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Review study of pulse diagnostic parameter on finding aggravated *Doshas* and their characters by *Nadi Pariksha*

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ABSTRACT

The *Tridosha* concept in Ayurveda is the pioneer fundamental of the human physiology. The equilibrium state of *Tridosha* is very important for the normal and healthy functioning of the living body as the imbalance in the equilibrium state of *Tridoshas* or any one *Dosha* amongst the three will leads to the manifestation of *Dosha's* leading to / prognosing to disorders /diseases. These *Tridoshas* are named as *Vata*, *Pitta* and *Kapha*. Analysis/study of *Tridoshas* physiology is an important tool to evaluate the prognosis and cure of any *Dosha* disease/disorder. Amongst different parameters utilized for diagnosis/evaluation of *Dosha* the important one is *Nadi Pariksha* i.e. Pulse examination. *Vata*, *Piita* and *Kapha* are not checked or seen by naked eyes but it is felt by *Nadi Pariksha* (pulse examination). *Nadi* (pulse) shows different characteristic properties amongst the manifestation of the three different *Doshas* at different state. Thus the variations seen with respect to *Nadi* is classically analyzed and reviewed with different parameters shows *Nadi* as a diagnostic tool. The purpose of writing this review is to examine *Tridoshas* and their characters on the *Nadi*. The article contains different parameters on the *Nadi-Dosha* variations, various trends which are used to examine the *Doshas*, its types and *Dusti* (malfunctions) by doing *Nadi Pariksha* methodologies with respect to *Nadigati* (speed denotations), features and different characters in this present article.

Key words: *Doshas*, *Nadi Pariksha*, *Nadigati*.

INTRODUCTION

Nadi Pariksha is an manual methodology assessment tool of investigation of normal and abnormal *Nadi* formed by the virtue of abnormal vitiated *Doshas* in the body. The references of practice of *Nadi Pariksha* practiced are seen since ancient period

of time to diagnose vitiated *Doshas* action and their characters. In Ayurved *Nadi Pariksha* is one of the investigation method used in the examination of diseased person as *Astavidha Rogi Pariksha*.

Classically examination of *Nadi* is done at wrist. It gives the predominance of *Doshas* (*Vata*, *Pitta* and *Kapha*) in the body. As *Tridoshas* help to build good and healthy body in which normal functioning of cells and systems occurred. Abnormality in the *Tridoshas* leads to many disorders. Therefore *Nadi Pariskha* helps to investigate the normal and abnormality of the *Doshas*. As *Nadi Pariksha* is more assessable as comparative to the other diagnostic methods. But the *Nadi Pariksha* shows great skill and findings of *Nadi Gati* (movement), *Vega* (speed), *Sthiratva* (stability of the pulse). The practioners of Ayurveda used *Nadi Pariksha* as a main tool for assessing *Tridoshas Prakriti* and *Vikrati Bhava*. The Ayurvedic text mainly *Sarangadhara Samhita*, *Yoga*

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Ratnakara, Basavarajeeyam and Bhavaprakasha have discussed *Nadi Pariksha* in detail. The subjective material of *Nadi Pariksha* is very rich. The usage of *Nadi* examination in Ayurvedic clinics is used but new comers are less known about this *Pariksha* in practical approach. So, this subjective study must be practical in sense of *Tridosha* functions. Many modern methods are used to study *Nadi Pariksha* on laboratory basis. The significance of this in *Tridoshas* is discussed and the need for extending *Nadi Pariksha* is highlighted.

CONCEPT CONCERN

The concept of *Tridosha* helps in diagnosis and prognosis of diseases. In Ayurveda *Nadi Pariksha* plays great role in identifying any disorders related to *Tidoshas Vikarasa*. There is huge description on *Tridosha* predominance which can be determined by specific judging on radial artery and accordingly *Doshas* are checked.^[1] Like *Vata Doshas* is felt at the root of the thumb which can be felt with index finger, next to this is *Pitta Dosh* which is felt with middle finger and followed by *Kapha Dosh* which is sensed by ring finger. As per *Nadi Pariksha* called as radial artery pulsation check *Tridosha* in balanced state represents sound *Tridosha* functions in *Prakriti* form. Any different character of *Nadi* normal character shows vitiated form of *Tridoshas*. All the diseases are checked by *Nadi Pariksha*. *Nadi Pariksha* is a science in this *Gati*, speed, stability of the *Nadi* is checked because it is in variation with the variation of *Doshas*.^[2] And assessing such difference is the science which is found subjective in Ayurveda. Traditional practitioners were seeing *Tridoshas* on the pulse and make diagnosis and treatment only by placing fingers on radial artery which is totally a skill practice. This is growing interest in today's world on *Nadi Pariksha* and the checking of *Tridoshas*. Many scientific instruments are formed and checked *Tridoshas* on them like pulse wave instrument etc. various other are checked *Nadi* on vast manner.^[3] Checking different parameters - *Gati* (movement), *Vega* (rate), *Tala* (rhythm), *Bala* (force), *Akruti* (volume and tension), *Kathiniya*

(consistency) in *Nadi* on *Vata*, *Pitta* and *Kapha Doshas* phases.^[4]

The healthy individual *Nadi* speed is stable and in one speed. The speed is clearing not frequent and its speed is just like earthworm / snake in constant speed. *Vikriti* (variations) in *Nadi* speed shows *Vikriti* in the *Doshas*. Any different speed pattern in *Nadi* shows vitiation in *Doshas*.^[5] Vitiated form of *Nadi* speed like slow, very slow, slow and steady, enormous speed, excellent speed and speed with movement in different directions, lower pattern and downward.^[6] With time (*Kala*) healthy *Nadi* in healthy individual in morning time it is somewhat *Sinigadha* (unctuous in touch senses) with slow (*Manda*). In day time (*Madhyahana*) it is hot sensation with high speed. And in evening it is in enormous speed. This is the speed pattern of *Nadi* in healthy individuals. *Doshas Nadi* according to *Kanada* is like in *Vata Dosh* it is in serpentine run motion. In *Pitta Dosh* it is playful motion with agile like jumping pattern. And in *Kapha Dosh* *Nadi* is stable (*Sethira*) with very slow speed.^[7-8] In two *Dosh* predominance the pattern in two *Dosh* *Nadi* speeds likewise. In mixture of two *Doshas* the frequency of *Nadi Gati* is like - in *Vata* and *Pitta Dosh* aggravation the speed of *Nadi* is in curved or in zigzag with winding form. In *Vata* and *Kapha Dosh* aggravation the speed of *Nadi* is like furious and slow means mixture of both will be sensed, when *Pitta* and *Kapha Dosh* the speed of *Nadi* is like bouncing nature with slow and stable form are sensed.^[9]

Doshas Nadi speed pattern^[10]

***Vata Dosh* speed** - Like Snake, Leech - *Vakra Gati* - Curve Or Twisted

***Pitta Dosh* speed** - Like Crow, Frog, Partridge - *Chanchal Gati*- Playful, Solemn Types.

***Kapha Dosh* speed** - Like Peacock, Pigeon, Cock - *Manda Gati* - Slow and Steady.

Doshas Nadi sensation is different task but if *Vaidyas* will feel its movement then it is very easy for diagnosis of vitiated *Doshas* and diseases of the

patient. In *Vata-Pittaja Nadi* the speed of *Nadi* is mixture of both *Vataja* and *Pittaja Nadi* so sometime its movement will be like snake/curved or twisted and other time it is like crow / playful jumping *Gati*. So in this the mixture of both types of qualities curved and playful is sensed. If in individual the speed of *Nadi* be like curved than jumping than again curved with twisted than again jumping the process are going same than it is defiantly *Vata - Pittaja Nadi* of the individual. In *Vataja-Kaphja Nadi* in this the mixture of two *Nadi Gati* qualities are sensed i.e. *Vataja Nadi* and *Khaphja Nadi*. *Nadi* speed in this is curved and then steady. It is changed again and again. In *Pittaj* and *Khaphaj Nadi* the movement of *Nadi* is playful with jumping and then it becomes slow and steady shows *Pitta-Khaphaja Nadi*. This occurrence in *Nadi* is continuous process.

Combination of two *Doshas* leads to the changes in the character of *Nadi*. Hence, in *Pitta Kapha* aggravation *Nadi* characters are subtle (*Sukshma*), cold (*Sheetala*) and slow (*Manda*). This is specific character of *Pitta-Kaphaja Nadi*. And in *Vata-Kapha Nadi* movement is mixture of two speeds sometimes its curved and sometimes its playful jumping form. Characters of *Nadi* is changing because of *Dosha* qualities like in *Pitta-Kapha Nadi* *Pitta* leads to the subtleness and lightness in the *Nadi* and *Kapha* causes cool property in this type of vitiated *Nadi*. In *Vata-Kapha Nadi* the character in touch sensation curved or twisted and speed becomes stable with slow quality. Now in *Tridosha* aggravation the *Nadi* character is mixture of three *Doshas* qualities of *Nadi*. Because the three *Doshas* are aggravated in the body and sensed in *Nadi* in such a way that three characters are consequently sensed. Like the speed of *Nadi* is in the sequence of curved, playful and then steady. It is felt like first its speed is like snake then like frog and then like pigeon. It is the continuous phase of *Nadi* in which characters are changed with time. *Vata* to *Pitta* and then to *Kapha* and then again vice versa cycle. The *Tridosha Nadi* character is slow and steady with furious nature. It is sensed in three fingers below of *Vedya*. The *Tridoshaja Nadi* is just like irregular rhythms of *Nadi*.

Incurable *Tridosha* Pateints *Nadi*^[11]

Incurable *Tridoshaja Nadi* seems to be like very slow, thread form, subtleness, it feels like *Nadi* pulsation stops in between, intermittently, shaky pace form of *Nadi* speed, below fingers no speed of *Nadi* is felt and suddenly pulsation of *Nadi* sensed. This lost and found *Nadi* shows incurable signs in *Tridosha Rogi*. The *Nadi* which is playful but with stable and slow shows incurability. The temperature which is opposite to the body also shows incurable disease like if body temperature is high means *Ushanata Guna* is more but *Nadi* sensed cool (*sheetala*) or vice-versa. This type of *Nadi* is death bed signs of the patients.

Nadi according to Food^[12]

The *Nadi* speed and pattern works like the food which is ingested. The good and healthy speed of *Nadi* depends on the oil rich food material and the juice of sugarcane and intake of jaggery helps to maintain the *Nadi Gati* in the body. The non-vegetarian individual *Nadi Gati* is like hard and heavy. In case of milk intake individual *Nadi* behaves like soft *Gati*. In sweets (*Madhura Rasa*) intake *Nadi* flow like jumping motion. Intake of dry and rough food *Vata* and *Pitta* aggravation occurs and *Nadi* sensed like *Vataj Nadi* and *Pittaj Nadi*. The flow of *Nadi* changed leads to the unordered *Nadi*

Ahara Rasa influencing *Nadi*^[13]

Excess <i>Madhur Rasa</i> in diet	The speed of <i>Nadi</i> is slow and heavy
Excess <i>Amla Rasa</i> in diet	The speed of <i>Nadi</i> is hot and bouncing
Excess <i>Lavana Rasa</i> in diet	The speed of <i>Nadi</i> is straight and furious
Excess <i>Katu Rasa</i> in diet	The speed of <i>Nadi</i> is fast and curved.
Excess <i>Tikta Rasa</i> in diet	The speed of <i>Nadi</i> is curved and twisted type.
Excess <i>Kashaya Rasa</i> in diet	The speed of <i>Nadi</i> is stagnant and rigid one.

CONCLUSION

The *Tridosha* knowledge by *Nadi Pariksha* are done by putting three finger on below wrist joint of minimum distance from of one cm. First index finger shows the pulsation of *Vata Dosha* as the *Vata Dosha* nature is unsteady and inconstant. So, speed feels first in this region. Second middle finger pulsation shows *Pitta Dosha Nadi*. This finger sensed hotness due to *Pitta Dosha* nature. *Kapha Dosha* is seen in last ring finger. *Kapha Dosha* nature is slow, constant and heavy and same the nature found in this third *Nadi* pulsation feels. This is examined and mentioned by all *Acharyas*. *Nadi Pariksha* helps to diagnose the condition of *Tridosha* in the body. As the function of the *Tridosha* are checked only by the symptoms that are shown. But *Nadi Pariksha* helps to see *Doshas* by the action of the *Nadi* which is played and sensed by touching the individual/patient *Nadi*. The location of *Nadi* which is sensed is many and different. But most common and actual prognoses of the *Tridosha* characters and vitiation is checked on below wrist joint location. Many Ayurvedic scholars checked *Tridosha* action on *Nadi* only. And they checked the *Doshas* and its types by *Nadi* examination only. It is free of cost and easily accessible tool to diagnose diseases if checked accurately. The accuracy rate is very low for *Nadi Pariksha* in Ayurveda field. So, this is the accurate time to identify various different factors and characters of *Nadi* according to *Doshas* functions and abnormality in the *Tridosha* characters or *Doshas* location.

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