (bustard quail, grey partridge and button quail like)

				movement)
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Nadi Gati for Dhatus

We can predict *Dhatu* status through *Nadi* at 5th level. This level represents *Dhatu Ama* and *Doshic* influence may cause dysfunction in *Dhatu Agni*. Condition of *Dhatu Agni* related to production of tissue. We will detect the spike at 5th level, Step by step go from skin. Normally healthy *Dhatu* doesn't show a spike but if *Dhatu* is affected by *Vata*, *Pitta*, *Kapha* a spike will be present.^[9]

Nadi Gati of Ojas, Tejas, Prana

At 4th level we predict *Ojas*, *Tejas*, *Prana*. *Ojas* may relate protein and globulin, which are necessary to maintain immunity. *Tejas* can be related to hormones and amino acid. *Prana* is continuous flow of communication between any two cell of body. *Ojas*, *Tejas*, *Prana* spike is found in ring, middle and index finger at 4th level.^[9]

Arishta Lakshana of Nadi Gati for prognosis^[12,13]

Feeling of pulse is an art. One should be aware while, doing this. *Ayurveda* is a subjective as well as objective science. *Nadi* also uses for prognosis as well. In many *Ayurvedic* text it is described.

Pulse	Time of Death
Not felt usual place felt at a distance of two finger proximal to its normal site.	Death within one & half hour.
Pulse 2½ finger proximal to its normal site cold, fast.	Death within 3 hours.
Pulse is felt at a point 3 finger 's proximal to wrist joint.	Death after 3 hours.
Pulse not felt at usual place and middle finger gets thread like impulse.	Death within four and half hours.
Pulse is hardly palpable by any of 3 palpating finger.	Death within six hours.

Pulse is thready tortous and felt only by middle finger.	Death with 15 hours.
Very weak hardly felt.	Death after 15 hours.
Hardly felt 11/4 proximal to normal site.	Death within 18 hours.
Felt 2 fingers proximal to its normal site and tortuous.	Death within 21 hours.
Felt one finger proximal to its normal site. Became slower. Difficult to find & feel. Vibration of pulse felt by index finger resemble like <i>Damaru</i> .	Death within 24 hours.
Cold pulse is felt one finger proximal to its normal site.	Death within 27 hours.
Slightly warm pulse, felt a quarter finger proximal to its normal site.	Death within 33 hours.
Pulse becoming slowly cooler. Quarter finger proximal to its normal site. Sometimes well felt, sometimes felt, sometimes not felt.	Death within 36 hours.
Cold pulse is felt half a finger proximal to its normal site.	Death within 39 hours.
Half a finger proximal to its normal site.	Death within 45 hours.
Felt a quarter finger proximal top its normal site. Fast irregular, stop for while sudden stop and not felt but reappear.	Death within 48 hours.
Felt half java proximal to its normal site, thready slow, not felt in index, cold in middle very weak in ring.	Death within 3 days.
Pulse is hot & fast. Very thin & weak pulse felt in index finger.	Death within 4 days.
Pulse become gradually slow & weak.	Death within 5 days.
Sometime fast & sometimes slow.	Death within 5-7 days.
Pulse is hot & fast.	Death within 15 days.
Pulse resemble like serpent or earthworm is very weak.	Death within a month.

Nadi Gati In Different Conditions Of Diseases^[7]

In Vataja Diseases	Very Irregular
In Pittaja Diseases	Very Fast
In Kaphaja Diseases	Very Slow

Nadi Gati for Bad Prognosis

Tremulous and thready pulse felt intermittently. Thin & tortous pulse is felt either two superficial or deep. Pulse is felt sometimes fast, slow, thin, large, bulky, missing indicate, bad prognosis. If pulse beat intermittently resembling rhythm of a woodpecker pecking on wood.^[7]

Nadi Gati in Sannipattaj Disease

If suffering from disease having all three *Dosh* fast pulse change over to cold, weak, slow pulse next day. Pulse is very slow or very tortuous or agitated or stopping intermittently or proximal to its normal site. If pulse keep on changing its character from *Pitta* to *Vata* to *Kapha* in a cyclical order.^[4,7]

Ciranjivitabodhini Nadi Gati^[14]

Life span of 105 year - If pulsation of left brachial artery is well felt over considerable length.

Life span of 105 year & six month - Pulsation of superficial temporal artery is well felt over near ear.

Asadhya Nadi Gati

1. Very irregular.
2. All arteries pulsate abnormally pulsation gradually becoming weaker, thinner and finally still. Displacement of *Nadi* from its own place and moves slowly and slowly, this indicates, patient's poor prognosis and patient will die.
3. Feeble and cold pulsation definitely kills the patient.
4. When *Nadi* firstly pulsates like *Pittajagati*, afterwards it becomes like *Vatagati* then converting to *Kaphagati* and moves like *Chakra* (wheel), sometimes it is rapid and sometimes *Mand* (slow), such *Nadi* should be considered as *Asadhya Nadi*. The *Nadi* which resembles *Damaru*

(a musical instrument), which is strong at opening and ending but in between which is very slow, is a *Mrityu Suchaka Nadi*.^[15,16]

DISCUSSION

As *Yogaratnakar* said- "Pulse denotes *Vata Pitta Kapha* their dual and triple disorder as well as express prognosis the disease." Through *Nadi Prakisha* we can understand *Dosh* status in our body as well as prognosis also which help to physician to decide treatment plan. Physician can detect mild symptom through pulse even in early stage through *Nadi Vigyana*. *Nadi* by disclosing which organ tissue and *Dosh* is involved, reveal which stage of pathogenesis has been occurred. Specific disorder of *Dosh*, *Dhatus* may be diagnosed by *Nadi*. There are many lectures about *Nadi* is present in different text, but it turns our attention to this traditional method to evaluate this science in various disease, revalidate the use it as main diagnostic tool. Thousand year ago, in absent of laboratory method equipment, they use *Nadi* as main diagnostic tool. So now we have an all-modern facilities we can redeveloped this method on modern era.

CONCLUSION

Ashatasthana Pariksha is an important tool to assess *Rog* and *Rogi Bala*. On basis of above study we can say that *Nadi Pariksha* is an important tool of diagnosis of disease in early stage as well as it also give prediction about disease prognosis.

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