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# A clinical assessment of *Dhatu* with *Nadi Parikshan*

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## ABSTRACT

According to *Ayurveda*, the human body's physiology revolves around the balance of the *Dosha*, *Dhatu*, and *Mala*.<sup>[1]</sup> *Dhatu* acts as both structural and functional components of body. It gives strength to the body and performs many functions including nourishment of body, circulation of biomaterials, holding up the organs, reproduction and maintenance of body frame, etc. In *Ayurveda* the method of diagnosis and reporting of various clinical parameters has been mentioned under pulse diagnosis. It is a very important diagnostic tool referred to as the *Ashtvidhpariksha*. The only non-invasive diagnostic approach that can identify the state of *Dosha* is the *Ayurvedic* pulse diagnosis; however, it takes a lot of regular practice.

**Key words:** *Dhatu*, *Nadi Pariksha*.

## INTRODUCTION

*Dhatu* means body constituents which build the basic structure and carry various physiological functions. The structural and functional integrity of body as they work as body tissues stabilize and sustain body. *Ayurveda* has elaborated seven types of *Dhatu* – *Ras Dhatu*, *Rakta Dhatu*, *Mamsa Dhatu*, *Meda Dhatu*, *Asthi Dhatu*, *Majja Dhatu* and *Shukra Dhatus*.<sup>[2]</sup> Therefore it is important to learn the concept of *Dhatu* and their assessment criteria through diagnostic methods of traditional Indian practice w.s.r. to *Nadi Pariksha*. *Ayurveda* has *Trividh Pariksha* - *Darshana*, *Sparshana* and *Prashana*.<sup>[3]</sup>

*Darshana* means pure observation - perception or inspection.

*Sparshana* means the tactile experience of touch - palpitation, percussion, diagnosis.

*Prashna* is questioning.

Pulse diagnosis comes under *Sparshana Pariksha*. Pulse or *Nadi* is a subtle manifestation of universal consciousness pulsating through a person's constitution. *Nadi Pariksha* or pulse diagnosis was initially introduced in *Shrangdhar Samhita* in 14<sup>th</sup> century; later on *Acharya Yogratankara* in 17<sup>th</sup> century gave a detailed description about *Asthvidha Pariksha*. Among them *Nadi Pariksha* is one of the most important methods for diagnosis as well as prognosis of disease in *Ayurveda*.

## AIM AND OBJECTIVES

1. To study the concept of *Dhatu*.
2. To study *Nadi Pariksha*.
3. To explore the assessment criteria of *Dhatu* in body with diagnostic method of *Nadi Pariksha*.

## MATERIALS AND METHODS

This study is carried out through literature search and critical review of various *Ayurveda* classical texts, other reference book of *Sharir Kriya*, journals, websites and articles.

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## Dhatu

The term *Dhatu* means -

*Dha* - *Dhran* - Support

*Dhatu* - *Dharan* + *Poshan* - Support + Nutrition.<sup>[4]</sup>

*Dhatu* is very essential unit of body to describe the structural and physiological components of body. *Dhatu* is constructive framework of body which is responsible for specific size, shape, dimensions and posture. It has two types of locations -

- General - Whole body
- Specific - like *Srotas*, specific organs, *Kala*, etc.

## Importance of Dhatu<sup>[5]</sup>

- To support *Sharir* (body), *Mana* (psyche), and *Prana* (life).
- It is responsible for growth and development of body.
- It is responsible for origin, sustainance and destruction of *Sharir*.
- It easily gets contaminated or deviate into abnormality like *Vridhi* and *Kshaya* by the *Doshas* (*Vata*, *Pitta*, *Kapha*).

## Assessment of Dhatu through Nadi Pariksha

*Nadi Pariksha* or Pulse diagnosis comes under *Sparshana*. The physician usually feel the root of radial artery pulsation on the wrist of the patient with index finger, middle finger and ring finger respectively presenting *Gati* of *Vata Dosh*, *Pitta Dosh* and *Kapha Dosh*. This diagnosis method have certain specific rules like it should be done in first three hours of morning with empty stomach, in a stable sitting posture. Generally, for male - right hand and for female - left hand pulse is diagnosed.

Specifically diagnosing about *Dhatu* pulse, first understand the levels of *Nadi*. It has seven levels<sup>[6]</sup>

1. First level - *Vikruti*
2. Second level - *Manas Vikruti*
3. Third level - *Subdoshas*
4. Fourth level - *Ojas*, *Tejas*, *Prana*.

5. Fifth level - *Dhatu*s

6. Sixth level - *Manas Prakruti*

7. Seventh level - *Prakruti*

The fifth level represents *Dhatu*s through the pulse, the Ayurveda theory of biological tissues. The *Dhatu* or tissue pulse reflects a deep layer of physiology. Long standing imbalance in pulse spike shows *Dhatu Agni* is debilitated. The condition of *Dhatu Agni* reflects the quality and quantity of respective *Dhatu* s. For example, high *Dhatu Agni* causes depletion of that *Dhatu* while weak *Dhatu Agni* causes accumulation of unprocessed raw *Dhatu* or tissue. To detect the spike at fifth level step by step go from the skin down to directly at seventh level then release to sixth and then to fifth level. Normally a heavy or *Poshit Dhatu* doesn't show a spike. Healthy *Dhatu*s don't allow the *Doshas* to escape through the pulse. But if a *Dhatu* is weak, it is affected by *Vata*, *Pitta*, *Kapha* a spike is present. *Doshas* are moving through the *Dhatu*, hence the quality of spike is affected. Like -

*Vata Dosh* - thread, delicate, feeble spike.

*Pitta Dosh* - sharp and uplifting spike

*Kapha Dosh* - dull and moderate spike.

## Assessment of specific types of Dhatu<sup>[7]</sup>

### Rasa Dhatu - Plasma

If a *Vata* spike is found at *Rasa Dhatu* site, the person may have dehydration or dry skin, dry skin, or poor circulation and cold skin.

Skin colouration is blackish or brownish discolouration, may become rough and cracked.

A *Pitta* spike indicates excess flow of leading to pyrexia, hot flashes, acne, rash or eczema.

A *Kapha* spike at *Rasa Dhatu* site indicates the possible of dermoid cyst or skin become thick, sometimes it shows lymphatic congestion and cough allergies such as cold or sneezing.

### Rakta Dhatu - Blood tissue

If a *Vata* spike is found at *Rakta Dhatu* site creates low blood pressure, feels like dizzy or have vertigo, and

shows a mild case of anemia, and sometimes it shows gout.

A *Pitta* spike indicates hives, urticarial, my easily see bruise, bleeding gums, bleeding haemorrhoids, or bleeding in GIT leads to tarry black stool. Excessive *Pitta* may lead to sickle cell anemia and etc.

A *Kapha* spike at *Rakta Dhatu* site indicates inclination towards diabetes or hyperglycaemia, high cholesterol or high triglycerides or hypertension.

#### **Mamsa Dhatu - Muscle tissues**

If a *Vata* spike is found at *Mamsa Dhatu* site shows muscle tics, weakness, fatigue, twitching, emaciation of the muscle.

A *Pitta* spike indicates bursitis, tendonitis, myocytis, and general inflammation creating rheumatic type of pain. Uvulitis creates irritation and coughing.

A *Kapha* spike at *Mamsa Dhatu* site indicates tumors, muscular hypertrophy, fibrodermoid cyst, etc.

#### **Meda Dhatu - Fat and adipose tissue**

If a *Vata* spike is found at *Meda Dhatu* site indicates emaciation. Dislocation of joints because of drying of synovial fluid and weakening of ligaments.

A *Pitta* spike indicates creates acidic sweat, boil, abscess, inflammation at kidney, adrenal or other organs.

A *Kapha* spike at *Mamsa Dhatu* site indicates renal calculi, gallstones, sebaceous cyst, albuminuria, etc.

#### **Asthi Dhatu - Bone**

If a *Vata* spike is found at *Asthi Dhatu* site hairs and nails become brittle and cracked, osteoporosis, popping and cracking of joints.

A *Pitta* spike indicates severe loss of hair, repeated fungal infection of nails, periostetitis.

A *Kapha* spike at *Asthi Dhatu* site indicates swollen joints with effusion, osteoma, and bony deformities.

#### **Majja Dhatu - Bone marrow and nerves**

If a *Vata* spike is found at *Majja Dhatu* site insomnia, hyperactivity, raging thoughts, neurological symptoms such as tingling, numbness, loss of sensation.

A *Pitta* spike indicates demyelination of nerve sheath, neuritis, multiple sclerosis, it may create serious personality problems such as schizophrenia.

A *Kapha* spike at *Dhatu* site indicates hypersomnia, lethargy, depression, melancholia, hydrocephalus etc.

#### **Shukra and Artava Dhatu - Male reproductive tissue and female reproductive tissue**

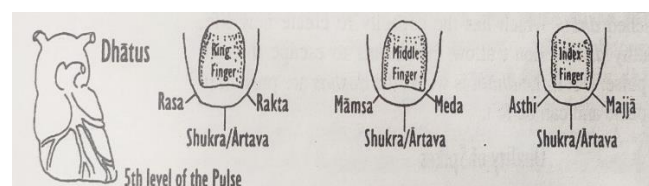
If a *Vata* spike is found at *Shukra Dhatu* site leads to low libido, premature ejaculation in a man, menopause or abnormal menstruation in woman. After hysterectomy in woman pulse feel *Vata* spike due to empty space.

A *Pitta* spike indicates sensitive nipples, tender breast, affect *Stanya*, cervicitis, prostatitis, endometritis, fungal infection at vagina.

A *Kapha* spike at *Dhatu* site indicates prostatic calculi, hydrocele, testicular tumor, pseudopregnancy, etc.

These symptoms rule out common conditions then we can see conclusion of serious conditions.

Here we have mentioned some common symptoms. All these conditions are not necessarily present, but there may be a predisposition or family history of these conditions which can detect through pulse.



#### **CONCLUSION**

After the discussion of *Dhatu* assessment with *Nadi Pariksha* method, it is concluded that *Dhatu* plays an important role in functioning of body which is responsible for living a healthy life. As per *Ayurvedic* text *Charak Samhita*, it is very important to attain a *Dhatu Samya* or balance in *Dhatu* for normal functioning of every system of body.<sup>[8]</sup>

Hence *Nadi Pariksha* is vital and appropriate diagnostic method for assessment of *Dhatu* in body. It has a significant role in clinical field. By prognosis and diagnosis of quality and quantity of *Dhatu* one can attain a healthy long life.<sup>[9]</sup>

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