

CONCEPT OF NADI PARIKSHA IN AYURVEDA

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ABSTRACT

Nadi pariksha is the first among the Astasthanas. In Indian traditional medicine, Ayurveda has a great history. Researchers of India have tried to corroborate ancient wisdom with modern scientific practices. It is necessary to diagnose the disease after proper examination and medicines are to be given thereafter. There are many diagnostic tools of examination. Yogaratnakara provides a clear picture of scenery of illness and healthy condition through Astasthanas. Astasthanas pariksha is an easy and quick method of examination of the patient, but the information the physician gains is definitely incomplete and so in some cases inadequate to confirm the diagnosis. 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. It is a non-invasive science that enables to reach the root cause of health issues and not just address the symptoms. Nadi or pulse is that vital flow of energy or life that courses through as a subtle channel all over the body and enables the Vaidya to feel the way the blood spurts from the heart. To a skilled practitioner, taking pulse is more than counting the beats.

KEYWORDS: Astasthanas Pariksha, Nadi, Nadi Gati, Ayurveda, Pulse diagnosis.

INTRODUCTION

Nadi pariksha is the first among the Astasthanas pariksha. The term Nadi literally means a tube or channel through which some thing moves. It has been used in Ayurvedic texts to

designate all tubular structures of the body, the dhamanis (arteries), siras (veins), srotas (cell pores). This has given room to controversy as to which particular structure the term nadi will be appropriate. In the context of Asta sthana pariksha it is for the dhamanis alone that this term is used and not for any other structure. Hence nadi pariksha is actually the pariksha of the dhamani (arterial pulse) in various parts of the body. This method of examination is not found in the texts of Charaka, Susruta and Vagbhata. Sarangadhara and all authors later to him have described it in some detail. Astasthan Rogi Pariksha (Eight fold examination of patient) - Nadi, Mutra, Mala, Jihva, Shabda, Sparsa, Drik and Akriti for the diagnosis of diseases.

Paryayas of Nadi

Snayu, Nadi, Hansi, Dharani, Dhara, Dhamani, Tantuki, Jeevan Gyan.^[1]

Examination of Pulse

Examination of the Nadi is necessary to diagnose condition of dosas like diminished functions or hyper functions or mixed or normal functions of dosas. Nadi pariksha enlighten entire condition of diseases.^[2]

Sites of nadi pariksha

Physician has to examine the pulse of the patient in right hand by using his right hand.^[3] Pulse felt at the wrist region signifies the like of the patient and physician should be able to diagnose the diseases and healthy condition by observing the nature of the pulse.^[4] Pulse is examined in right hand of male and in left hand of female patient's.^[5]

Nadi Location

HASTA NADI- Situated at a distance of two angulis at the manibandha (wrist)

PADA NADI- Located at about two angulis below the ankle joint.

KANTHA NADI- Located at about two angulis from the root of the neck

NASA NADI- Located at about two angulis from the root of the nose

KARNA NADI- Located at about two angulis in front of the ears.

AKSHI NADI- Located at about two angulis inside the upper eyelids.

JIHVA NADI- Located at about two angulis inside the mouth under the tongue.

MEDRA NADI- Located at about two angulis under the penis.^[6]

Process of Examination of Pulse

Physician should be seated in comfortable position and in a healthy composed mood, Then the pulse of the patient should be examined in morning hour (Pratham prahar) vaidya must hold the patient's elbow gently with left hand and feel the pulse with right index, middle and ring fingers in close position near wrist region.^[7] Physician examines the pulse thrice by pressing and releasing technique and diagnose the diseases. The Vata, Pitta and Kapha pulsations are felt at the index, middle and ring fingers respectively and its characters like feeble, moderate and fast are elicited. Along with the character of various dosic pulse is also elicited.^[8]

The Various Factors to Be Noted During Nadi Pariksha

1. SPANDANA SANKHYA (PULSE RATE)
2. GATI (CHARACTER)
3. GUNAS (QUALITIES)

1. Spandana sankhya or pulse rate is described in terms of number per pala of time (2.5 pala equals one minute) as follow-

S.No.	Age	Nadi Gati Per Pala	Nadi Gati Per Minute
1	New born child	56	140
2	Up to one year	52	130
3	1-2 Years	44	110
4	2-3 Years	40	100
5	3-7 Years	36	90
6	7-14 Years	34	85
7	14-30 Years	32	80
8	30-50 Years	33	75
9	50-100 Years	24	60

Two beats are said to be more in women than in men.

3. Gunas or Qualities of Pulse- Like Usna (warm), Sita (cold), Mridu(soft), Kathina (hard), Tanu(thin), Sthula(thick), Purna (full volume), Rikta (empty collapse), Vritta(spiral movement) etc. The qualities of pulse like Usna should be carefully examined.^[9]

Nadi Gati According to Different Dosha Prakopaka Condition

S.No.	Dosha	Nadi Sthana	Anguli Tala	Swaroop	Gati	Modern
1	Vata	Aadi	Tarjani	Vakra	Jalouka & Sarpa	Irregular
2	Pitta	Madhya	Madhyama	Chanchal	Kaka & Manduka	Rapid
3	Kapha	Anta	Anamika	Manda	Hamsa & Paravata	Slow
4	Vata-Pitta	Aadi-Madhya	Tarjani-Madhyama	Vakra-chanchal	Jalouka & Kulinga	Irregular & Rapid
5	Vata-Kapha	Aadi-Anta	Tarjani-Anamika	Vakra-Manda	Sarpa & Hamsa	High Tension & Slow
6	Pitta-Kapha	Madhya-Anta	Madhyama-Anamika	chanchal	Manduka & Mayura	High Tension & slow
7	Tridosha	All Nadi Areas	Angulitraya tala	Tivra & Manda	Tittira & Lava	Irregular, High. Tension & Slow

Physiological State of Pulse

Pulse of healthy individual is steady and forceful with normal rate, rhythm, character and symmetry.^[10] Waveform of the Nadi resembles that of swan or elephant with freshness in face signifies the healthy pulse.

Pulse in Various Pathological States

Wave form of the Nadi in various doshic excacerbations.

VATA PRAKOPA NADI- Wave form of the vata prakopa resembles the movement like that of jalauka (leech) or sarpa (snake).

PITTA PRAKOPA NADI- Condition of waveform in agitated pitta resembles movement of kulinga (sparrow), kaka (crow) and manduka(frog).

KAPHA PRAKOPA NADI-Waveform of kapha prakopa nadi resembles movements of hamsa (swan) or paravata(pigeon).

SANNIPATIKA DOSHA PRAKOPA NADI- Waveform of sannipatika prakopa nadi resembles the movements like lava (bustard quail), tittira (grey partridge) and varti (button quail)

DVANDVA DOSHA PRAKOPA NADI - Wave form of dvandva dosha prakopa nadi becomes sometimes slow and sometimes fast.^[11]

Nadi Gati in different pathological condition

S. No.	Pathological Conditions	Nadi Gati (Pulse movements)
1.	Jwara	Gambheera, Ushna and Vegavati
2.	Kama Krodha	Vegavati (rapid)
3.	Chinta and Bhaya	Kshina (weak)
4.	Mandagni	Manda (slow)
5.	Rakta Dosha	Ushna, Gurvi(heavy) and Sama
6.	Ama	Gambheera
7.	Deeptagni	Laghu and Vegavana
8.	Kshudhita	Chanchala (unstable)
9.	Tripta	Sthira (stable)
10.	Asadhya Vyadhi	Kampana (vibration) and Spandana (Pulsation)

Nadi Gati In different Jwaravastha

1	Vata Jwara	Vakra, Chapala (unstable), cold on touch
2	Pitta Jwara	Rapid, straight and of long duration
3	Kapha Jwara	Slow, stable, cold and sticky
4	Vata Pitta Jwara	Somewhat Vakra, Chapala and Kathin
5	Kapha Vataja	Manda(slow)
6	Pitta Kapha	Sukshma, sheetal and sthira

Arishta Lakshana of nadi for prognosis of disease

S.No.	Pulse movement with Physical condition	Prognosis
1	Sthira (Stable) and Rapid like Vidhyut (electrical force)	May die 2 nd day
2	Shighra (very rapid)I sheeta and passing mala repeatedly	Will die within 2 days
3	Sometimes tivra and sometimes slow with body sweating	May die within 7 days
4	Tivra Nadi with burning and coldness in the body with dyspnoea	Will die within 15 days
5	No facial pulsation, coldness in the body with klam	May die within 3 days
6	Very rapid and sometimes thin,sometimes forceful yet cold	About to die
7	Vidyuta unmita (curvilinear motion)	Imminent death
8	Tiryak, Ushna, Vegvati (moves like snake) along with Kapha filled throat	May die
9	Chanchalita (unstable), ativega, Nashik adharsamyuta (felt like cloth wave on the strength of respiration)	May die in one yama kala
10	Tridoshas influence the nadi simultaneously	Krichhasadhya or Asadhya

Pulse Indicating Poor Prognosis

Displacements of Nadi from its own place and moves slowly and slowly this indicates patients of poor prognosis and patient will die. Feeble and cold pulsations definitely kill the

patient.^[12] Pulse which has increased tremors with palpitations should be rejected for treatment. Normal pulse becomes fast suddenly signifies death of a person within fortnight.^[13]

Contraindication for Nadi Pariksha

Pulse should not be examined in following conditions-

Just after taking bath

Just after taking food

After internal and external oleation therapy

During hunger

During thirst

During sleep or just after awakening.^[14]

Importance of Nadi Pariksha

It was an efficient tool for diagnosis and prognosis of disease as there was no modern techniques for diagnosis of disease at that time. It can be done without any equipment and can be done in any season. The physician examines the patients pulse and correlate with the signs and symptoms himself. By this method of Nadi pariksha the physician can get knowledge about the condition of doshas and dushyas, Sama-nirama condition of doshas so that he can plan the treatment. So in this era also it can also be used as a tool for diagnosis and prognosis of diseases by correlating with the datas of modern investigations.

CONCLUSION

Ayurvedic diagnostic technique of Nadi pariksha has a important role in clinical diagnosis of diseases. Nadi pariksha is studied in modern basis as vascular physiology. The Nadi pariksha is one of diagnostic methods in Asthasthana pariksha. It helps in assessing the health status of the subject in terms of tridosha. The accuracy and exactness of diagnosis and representation of Nadi pariksha is dependent upon the subjective judgment. Hence, the outcome varies from physician to physician due to different skills in diagnostic tool. so, there is a need to develop a scientific method to standardize the procedure of Nadi pariksha diagnostic method.

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