

A PAPER PRESENTATION ON *TRIDOSHA* RELATION WITH *NADI*Dr. Indu^{1*}, Dr. Swapnil Saini² and Dr. Kanchan Negi³¹MD Scholar, PG Deptt. of Rog Nidan R G G P G Ayurvedic College & Hospital Paprola Distt. Kangra (HP) 176115.²Reader, Deptt. of Rog Nidan R G G P G Ayurvedic College & Hospital Paprola Distt. Kangra (HP) 176115.³Post Graduate in Shalaky Tantra R G G P G Ayurvedic College & Hospital Paprola Distt. Kangra (HP) 176115.***Corresponding Author: Dr. Indu**

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Article Received on 24/03/2024

Article Revised on 14/04/2024

Article Accepted on 04/05/2024

ABSTRACT

Ayurveda is one of the most ancient medical science of the world. It is the *Upaveda* of *Atharva veda* the origin of *Ayurveda* comes from *vedas*. In purpose of clinical examination of an individual *Ayurveda* advocates many examinations one among is *Nadi Pariksha*. Concept of *Nadi Pariksha* found in various *Ayurvedic Samhitas* like *Nadi Pariksha* by *Ravan Samhita*, *Sharangdhara*, *Yoga Ratnakara*. The concept of *Asthavidha roga Pariksha* separately mentioned by *Acharya Yoga Ratnakar*. *Acharya* firstly described *Nadi Pariksha* among eight *Pariksha* which clearly mentioned its importance. The presence of *Nadi* at the *Angushthamula* is evidence of life. *Nadi Pariksha* is done to analyse and estimate the quantity of *Tridosha* in the body i.e *Vata*, *Pitta* and *Kapha* and these are considered as fundamental principles of body that are responsible for every physiological as well as pathological events in the body as per *Ayurveda*. The aim of study of *Nadi* with *dosha* is sensing and analysing the techniques which helps the *Ayurvedic* physician in their health care using modern and ancient parameters. Here the attempt shows the relation of *dosha* with *Nadi*.

KEYWORDS: *Ayurveda*, *Nadi Pariksha*, *Dosha*.**INTRODUCTION**

Nadi Pariksha is the ancient *Ayurvedic* technique of diagnosis through the pulse. It can accurately diagnose physical, mental and emotional imbalances as well as diseases. *Tridosha* theory viz. *Vata*, *Pitta*, *Kapha*. *Tridosha* are the fundamental constituents of the body and play a vital role in the maintenance of overall health throughout a life in conformity with law of nature. The normalcy of *Tridoshas* corresponds to physiological state and the imbalance of the *doshic* equilibrium on the other, hand represent pathological state. As per *Ayurveda* balanced *Tridoshas* represent the sound health and vitiated *doshas* lead to diseases. According to *Yoga Ratnakara* all the diseases can be diagnosed from *Nadi* and it was compared with strings of *veena* playing all the *ragas* which signifies the importance of *Nadi Pariksha*. A brief account of the current status of *Nadi Pariksha* in various systems of medicine is presented with the arterial pulse. From ancient times the pulse has been recognised as the most fundamental sign of the life. The early physicians paid great attention to the character of the pulse in health and the changes which occurred in disease. Even day to day under emergency clinical conditions the modern physician frequently records the pulse directly through an intra arterial catheter, and he wishes to gain as much information as possible from inspection of pulse contour. To the modern physician, of

course, the study of pulse has got its limited scope in studying the diseases of heart and arteries.

To the ancient physician, irrespective of civilizations of the world, the pulse has always been the subject of great learning in the field of medicine. Besides clinical study of *Vatika*, *Paittika* and *Kaphaja* pulses in terms of rate, rhythm, volume and character etc. Pulses has been studied in their graphic forms, particularly to standardize them qualitatively and quantitatively. The *Vatika* pulse possesses smallest percussion wave with its conical summit, rudimentary or no dicrotic notch, highest pulse rate and lowest pulse pressure in relation to *Paittika* and *Kaphaja* pulses. *Paittika* pulse has longest percussion wave with its sharp conical summit, marked dicrotism and highest pulse pressure. *Kaphaja* pulse records medium percussion wave with well sustained rounded summit, gradual and steady fall of dicrotic wave with small dicrotic notch.

AIM: To conceptual review study of *Nadi Pariksha*.**OBJECTIVE**

1. To study the relation of *Tridosha* with *Nadi Pariksha* mentioned in *Samhitas*.
2. To study *Nadi Pariksha* in context of prognosis.

3. To study modern and ancient concept on *Nadi Pariksha*.

MATERIALS AND METHODS

This study is carried through literature search and critical review of obtain fact. Different *Ayurveda* text, various medical research papers, databased like PubMed, Google Scholar, to understand conceptual study of *Nadi* for diagnostic and prognosis purpose.

SITE OF NADI (PULSE)



- *Vata, Pitta and Kapha Nadi* lies respectively under *Tarjini* (index finger), *Madhyama* (middle finger)

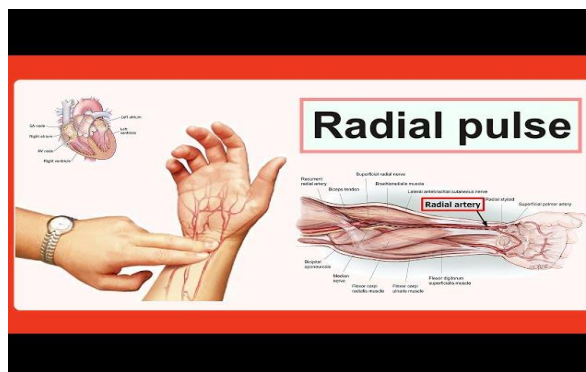
NADI

Nadi word occurs abundantly there in many other meaning in *ayurveda* texts like *Nadi Vrana*, *Nadi Sweda*, *Nadi Yantra* etc. Here *Nadi* represent the pulse and study of pulse reading is called *Nadi Pariksha*.

SYNONYUM OF NADI

Nadi, Dhamani, Dharani, Dhara, Tantuki, Snayu, Jeevangyana, Hansi.

- and *Anamika* (ring finger) of examining *Vaidya* (physician).



- As a routine radial pulse usually examine but others site may examine the pulse are Carotid artery,

- Brachial artery, Femoral artery, Popliteal artery, Dorsalis pedis and posterior tibial arteries (foot) etc.

METHOD TO EXAMINE NADI

- It is recommended physician should examine pulse of patient in right hand by using his right hand.
- Give the support to the patients right hand by left hand and ask the patient to flex the fingers a little and then examiner should palpate the radial artery with the help of index, middle, ring finger.
- By intermittently releasing and applying the pressure several times, the pulsations should be analysed in mind with reference to the pathology.
- Use the left hand for female patients and the right hand for male patients.

Variations in Pulse Rate

Pulse rate varies as per age, timings of the day and disease conditions

The pulse rate decreases as per the stages of the age. It varies as follows

New born 120-140 bpm

Infants 100-120 bpm

Childrens 80 -100 bpm

Adults 60 -80 bpm

As per timings

In the early hours of the day, due to the influence of *Kapha*, pulse is relatively slow. In the afternoon due to the influence of *Pitta*, pulse is relatively fast. In the evening due to the influence of *Vata*, pulse is relatively fast. Similar observation is found in early, middle and late hours of the day.

CONTRAINDICATION IN NADI PARIKSHA

Nadi should not be examined in following conditions

1. Immediately after taking bath
2. Immediately after meal
3. Thirsty/Hungry patient
4. Druken
5. Patient in anger
6. Tired after exercise

Tridoshas and Nadi

Three fingers placed in position over *Nadi* indicate the condition of the *Tridosha* and their movement like

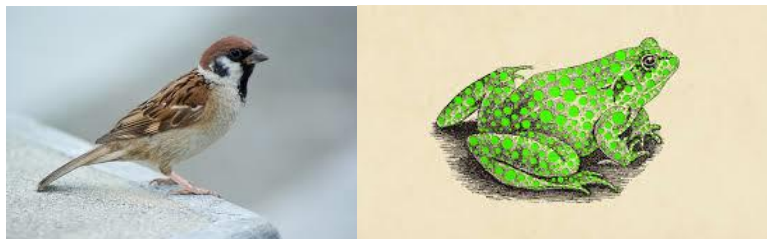
Manda, *Madhyama* and *Tikshana*. The index finger denotes *Vata*, the middle finger denotes *Pitta* and the ring finger denotes *Kapha*. *Nadi Pariksha* deals knowledge about involvement of *doshas* and prognosis of disease.

Nadi gati of doshas

Vataja Nadi resembles to the movements of *Sarpa* (snake) and the *Jalaunka* (leech) i.e it assumes the curvilinear motion like them.



Pitaja Nadi resembles to the movements of the *Kulinga* (sparrow), *Kaka* (crow) and the *Manduka* (frog) i.e the pulse becomes jumping.



Kaphaja Nadi resembles to those of the *Hansa* (swan) and the *Parawata* (pigeon) i.e the pulse moves slowly.



Dwidoshaja Nadi sometimes slow sometime fast and sometime slips from its normal position (*Sthan Vichyuta*) and not palpable.

Tridosha Nadi the movement of pulse resemble to those of the *Lava* (lark), *Varti*(quail) and the *Titter* (partridge).i.e the pulse becomes speedy.



Table 1: Stages of Nadi gati in different conditions.

Sr. No.	Types of pulse in different conditions	Characteristics of the pulse
1.	Healthy pulse	Steady and strong
2.	Good hunger and appetite	Light to touch ,tremulous and fast
3.	Satisfaction after hunger	Steady
4.	Lust and hunger	Rapid
5.	Anxiety and fear	Feeble
6.	Poor appetite and cachexia	Slow
7.	Intoxication	Heavy
8.	Full of blood	Full, heavy and tepid to touch
9.	<i>Vatika</i>	Curvilinear
10.	<i>Paittika</i>	Jumping
11.	<i>Kaphaja</i>	Slow
12.	<i>Dwandaja</i>	Alternately slow and fast
13.	<i>Sannipatika</i>	Speedy
14.	Fever	Very hot and fast
15.	Death	Slip from its normal position, slow and thread

Table 2: Doshik jwaravastha and Nadigati.

S. No.	Jwaravastha	Nadigati
1	<i>Vataja jwara</i>	<i>Vakra</i> (curvilinear), <i>Chapala</i> (unstable), cold on touch
2	<i>Pittaja jwara</i>	Rapid, straight and of long duration
3	<i>Kaphaja jwara</i>	Slow, stable, cold and sticky
4	<i>Vatapittaja jwara</i>	Some what <i>Vakra</i> , <i>Chapala</i> and <i>Kathina</i>
5	<i>Vatakaphaja jwara</i>	<i>Manda</i> (slow)
6	<i>Pittakaphaja jwara</i>	<i>Sukshma</i> , <i>Shitata</i> and <i>Sthira</i>

Table 3: Pulse indicates bad prognosis.

S.NO.	Periods indicating death	Characteristics of the pulse
1.	Death within 3 hrs.	Pulse move like fringe of shawl, coinciding with respiration, and cold.
2.	Death within 1 day	Beats very rapidly and stops suddenly, like the movement of large black bee. The pulse appears beneath the index finger like flash of lighting after intervals, causes death within a day.
3.	Death within half hr.	The pulse impinges two finger's breadth below from the root the thumb
4.	Death within 2 days	If the pulse suddenly being interrupted does not appear at all beneath the index finger, death of the patient is sure within two days.
5.	Death within 3 days	If the pulse of healthy individuals comes down from the root of the thumb when the pt. does not extend his palm, and again reappears at the root of the thumb when the hand is extended it indicates death within 3 days.
6.	Death within 4 days	If the patient is victim of severe fever just a day before and his pulse constantly appears like flame only beneath the middle finger, the patient will die within 4 days .
7.	Death within 15 days	If the pulse is quite hot and runs very fast and the body is cold and there is mouth breathing, the patient will die within 15 days.
8.	Death within 1 month	If chronically ill patient becomes extremely cachexic or fatty and if his pulse is thin and smooth like earthworm moves slowly in zigzagway and in case when the pulse is thick hard like snake and becomes imperceptible after its fast and curvilinear motion, the patient will die within one month.

Table 4: Pulse indicates good prognosis.

S.NO.	Type of pulse	Characteristics of pulse
1.	Good prognosis	If the pulse is quite thin appearing like thread but does not leave its original position i.e it beats just below the thumb, it indicates good prognosis. If the pulse beats thirty times at its normal place, the patient will survive it also indicates good prognosis.

DISCUSSION

Nadi shows each changes occurring in the body, just similar to the string of veena which produce music. Also can tell us *Doshapradhanya*, *Dosha* involved in pathogenesis, prognosis, span of life forthcoming death etc. As per *Ayurveda* balanced in *Tridosha* represent good health imbalance in *Dosha* represent pathological condition. There are many tools that are given in our texts regarding diagnosis of the disease one of these are according to *Yoga Ratnakara*. All the diseases can be diagnosed from *Nadi*. The speed, stability and *gati* of the pulse vary with the aggravated *doshas* and assessing such variations with *Nadi Pariksha* is an art and science of its own. The traditional *Ayurvedic* practitioners were adept in pulse based diagnosis and used to diagnose the diseases effectively by just placing fingers on the radial artery. In *Ayurveda Vatika*, *Paittika* and *Kaphaja Nadi* (Pulse) have not been described distinctly in terms of rate, rhythm, volume and character etc. Instead they have been described vividly in terms of movements of various birds plenty of words are there is existing in literature of *Ayurveda* which may be coined to explain satisfactorily the rate, rhythm, volume and character etc. For example, *Druta*, *Twarita*, *Tivra* and *Shighra* words singing the rapid movement of pulse i.e tachycardia and this condition always found where the vitiation of the *Vata dosha*. Similarly *Manda* indicate the slow movement of the pulse i.e bradycardia and this condition always found in predominate of *Kapha*. The word *Madhyagati* i.e the pulse rate between the two extremes of tachycardia and bradycardia has also been used which may be taken to interpret the rate of *Paittika* pulse which occupies the intermediate position in between *Vatika* and *Kaphaja* pulse.

CONCLUSION

The theory behind *Ayurvedic* pulse diagnosis is that we should all live long lives in perfect health since it is our inheritance. Diagnosis is the primary step before starting treatment of any disease. In *Ayurveda*, there are various types of diagnostic tools. *Ashtasthana Pariksha* is one of them which is mentioned by *Acharya Yoga Ratnakar* and first *Pariksha* that he mentioned is *Nadi*. The goal of *Nadi Pariksha* is to comprehend each of the following characteristics in a person aids in determining "the Original Constitution of the Person at the Time of Conception" (*Prakruti*). This serves as the foundation for determining the nature and organization of the personalized therapeutic process. Aids in comprehending "the relationship between one's current and original constitutions" (*Vikruti*).

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