



## AN AYURVEDIC DIAGNOSTIC APPROACH – NADI PARIKSHA

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**ABSTRACT**

*Nadi Pariksha* is an ancient science and art that may be used to ascertain a person's present condition of mind, body, soul, and spirit. The influence on *Dhatu*, *Manas*, and *Sukshma Sharir* is determined by evaluating the *Prakruti* (body constitution), *Vikruti*, and *Dosha* condition in each organ. It is also utilized as a predictive and diagnostic instrument. In *Ayurveda*, it is highly regarded to diagnose a condition before treating it. Examining patients is essential to diagnosing the illnesses. In *Ayurvedic* texts, *Rog Rogi Pariksha* is described in several forms, including *Trividha Pariksha*, *Saptavidha Pariksha*, *Ashtavidha Pariksha*, *Dashavidha Pariksha*, and so forth. The idea of *Nadi Pariksha* is included in *Yogaratanakar's* explanation of *Ashatavidhya Pariksha*. Under *Rog Pariksha* *Yogaratanakara* described *Nadi Pariksha* in first.

**KEYWORDS:** *nadi pariksha, rog rogi pariksha, dosha, diagnose, ashtavidha pariksha.*

**INTRODUCTION**

In *Ayurveda*, the pulse examination is an essential part of the conventional diagnostic process that entails monitoring the circulation of wrist vessels. Since several decades ago, *Nadi* has been acknowledged as the most basic life sign. A doctor can identify the pathology and physiology of the *Sharira* by using an appropriate *Nadi-Pariksha*. The *Ayurvedic* word *Nadi Pariksha* is well recognized, and traditional writings have highlighted its importance in evaluating *Tridoshas*, which serve as the foundation for prediction and diagnosis of disease. *Yoga Ratnakara* asserts that *Nadi* is the source of all ailments and compares it to *veena* strings playing all the *Ragas*, indicating the significance of *Nadi Pariksha*.

रोगक्रान्त शरीरस्य स्थानान्यष्टौ निरीक्षयेत् ।

नाडीं मूत्रं मलं जिह्वा शब्द स्पर्श दृग्गति (yogaratanakara)

*Nadi* is the most crucial of these limbs. The oldest records of *Nadi Pariksha* may be found in the following texts: *Bhela Samhita*, *Harit Samhita*, *Angivin Nadi Shastra*, *Bharadwaja Samhita*; subsequently, they are mentioned in the works of *Kanada*, *Markandeya*,

*Ravana*, *Bhudharbhata*, and others. Important data like rate, rhythm, pressure, and force are obtained by physicians practicing contemporary medicine. However, *Nadi Pariksha* is crucial to understanding etiology, diagnosing disease, and providing a realistic prognosis and forecast of the illness in *Ayurveda*. According to *Yogaratanakar*, pulse expresses prediction of ailments and signifies *Vata Pitta Kapha*, their dual and triple problem. The assessment of *Prakruti*, *Vikruti*, *Doshic* dysfunction, and even the prediction of sickness is mostly dependent on *Nadi Pariksha* in *Ashatavidh Pariksha*.

**AIMS AND OBJECTIVES**

1. A review study of *nadi pariksha*.
2. To study the role of *nadi pariksha* in diagnosis of the disease.
3. To study *nadi pariksha* in context of prognosis of the disease.

## MATERIAL AND METHODS

Different *ayurveda* text, journals, research papers, articles are referred to study the conceptual understanding of *nadi* and its clinical significance.

### Synonyms of *nadi*

Following are the synonyms of *nadi* – *Nadi*, *snayu*, *hinsra*, *hansi*, *dhamani*, *dhara*, *tantuki*, *jivitajnya*, *jivanjnyana*, *vasa*, and *sira*.

### Location of *nadi*

1. *Vata*, *pitta*, and *kapha nadi* are situated beneath the *tarjini* (index finger), *madhyama* (middle finger), and *anamika* (ring finger), respectively, while assessing a *vaidya* (physician).
2. The patient's pulse should be examined by the doctor using his right hand.
3. A patient's pulse, which is felt at the wrist, is a vital sign, and a physician should be able to identify diseases and well-being based on the pulse's features.
4. Use the left hand for female patients and the right hand for male patients since it feels better in that hand.

### Relation b/w *tridoshas* and *nadi*

The physician should palpate the patient's pulse with three fingers during *Nadi Pariksha*. Positioning the index, middle, and ring fingers one finger's distance apart from *Angushtamula*, the doctor should apply pressure to *Karangushtamula* (the forearm) three times, switching between applying and releasing pressure. The *doshaprabhya* is represented by the finger pulse pressure, where the ring denotes *Kaphavahanadi*, the middle by *Pittavahanadi*, and the index by *Vatavahanadi*.

### Procedure of *nadi pariksha*

- i. Early in the morning is the ideal time for *Nadi Pariksha*.
- ii. Both the doctor and the patient should be in a relaxed, well-rested state of mind, and the doctor should be seated comfortably.
- iii. They had to take a seat facing one another in a cozy position.
- iv. In men, the right hand's *nadi* will be visible, but in women, the left hand's *nadi* will be.
- v. Examine the pulse three times using the pressing and releasing technique, then use his intelligence to determine the illnesses.

### *Nadi gati* of *doshas*

Dosha	Finger	Nadi type	Gati type	Gati	Modern view
<i>Vata</i>	Index finger	<i>Aadi</i>	<i>Vakra</i>	<i>Jaloka</i> , <i>sarpa</i>	Irregular
<i>Pitta</i>	Middle finger	<i>Madhya</i>	<i>Chanchal</i>	Frog, crow	Rapid
<i>Kapha</i>	Ring finger	<i>Anant</i>	<i>Mandha</i>	Pigeon	slow

### *Nadi gati* in different type of diseases

With just three fingertips and the patient's pulse, a diagnosis can be made quickly using this unique kind of

- vi. *Vaidya* has to feel the pulse with his right, middle, and ring fingers held in close proximity to his wrist while holding the *rogi* elbow gently with his left hand.
- vii. Determine the characteristics of the *vata*, *pitta*, and *kapha* pulses at the index, middle, and ring fingers, respectively, and elicit their characteristics, such as faint, moderate, and quick. You can also determine the characteristics of different *doshik* pulses.
- viii. A pulse examination can reveal whether *kapha*, *pitta*, or *vata* is involved, whether two or three doshas are mixed, and whether the condition is treatable or incurable.
- ix. A normal pulse moves like an earthworm and is regular, stable, and well-felt in the expected location.
- x. The following characteristics of a *nadi* need to be examined: *Tapamana* (temperature), *Vega* (rate), *Tala* (rhythm), *Bala* (force), *Akruti* (tension & volume), *Kathinya* (consistency of vessel wall), and *Gati* (movement). When a person's deep and superficial pulses match, it indicates that they are in good health and balance.

### Contraindications in *nadi pariksha*

The following circumstances should prevent *nadi pariksha* (pulse examination) from being performed:

- When you are hungry,
- when you are thirsty,
- just after taking a bath,
- right after eating,
- right after receiving internal and external anointing therapy (*snehavagahana*),
- right before going to sleep,
- or right after waking up illnesses

### *Nadi gati* of *doshas*

The study is made easier and more understandable by the three primary divisions created for the pulse's movement, which mimic the movements of different animals or birds. *Vata*, *Pitta*, and *Kapha* circulate throughout the body, causing good or bad effects across the system based on their respective conditions. They are in their *Prakruti* normal state and in their *Vikruti* disordered state. All three *Doshas* travel through *Rasa* and *Rakta Dhatu* in the body.

noninvasive diagnostic procedure. This can reveal details regarding the precise location and type of illness.

**Nadi gati in different type of diseases**

s. no.	Different diseases	Nadi gati
1.	<i>Jwara</i>	<i>Gambhira, ushna, vegavati</i>
2.	<i>Kama, krodh</i>	<i>Vegavaha</i>
3.	<i>Chinta, bhaya</i>	<i>Kshina</i>
4.	<i>Mandagni, kshina dhatu</i>	<i>Manda</i>
5.	<i>Asrikpurna</i>	<i>Ushna</i>
6.	<i>Ama</i>	<i>Guru and gariyasi</i>
7.	<i>Diptagni</i>	<i>Laghu and vegavati</i>
8.	<i>Kshudhita</i>	<i>Chapala</i>
9.	<i>Tripti</i>	<i>Sthira</i>
10.	<i>Asadhya vyadhi</i>	<i>Kampate (vibration) and spandate (pulsation)</i>

**Arishta Lakshana of Nadi - to assess the prognosis of disease**

*Nadi pariksha* is the examination of the pulse. According to *Ayurveda*, *nadi pariksha* forms the basis of

*tridoshvijyanas*. *Nadi pariksha* also helps in determining the vitiated *doshas* of the patients.

s.no.	Pulse movement	Prognosis
1)	<i>Sthira</i> (stable) and rapid like <i>vidyuta</i> (electric force)	May die 2nd day
2)	<i>Shigra</i> (very fast), <i>shita</i> (cold), and passing <i>mala</i> (stool) repeatedly	Will die within 2 days
3)	Sometimes <i>tivra</i> (rapid) and sometimes <i>manda</i> (slow)	May die within 7 days
4)	No facial pulsation, coldness in body with <i>klama</i> (tiredness)	May die within 3 days
5)	<i>Tivra</i> (rapid) <i>nadi</i> with <i>daha</i> (burning) and <i>shita</i> (coldness in the body) with <i>shwaskashta</i> (dyspnoea)	Will die within 15 days
6)	Very rapid and sometimes slow sometimes forcefull	About to die
7)	<i>Vakragati</i> (curvilinear motion)	Imminent death
8)	<i>Tiryak, ushna, vegavati</i>	May die
9)	<i>Chanchala</i> (unstable) <i>ativega</i> (rapid)	May die in one yama kala
10)	<i>Tridoshas</i> influence the <i>nadi</i> simultaneously	<i>Asadhya / krichhasadhya</i>

**Swastha nadi**

Good health is indicated by a strong, regular, and symmetrical heartbeat.

It is said that *Hansagamana, Gajagamini*, and those with a happy, youthful appearance have a good pulse.

**Asadhya nadi gati**

- Very irregular.
- Each artery pulses incorrectly, gradually becoming weaker and thinner until it quits entirely. *Nadi's* slow and erratic movement indicates a poor prognosis for the patient.
- The patient will definitely die from weak and cold pulsation.
- When a *nadi* pulsates like *pittaja gati* at first, then like *vata gati*, then converting to *kapha gati* and moving like *chakra* (wheel), sometimes it is rapid and sometimes it is *mand* (slow), such a *nadi* should be considered *asadhya nadi*.
- The *nadi* that resembles a *damaru* (a musical instrument), which is strong at opening and ending but very slow in between, is a *mrityu suchaka nadi*, and it indicates death in a day.

**DISCUSSION**

As *Acharya* says in various upamas for distinguishing *gati* of *doshas* or *prabalya* of *doshas*, *nadi gati* in *nadi pariksha* is appropriate pressure at various degrees of

touch to three fingers, i.e., each finger felt varied pressure owing to *doshaprabalyata*. "Pulse denotes Vata Pitta Kapha's dual and triple disorder as well as the express prognosis of the disease," as *Yogaratanakar* once stated. *Nadi Prakisha* helps doctors determine the best course of treatment by providing insights into our body's *Dosh* state and prognosis. A doctor can use *Nadi Vigyana* to identify minor symptoms even at an early stage through pulse monitoring.

**CONCLUSION**

The first step in beginning any disease's treatment is diagnosis. Our old *Ayurveda* employs a variety of diagnostic techniques. An essential instrument for evaluating the *roga* and *rogi bala* is the *asthasthana pariksha*. One of the most important *Ayurvedic* diagnostic techniques is *nadi pariksha*. One can conclude that a certain ailment has been diagnosed based on *nadi pariksha* and begin treatment accordingly. Many successful doctors in the modern era still base their ailment diagnoses only on *nadi*.

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