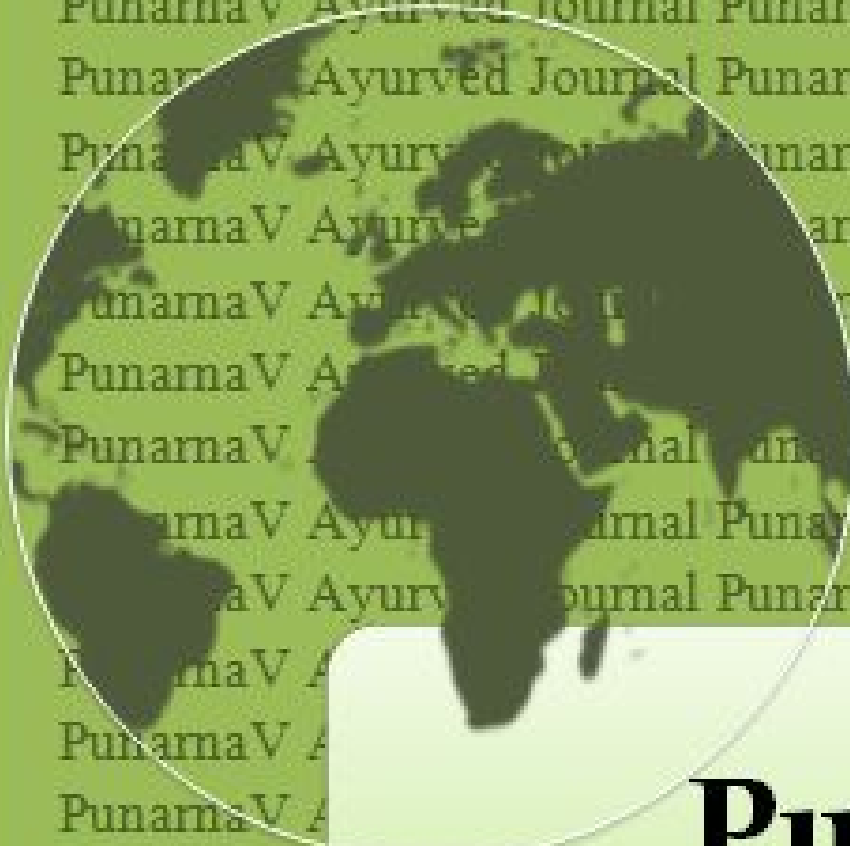


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NADI PARIKSHA: A DIAGNOSTIC TOOL

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**NADI PARIKSHA: A DIAGNOSTIC TOOL****MANISH RAI ¹ SUNIL KUMARYADAV ²****¹ M.D SCHOLAR, DEPARTMENT OF SHARIR RACHANA,****² ASSISTANT PROFESSOR DEPARTMENT OF SHARIR RACHANA
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Important diagnostic tool referred to as the Ashthvidh Pariksha is mentioned in Ayurveda. Nadi Pariksha forms an inevitable part of this Ashthvidh Pariksha. Through Nadi we can determine the prakruti-vikruti, the status of Doshas in each organ and effects on Dhatus, Manas and Sukshma sharir. Vata-Pitta-Kapha which forms the base of diagnosis and treatment in Ayurveda; their effect and their current status in the body can be determined only through Nadi Pariksha. The information about Nadi is available in the form of Shlokas in our ancient texts. The information in the Shlokas is not very clearly written and is mentioned in a very decorative language. Thus, it can be understood only with the proper guidance of a Guru. There is evidently no reference about Nadi in Brihatrayee. Sharangdharsamhita of 13th century was the first such book which establishes the authentication of Nadi Pariksha. The aim of the article is to review the literature regarding Nadivigyan and to understand diagnostic aspect of disease due to Nadi Pariksha in Ayurveda.

KEYWORDS: *Ayurveda, Ashthvidh Pariksha, Dosha, Nadi*

INTRODUCTION

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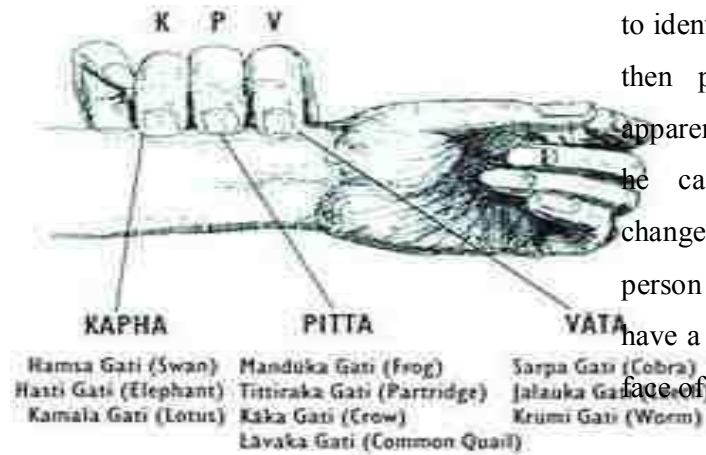
Nadi in Sanskrit has twin meaning one is the pulse and other is the nerve. The heartbeat is a physical proof of life, but other than the heartbeat, there are many points in the body from where we can easily find out about the pulse. The pulse is the gross representation of the working of all the basic *Tatvas* and the various constituencies. The most common place from where the pulse is checked is the radial centre i.e.: for males, the right hand and for females, the left-hand pulse is taken. In the ancient times, pulse diagnosis using the signals obtained from the three precise locations on the wrist at the radial artery, viz. *Vata*, *Pitta* and *Kapha*, played an important role in *Ayurveda*. The signals obtained from these locations are not only due to the contraction and relaxation of blood vessel but also a result of movement of blood through the artery and change in their diameter. These pulses are felt at specific positions on the wrist of the

patient: *Vata* on the index finger, *Pitta* on the middle finger and *Kapha* on the ring finger. The pulse should be examined in the morning on empty stomach in a calm and peaceful atmosphere. Patient and physician should sit comfortably facing each other, preferably at the same height; it is advisable to examine the pulse of the patient in sitting position.

METHOD OF EXAMINING THE PULSE

The physician should sit on the right side of the patient and hold the right hand of male or left hand of female at wrist with his right hand while supporting the arm of the patient at the elbow with his left hand. The arm of the patient should be kept fully extended. Then the physician should keep three fingers i.e. index, middle, and ring of his right hand on the radial pulse just adjacent to the styloid process situated just below the root of thumb. The position of the fingers should be such that index finger lies adjacent to the process. The fingers of physician should be half flexed so that he may gently press the pulse with the tips of the fingers. Then the physician should examine the pulse by applying gentle and equal pressure of his three fingers on the pulse. The physician should note the rate, volume, pressure and character of movement of the pulse. The pulse should be examined three times with full

concentration prior to reaching the final diagnosis.¹



NADI OF HEALTHY PERSON

The learning physician must first be able to identify the normal features of pulse and then practice on a large number of apparently healthy persons, and then only he can appreciate the pathognomonic changes in pulse. The pulse of a healthy person said to have the movement like that have a swan or elephant. Along with it the face of the patient also looks cheerful.³

NADI IN DIFFERENT STATES OF MIND

USAGE OF LEFT HAND IN FEMALE

Generally radial pulse is examined just below the styloid process on the wrist. In males the pulses of the right hand and in females the left hand is examined. It is so because the main organ responsible for findings of the pulse (*Nadi*) is *Kurma* and its position differs in males and females. It is situated around *Nabhi* (umbilicus/center) in downward position in males and in upward position in females. The pulse is to be examined on the right side of *Kurma*. So due to this difference in position, pulse is examined on the right hand of males and left hand of women. Further the right side of a male and left side of a female is considered as auspicious, favorable and good. *Yogaratanakar* text has given three reasons.

These are:-

1. *Saastraa*(science)
2. *Sampradaaya* (tradition)
3. Personal experience²

Happy person : Pulse is steady (*Sthira*)

Saturated (*Tripta*) : pulse is steady (*Sthira*)

Hungry Persons : Pulse is tremulous (*Chapala*)

During Sexual urge and anger the pulse is fast (*Vegavati*)

Pulse is weak (*Kshina*) in worry, fear, sorrow and disgust⁴

Vata Pulse: The pulse is felt below the index finger. The pulse seems to have tortuous movement like that of a snake or leach. The pulse is comparatively fast and of low volume. Its rate, volume and rhythm vary in the four quarters of a minute. The artery may feel hard⁵

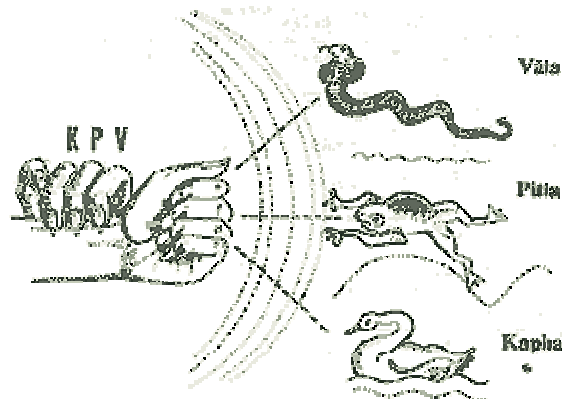
Pitta Pulse: In *Pitta* dominance, the pulse is felt below the middle finger. The pulse seems to have a jumping movement like

that of sparrow or crow or pigeon. The pulse is fast in rate and full involve. The volume and rhythm are varies in all the four quarters of a minute. The fingers on the pulse may feel slight hot.⁶

Kapha pulse: In *Kapha* dominance, the pulse is felt below the ring finger. The pulse seems to have movement like that of an elephant and pigeon. The pulse is slow in rate and full involve. The volume and rhythm are steady in all the four quarters of a minute. The fingers on the pulse may feel slight coolness.⁷

Sannipata Pulse: When all three *Dosha* are dominant, the pulse is felt below all the three fingers with a very fast rate. The pulse seems to have movement like that of quail (Lava), Francolin partridge (*Titara*) and (*Batera*)⁸

Dual Dosha Pulse: The pulse of two combined *Dosha* has the characteristic of both the involved *Dosha*. For instance the pulse of *VataPitta* may be felt below both index and middle fingers and may be of full volume but its rate, rhythm and volume may vary in the quarters of the minute. Similarly in dominance of both *Pitta* and *Kapha*, the pulse is felt below both middle finger and ring finger and so on.⁹



Pulse in Fever: In fever, the pulse becomes fast and is felt hot to touch. Pulse in Psychological conditions: In condition of anger and excitement, pulse becomes fast.

Pulse in Digestion: In the state of poor digestive power, the pulse becomes very slow and low in volume. In *Ama* it becomes heavy. In a person whose digestive power is good, the pulse is felt light and fast. In a hungry person the pulse is felt inconsistent in rate, rhythm and volume in the four quarter of a minute. In a person with satiety, the pulse is consistent.

Pulse in *Dhatu Kshaya*: In the state of diminished tissues, the pulse becomes very slow and low in volume.

PARAMETERS FOR DOSAJ NADI PARIKSHAN

Vata, *Pitta* and *Kapha* pulses to understand the *Nadi* examination one should consider the three parameters on which it is based.

1. Size or volume of the pulse.
2. Number or rapidity of the pulse
3. Rhythm or regularity of the pulse.

The size and volume denotes the condition of the blood vessel wall. Number and rhythm denotes the condition and working of the heart. The size depends upon the state of *Kapha* predominance, the rapidity upon the state of *Pitta* predominance and the regularity on the *Vata* condition. This is the basic idea of the basic influences of *Vata*, *Pitta* and *Kapha* on the vessels. But now it has to be examined in the greater details. In a nut shell we have to classify all our observation under these three *Doshas*. In order to make easier to understand this concept, the three main divisions in the *Gati* (movement) of the pulse, they gave illustration of the *Gati* or gait of various animals, birds and reptiles which are commonly seen around.

1. **The volume** of food material that are absorbed into the blood stream and that again depend upon the condition of lymphatic system. This is mainly due to influence of *KaphaDosha* which its generating seat in the area of the *Amashya* (stomach) and digestive organs

2. **The number** or rapidity indicates the condition of vascular or the circulatory system. This is because of the influence of *Pitta Dosha* or the heat mechanism as determined by the metabolism.

3. **The rhythm** of regularity indicates the general condition of the nervous system or the vasomotor control of the body as a whole and this is mainly due to the influence of *Vata* or the nervous mechanism or vital power.

BEST TIME FOR EXAMINING THE PULSE

It is clearly mentioned by all the *Acharya* and *Ayurvedic* practitioners that the pulsation of pulse varies from time to time and day to day. *Kapha* pulse is predominant in morning time, *PittaDosha* is predominant during mid-day and the *Vata* pulse can be observed in late afternoon and evening. Modern sciences have not yet been able to explain the phenomenon of variation of pulse during different times. *Ayurvedic* science explains the phenomenon related to the planetary action and the effect of moon and sun that has a major control over the changing of rhythmicity of the pulse.

PRECAUTIONS FOR PULSE EXAMINATION:

The pulse should be examined under the following conditions:-

In the morning ideally up to 10 am, but can be examined at any time in an emergency.

Examined preferably when the patient is sitting in up upright position.

The patient should be calm.

On an empty stomach, but the patient should not be hungry or thirsty. Pulse should not be examined immediately after bath, exercise, massage, sex or while the patient is sleeping.

TIME REQUIRED FOR PULSE EXAMINATION

First of all the physician should try to ascertain beneath which finger, he is feeling the pulse. Then he should count the pulse rate for one minute dividing into four quarters of 15 seconds. The rate, volume and rhythm of pulse should be carefully observed separately in all the four quarters. The condition of the wall of the artery may also be helpful in diagnosis. In addition, force, tension, fullness or emptiness, character of pulse and condition of wall of vessel should also be examined in each case. After examining the patient, the physician must wash his hands.

VARIATION OF PULSE

It should be remembered that the pulse has the tendency to change its pulsation

activities which is precipitated by following factors mentioned below:-

1. *Shudha* (hunger)
2. *Pipasa* (thirst)
3. *Nidra* (sleep)
4. *Guru Aahar*(heavy meals)
5. *Ratri Bhraman*(waking in night)
6. Comfortable lifestyle
7. Sitting and standing postures
8. *Bhraman* (walking)
9. Physical activities
10. Exposure to sun
11. Mental conditions such as sexual excitement,
12. Time like morning, mid day and evening,
13. Seasons like *Grisham Ritu* (summers) etc
14. Other environments and habits to which a human being is subjected.

This can be demonstrated in an example like *Pitta* is aggravated in case of anger, greed etc. *Vata* pulse is prominent in sorrow and fear and *Kapha* pulse is present when a person is in comforts, happy and in joyous mood.

DISCUSSION

The technique of reading the pulse is known as *Nadivigyan*. *Ayurveda* is a science of meditation and medication, *Nadi* corresponds to pulse and *Vigyan* means understanding, comprehension or specialized knowledge. The pulsation of

the blood through the body carries the vibrations produced in the cells of one's body due to the action of the mind. These vibrations and cellular information are carried to different parts of the body. These get stored in the cell's memory and

result in the symptoms like headache, hypertension, hypo or hyperthyroidism and all other similar physiological symptoms. Through *Nadi Pariksha* we read and translate this information and also identify the cause of the physiological effects and symptoms of the disease in patient. So, diagnosis through pulse helps us in understanding the resultant physiological effects generated by our actions and emotion.

Our diet, lifestyle and thoughts affect even the minute to minutes parts of our body. This effect then circulates along with blood in our vessels. At certain specific spots in our body this circulating information in the form of special waves can be read. In present times, through *Nadi* besides knowing the status of *Vata*, *Pitta*, *Kapha* and other *Ayurvedic* diagnosis several other modern allopathic diagnosis can be drawn like increase in cholesterol, increased serum uric acid, etc.

Nadi gets influenced by various affects that influence the physiology of the body, especially the three *Doshas*. i.e. *Vata*, *Pitta* and *Kapha*. The *dhamani* or the *Nadi* mentioned here simply refers to

CONCLUSION

It is been discussed earlier also that mind is very notorious and easily fitters here and there and easily changes in fraction of seconds. It is also the fact that mind can pay attention to one subject at one time.

radial artery. Its *Gati*-motion does not merely indicate the rate or the rhythm of the pulse, the size and condition of the arterial wall or the volume of blood that flows through the artery or the force with which the blood flows. The *Gati* or the motion of this *Nadi* also indicates the imbalance of the three *Dosha* si.e. *Vata*, *Pitta* and *Kapha*.

The *Nadi* investigation is chiefly performed to ascertain the imbalance of *Dosha* or *Doshas*. The extent of derangement can also be known by this methodology. The pulse is recognized to be *JivanSakshi*. The prognosis of a physician at very critical moments when death is threatening depends upon his accurate study of pulse and all the capacity of the physician should then be at his command. The knowledge of pulse investigation embraces in itself a vast science. It is partly based on the physical examination of the artery on the concentration of the mind that the physician can bring to bear at the moment of examination. It is not the counting of the pulse rate.

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finger. It has been observed that it becomes much easier to evaluate a pulse of a person with three fingers than by one. It has been now converted into a rule that *Vata* is established by the tip of the index finger of right-hand, placed on the radial artery next to the root of the thumb of the right hand of the patient and that *Pitta* pulse should be studied by the touch of the

tip of middle finger placed next to it and that the *Kapha* pulse by touch of the tip of the ring finger placed to the middle finger on the artery. One thing can be said that *Vata* vitiation is the most dangerous of all the situations. *Vata* is the king that leads the other two *Doshas* i.e. *Pitta* and *Kapha*, either for good or bad purpose.

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