

BRIEF REVIEW ON CONCEPT OF NADI PARIKSHA

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Article Received on 21/02/2022

Article Revised on 11/03/2022

Article Accepted on 01/04/2022

ABSTRACT

Ayurveda is the Science of health and diseases free life. Ayurveda is based on sound of principles of diagnosis. It is not requires clinical or costly investigation. Which are beyond reach of common and less privileged person. Ashtavidha Pariksha (eight fold of examination) in Ayurveda is one of the important examinations to find the various causes behind the diseases. Acharya Yogaratnakara described eight varieties of *rogi pariksha*, namely *nadi*, *mutra*, *mala*, *jivha*, *shabda*, *sparsha* and *drik* for the diagnosis of diseases. Among them, *nadi pariksha* is necessary to diagnose altered condition of *doshas* like diminished functions or hyper functions or mixed or normal function of *doshas*. *Nadi pariksha* throw light to entirecondition of diseases.

KEYWORDS: Ayurveda, Ashtasthana pariksha, Nadi pariksha, Pulse examination, Diagnose.

INTRODUCTION

Health is a state of equilibrium of the *Dosha*, *Agni* function of *Dhatu*, mala along with proper functioning of *Janendriya*, *Mans* and *Atma*. The presence of disease in our system indicates an imbalance in our "*Doshas*". Bringing our system back into balance is the key to the cure. *Ayurveda* had effective tools for the diagnosis of disease. There are various keys to treat the diseases like *Rog* and *Rogi Pariksha*. In *Rog Pariksha* use "*Nidan Panchak*" and in *Rogi Pariksha* use "*Dashavidh Pariksha*, *Trividh* and *Asthavidh pariksha*

Among them *ashtavidha rogi pariksha* was described by Acharya yogaratnakara.

1. *Nadi*-examination of pulse
2. *Mutra*- examination of urine
3. *Mala*- examination of stool
4. *Jivha*- examination of tongue
5. *Shabda*- examination by organ of hearing
6. *Sparsha*- palpation
7. *Drik*- direct observation or inspection
8. *Akriti*- examination of whole body.

Above all these *Nadi Pariksha* (pulse examination) is one of the most important key in *Ayurveda* to diagnose the diseases. So, this article explains how to diagnose the diseaseof patients through *Nadi Pariksha*.

Aims and Objective

1. The conceptual study of *nadi pariksha*.
2. To review its clinical significance.

MATERIAL AND METHOD

Different *Ayurveda* texts, journals, research papers, articles are referred to study the conceptual understanding of *nadi*, its clinical significance and its usefulness in manifestation and sequelae of the diseases.

Alternative word of *nadi*

Nadi, *dhamani*, *dharani*, *dhara*, *tantuki*, *snayu*, *jeevanyana*, *hansi*.

Nadi location

Vata, *pitta* and *kapha nadi* lies respectively under *tarjini* (index finger), *madhyama* (middle finger) and *anamika* (ring finger) of examining *vaidya* (physician).



- Physician should be performed pulse examination of patient in right hand by using his right hand.
- Pulse felt at the wrist region signifies the life of the patient and physician should be able to diagnose the diseases and healthy condition by observing the nature of the pulse.
- Use right hand for male patients and left hand for female patients because it is best felt in respective hands.

Procedure of nadi pariksha (pulse examination)

1. The best time for nadi pariksha is in the morning hour for one prahara.
2. Physician should be seated in comfortable position and in a healthy composed mood and rogi (patient) should have calm and cool mind also.
3. They must sit in comfortable place facing each other.
4. Vaidya must hold the rogi elbow gently with left hand and feel the pulse with his right index, middle and ring finger kept in close opposition near wrist region.
5. The nadi of the right hand will be clear in males while in female that of left hand.
6. Examine the pulse thrice by pressing and releasing technique and diagnose the diseases by using his intelligent power.
7. 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 doshik pulse.

8. 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.

Contraindications for nadi pariksha

Nadi pariksha (pulse examination) should not be examined in following conditions-

- Just after taking bath
- Just after taking food
- After internal and external anointing therapy (snehavagahana)
- During hunger
- During thirst
- During sleep or just after awakening.
- **Nadi gati of doshas**¹-The three main division made for the movement of the pulse, which resembles with the movements of various animals or birds, make the study easier and understandable.

Vataja nadi - *Jalauka sarpayogati* (leech and snake likemovement)

Pittaja nadi - *Kulinga-kaka- mandukagati* (sparrow,crow and frog like movement)

Kaphaja nadi- *Hansa-paravatagati* (swan, pigeon like movement)

Sannipataja nadi- *Lava tittira varti gamanam* (bustard quail, grey partridge and button quail like movement)

Nadigati according to Pathological condition

Sr. No.	Pathological conditions	Nadi gati (Pulse movement)
1.	<i>Jwara</i> (fever)	<i>Gambhira, ushna, vagavati</i> (rapid and hot)
2.	<i>Kama</i> (lust), <i>krodha</i> (anger)	<i>Vegavaha</i> (rapid)
3.	<i>Chinta</i> (worry) & <i>bhaya</i> (fear)	<i>Kshina</i> (weak)
4.	<i>Mandagni</i> (decreased digestion and metabolism) and <i>kshina dhatu</i> (decreased <i>dhatu</i> s)	<i>Mand</i> (slow and feeble)
5.	<i>Asrikpurna</i> (full of blood in excess in vessels)	<i>Ushna</i> (warm)
6.	<i>Ama</i>	<i>Gurvi</i> and <i>gariyasi</i> (heavy and tense)
7.	<i>Diptagni</i> (powerful digestive capacity)	<i>Laghu</i> and <i>vegavati</i> (light and fast)
8.	<i>Kshudhita</i> (hunger)	<i>Chapala</i> (unsteady)
9.	<i>Tripti</i> (thirst)	<i>Sthira</i> (stable)
10.	<i>Asadhya vyadhi</i>	<i>Kampate</i> (vibration) and <i>spandate</i> (pulsation)

Swastha nadi

Pulse of healthy individual is steady and forceful (with normal rate and rhythm character and symmetry).

Hansagamana (swan like walk) and gajagamini (elephant like walk) and who is having happiness and freshness in face is considered to be a healthy pulse.

Asadhya nadi

Displacement of nadi from its own place and moves slowly and slowly, this indicates, patient's poor prognosis and patient will die.

Feeble and cold pulsation definitely kills the patient.

When nadi firstly pulsates like pittaja gati, afterwards it becomes like vata gati then converting to kapha gati 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 and it indicates death in a day.

DISCUSSION

Nadi gati in nadi pariksha is appropriate pressure at various levels of touch to three fingers, i.e. each finger felt different pressure due to doshaprabalyata, as acharya

explains it in various upamas for identifying gati of doshas or prabalya of doshas.

Ashtavidha pariksha including Nadi pariksha has not been mentioned in brihatrayi i.e. Charaka, Sushuta and Ashtanga Samgraha, Earliest, nadi pariksha is described by Acharya Sharangdhara but did not mention ashtavidha pariksha. Acharya

Yogaratanakara gave a detailed description about ashtavidha pariksha. Among them nadi pariksha is one of the most important method for diagnosis as well as prognosis of diseases in ayurveda.

CONCLUSION

Diagnosis is the primary step before starting treatment of any disease. In our ancient Ayurveda, there are various types of diagnostic methods. Ashtasthana pariksha is an important tool to assess the roga and rogi bala. Nadi pariksha is one of the most significant methods of diagnosis in Ayurveda. On the basis of nadi pariksha one can draw a conclusion on diagnosis of particular disease and can start management consequently. In present age also, there are many successful physicians which diagnose the diseases only on nadi basis.

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