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Nadi Vikriti in Pranavaha Srotas diseases

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ABSTRACT

Ayurveda involves the practice of aligning one's life with the principles of nature. Its aims and objectives include maintaining the perfect health of a healthy person and preventing and curing diseases in an unhealthy person. *Dosha, Dhātu, and Mala* are the basis of diagnosing and treating any disease. *Srotas* are the channels of the body that carry *Dosha, Dhātu, and Mala* in them, which makes its examination vital. Various acharyas have given different types of diagnostic methods like *Trividha Pareeksha, Dashvidha Pareeksha, Ashtavidha Pareeksha* etc. The concept of *Nadi Pareeksha* is found under the *Ashtavidha Pareeksha* mentioned by *Yogarajnanakar*. *Nadi Pareeksha* is an ancient technique of diagnosis through pulse. Through *Nadi*, we can determine *Prakriti-Vikriti*, disorders of *Dhatus, Dosha* predominance, and vitiation in various *Srotas*. One such *Srotas* is the *Pranavaha Srotas*, which is the channel in our body that maintains our respiration, making it essential for maintaining life and longevity. Hence it becomes crucial to successfully diagnose any vitiation or pathology of this *Srotas*. If used correctly by ayurvedic practitioners, *Nadi Pareeksha* can be a cost-effective, valuable diagnostic tool that can help access ailments at a primitive stage.

Key words: *Nadi Pareeksha, pulse diagnosis, Srotas, Pranavaha Srotas*

INTRODUCTION

In the present era, there are numerous ways to assess *Rog Rogi Pareeksha*. Nowadays X-rays, stethoscopes, BP apparatus, thermometers, etc. are used to assess the patients, but despite this, there are no ways to assess subjective parameters like mental status, (*Kaam, Krodh, Bhaya, Lobh*) hunger sleep, *Tandra* (sleeping pattern), *Ajeerna* (indigestion). So *Ayurvedic* practitioners should not only rely on these new aged instruments but also incorporate *Nadi Pareeksha* in day-to-day practice. *Nadi Pareeksha* is an easy cost-

effective method in which no external equipment is required, only patients and doctors are needed. Also, in cases where patients cannot answer (for e.g. - in children, *Mada, Moorcha, Unmad*) or are likely to lie, *Nadi Pareeksha* can be beneficial.

In *Ayurveda*, the concept of *Srotas* has been mentioned very specifically. The body is composed of numerous *Srotas*, which have a significant role in the maintenance of the equilibrium of body elements. They carry *Dosha, Dhātu, and Mala* in them therefore they are vital in the pathogenesis of any disease. *Acharya Charaka* has mentioned 11 pair of *Srotas*^[1] and *Acharya Sushrut* has mentioned 13 pair of *Srotas*.^[2] *Pranavaha Srotas* is one of them. From the time when someone is born to the time they die, *Shwasochhvasakriya* is the sign of life. Hence making *Pranavaha Srotas* one of the most important *Srotas*.

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MATERIALS AND METHODS

Classical textbooks of *Ayurveda* were used to compile the information for this study's material on *Nadi Vikriti* and *Pranavaha Srotas*.

The *Bruhat Samhitas, Charaka Samhita, Sushrut Samhita*, and *Ashtanga Hridaya* do not include

references to *Nadi Pareeksha* in detail. The *Sharangdhar Samhita* was the first literary source to demonstrate the legitimacy of *Nadi Pareeksha*.

Since a long time ago, doctors have placed a strong emphasis on checking the pulse. It's not a brand-new subject that appeared by mistake. The understanding of *Nadi Pareeksha* (pulse reading) has long been available to us.

Some scholars believe that the Indian pulse examination owes its knowledge to Egyptian medicine and Chinese medicine, whilst others like Jolly (1951) and Benjamin Walker (1968) believe that the Greek and contemporary Greek-Arabian medicine might have contributed to the development of Indian pulse lore.^[3]

Nadi synonyms

Snayu, Nadi, Tato, Hansi, Dhamni, Dhara, Tantuki, Jeevangyan, Shabda.^[4,5]

Method of examination

1. The early morning time for at least one *Prahara* is the best time for *Nadi Pariksha*.
2. Both the doctor and the patient should be in a relaxed stance. Using the right index, middle, and ring fingers, the doctor should hold the patient's hand while checking their pulse.
3. When doing *Nadi Pareeksha*, the doctor should always feel the pulse from the radial side while putting the index, middle, and ring fingers on the *Karangushtamula* (forearm), one finger away from the *Angushtamula*, three times while applying and releasing pressure alternately.
4. *Vata Nadi* appears beneath the index finger, *Pitta* manifests beneath the middle finger, and *Kapha* eventually manifests beneath the ring finger.^[6]

Evaluation of pulse sheds light on the participation of *Vata, Pitta, and Kapha*, a mixture of two or three *Doshas*, or curable or incurable disorders.

Both *Acharya Charaka* and *Sushruta* have mentioned *Pranavaha Srotas* as first and foremost *Srotas* making it a very important *Srotas*.^[7]

Pranavaha Srotas Mula according to *Acharya Sushruta* is *Hridya* and *Dashdhamni*, and according to *Acharya Charaka* is *Hridya* and *Mahasrotas*.^[8]

Pranavaha Srotodushti Lakshana as mentioned in *Charaka Samhita* are - too long breathing, too short breathing, aggravated breathing, shallow or frequent breaths with sound and pain. These symptoms indicate the affliction of *Pranavaha Srotas*.^[9]

Possible diseases and diagnosis of different pulse for Pranavaha Srotas diseases

The activities of the lung are demonstrated in all of *Acharya Charaka's Pranavaha Srotodushti Lakshanas*, and as a result, there is an indirect connection to the lung's role in the *Pranavaha Srotas*. In addition, he said that *Pranavaha Srotovyadhis* should be handled similarly to *Swasaroga*, which indicates that the function of breathing and the function of the lungs are fundamental to *Pranavaha Srotas*.

Kasa Roga - In this disease, *Nadi* is *Sukshma* (subtle), *Sthira* (stable) and *Manda* (slow).^[10]

Shwasa Roga - In this disease, *Nadi* is *Teevra Gati*. The pace of breathing is also observed to be increasing along with the increase in pulse rate. The pulse seems rapid and powerful.^[11]

When *Shwasa Roga* is in an aggravated state, especially in *Tamak Shwas*, then *Kapha Dosha* is highly aggravated in the body and makes the pulse rate extremely shallow, and the patient's extremities become cold that even experienced practitioners fail to feel the pulse and may declare the patient deceased. But one should not make this mistake. If *Rogi* is in *Chetna* (consciousness) then this *Nadi Gati* is not *Marak* (deadly), in such cases if aggravated *Kapha Dosha* subsides, then *Nadi* starts working properly.^[12]

Rajyakshama - In this disease, the *Nadi* moves with the speed of an elephant, which is slow in nature. *Rajyakshama* is *Kapha Pradhan Dosha* predominant. Even with a fever, the *Nadi Gati* is not fast.^[13]

DISCUSSION

Other *Nadi* diseases have been discussed in different scriptures, but no one has specifically stated the

Pranavaha Srotas Vikritis. There is a dire need to work in the area of *Nadi Pareeksha* and it is up to us to keep a close eye on these diagnostic pulses and broaden our expertise and knowledge.

CONCLUSION

A regular and keen practice of *Nadi Vigyana* will help the practitioners to diagnose various diseases and hence being practical-oriented in nature, *Nadi Vigyana* will get updated throughout time. *Nadi Pareeksha* is more of a practical knowledge and there is a lot more to it than just text. *Ayurvedic* doctors must practice their understanding of *Nadi* at the OPD level. We spoke about the ailments caused by *Pranavaha Srotas* and how they relate to *Nadi Vikriti*. The remaining *Srotas* must be concised at one location in the same way. It takes a lot of time, effort, and consistent practice. It is a completely new science that requires extensive awareness and acknowledgment.

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