

**TRADITIONAL METHOD OF NADI PARIKSHA WITH ITS SIGNIFICANCE****Dr. S. K. Pathak<sup>1</sup> and Dr. Jitender Kumar Rana\*<sup>2</sup>**

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**ABSTRACT**

Nadi Pariksha is one of the prevalent and popular method coming from the origin of Ayurveda. In Ashtavidha Roga Pariksha Acharyas have clearly mentioned to first examine the Nadi of the individual which indicates its importance. Really it is a scientific and clinical method of Ayurveda which has been described in Ayurvedic literature. It also indicates the imbalance as well as the balanced condition of the Doshas which is one of the major cause of the disease. Nadi pariksha in these days is still existence but few people know its method of diagnosis. Ayurveda is the ancient science of life where everything mentioned in brief (Sutra Roopa).it is the moral duty of the physician to learn this method and implement in day today practice life. In the present form this method has been collected after the consultation of the various Ayurvedic veteran Acharyas and on the basis of that the detailed description has been described.

**KEYWORD:** Nadi Pariksha, Ayurveda, Acharya, Roga, Vata, Pita, Kapha.

**INTRODUCTION**

The pulse diagnosis in Ayurveda is prevalent since thousand of thousands year ago. In ancient time it was the unique method of diagnosis which was used by Ayurvedic Acharya, although there is no detail description in Brahtraya about Nadi pariksha. Acharya Sharangdhara was the first scholar who has described Nadi pariksha in detail. In Ayurveda

system of medicine there is detail description about its diagnostic method through Asthavidha Roga Pariksha.<sup>[1]</sup>

### **Eight fold of examination**

1. Nadi (Pulse Examination).
2. Mutra (Urine Examination).
3. Mala (Stool Examination).
4. Jivha (Tongue Examination).
5. Shabda (Voice Examination).
6. Sparsha (Skin Examination).
7. Drika (Eye Examination).
8. Akriti (general appearance of examination).

In which Acharyas has clearly indicated to first of all examine the Nadi. One of the example in the context is prevalent when Lakshman was injured by shakti bana lord hanuman called Sushena Vaidya for proper investigation and treatment. He examined the pulse of the Lakshman and prescribed the Sanjivani booti for proper treatment as a medicine. Lakshman was cured. There are so many example mentioned in the Ayurvedic literature about Nadi pariksha which was more prevalent in ancient system of medicine.

### **Synonyms of Nadi**

According to Ayurveda Snayu, Hinstra, Dhamni, Dharani, Dhara, Tantuki, Jivangyana is the paryaye of Nadi.<sup>[2]</sup>

### **Review on Topic**

In Charaka Samhita, Sushruta Samhita, Asthanga Haridya there is no description about pulse diagnosis in Ayurveda.

Pulse situated at the wrist signifies the presence of life the physician should examined the normal and abnormal health by its activities.<sup>[3]</sup>

Identification of normal Nadi-normal Nadi means which is easily palpable, clear in sound situated in its own situation speed neither slow nor fast with identification of normal Nadi (pulse). Precaution during Nadi pariksha-physician should be free from mental tension and anxiety should be purely devoted toward the patient.

Pulse which has moved away from its normal place which stops and starts again which is very thin feeble and cold signifies death.<sup>[4]</sup>

### Identification of Normal Nadi Related With Tridosha

Vata Nadi -Vata Nadi feels firm and fast movement that may be compare to movement of Sarpa (snake) and Jaluka (leech).<sup>[5]</sup> Pita Nadi -Pita Nadi feels jumping movement that may be compare to movement of Manduka (frog), Crow (kaka) and Kalinga (sparrow).<sup>[6]</sup> Kapha Nadi -Kapha Nadi feels slow movement that may be compare to movement of Hansa (swan).<sup>[7]</sup> Dwidoshas Nadi - Dwidoshage Nadi feel sometimes slow and sometimes quick.<sup>[8]</sup> Sannipataja Nadi- in Sannipataja Nadi feel like the movement of lava (bustard quail), Tittra (grey partridge and Vartaka (button quail).<sup>[9]</sup>

### Exact Location of Pulse Diagnosis In Ayurveda<sup>[10]</sup>

The physician should place his three fingers just below the radial crest to find out the predominance of the Doshas in the body. The first (index) finger nearer to the radial crust and indicates through the predominance in the Vata Dosha in the body. Middle finger placed between the first and third finger indicates the predominance of pita Dosha in the body. Third (ring) finger placed just after the middle finger it indicates the predominance of the Kapha Dosha in the body as we know that the three Vata, Pita and Kapha presents in the entire living organism ad its normal and abnormal activities is One of the major cause of the disease.

### Method of Nadi Pariksha (Pulse Diagnosis) In Ayurveda

Pulse diagnosis is made through two methods and two levels of pressures of fingers.

1. Simple method or simple pressure.

2. Medium method or medium pressure.

1. Simple method or simple pressure- the physician should place his three fingers just below the radial crust to find out the predominance of the Dosha in body. This pressure denotes the activities of Vata, Pita and Kapha when the finger is applied on the wrist.

Pulsation in first finger denotes the Vata Dosha in body.

Pulsation of middle finger denotes the pita Dosha in body.

Pulsation of third finger denotes the Kapha Doshas in body.

2. Medium method or medium pressure-by this method a small pressure is adopted just below the radial crust to find out the predominance of Doshas in the body in detail. This method is very important for clinical as well as diagnosis point of view. For this each finger should be divided in to three parts by an imaginary plane.

For example

First finger represents the stimulation of the Vata Doshas in the body so stimulation in this finger denotes the activities of Vata Dosha in the body now this finger should be divided in to three parts by imaginary plane.

- Pulsation outside the area of first imaginary plane indicates the predominance of Prana Vata in the body. When vitiation of Prana Vata in the body which may produces obstruction in normal function of Prana Vata.
- Pulsation first imaginary plane and second imaginary plane indicates the predominance of Apana Vata in the body. When vitiation Of Apana Vata in the body which may produces obstruction in normal function of Apana Vata.
- Pulsation second imaginary plane and third imaginary plane indicates the predominance of Samana Vata in the body. When vitiation Of Samana Vata in the body which may produces obstruction in normal function of Samana Vata.
- Pulsation in the area of the third imaginary plane indicates the predominance of Udana Vata in the body. When vitiation of Udana Vata in the body which may produces obstruction in normal function of Udana Vata.
- Pulsation in the whole finger indicates the predominance of Vyana Vata in the body. When vitiation of Vyana Vata in the body which may produces obstruction in normal function of Vyana Vata.

Second finger represents the stimulation of the pita Doshas in the body so stimulation in this finger denotes the activities of pita Dosha in the body now this finger should be divided in to three parts by imaginary plane.

- Pulsation outside the area of first imaginary plane indicates the predominance of Ranjaka pita in the body. When vitiation of Ranjaka pita in the body which may produces obstruction in normal function of Ranjaka pita.

- Pulsation first imaginary plane and second imaginary plane indicates the predominance of Alochaka Pita in the body. When vitiation of Alochaka pita in the body which may produces obstruction in normal function of Alochaka Pita.
- Pulsation second imaginary plane and third imaginary plane indicates the predominance of Bhrajaka Pita in the body. When vitiation of Bhrajaka pita in the body which may produces obstruction in normal function of Bhrajaka Pita.
- Pulsation in the area of the third imaginary plane indicates the predominance of Pachaka Pita in the body. When vitiation of Pachaka pita in the body which may produces obstruction in normal function of Pachaka Pita.
- Pulsation in the whole finger indicates the predominance of Sadhaka Pita in the body. When vitiation of Sadhaka pita in the body which may produces obstruction in normal function of Sadhaka Pita.

Third finger represents the stimulation of the Kapha Doshas in the body so stimulation in this finger denotes the activities of Kapha Dosha in the body now this finger should be divided in to three parts by imaginary plane.

- Pulsation outside the area of first imaginary plane indicates the predominance of Tarpaka Kapha in the body. When the vitiation of Tarpaka Kapha in the body which may produces obstruction in normal function of Tarpaka Kapha.
- Pulsation first imaginary plane and second imaginary plane indicates the predominance of Avalambaka Kapha in the body. When vitiation of Avalambaka Kapha in the body which may produces obstruction in normal function of Avalambaka Kapha.
- Pulsation second imaginary plane and third imaginary plane indicates the predominance of Bhodhaka Kapha in the body. When vitiation of Bhodhaka Kapha in the body which may produces obstruction in normal function of Bhodhaka Kapha.
- Pulsation in the area of the third imaginary plane indicates the predominance of Kledaka Kapha in the body. When vitiation of Kledaka Kapha in the body which may produces obstruction in normal function of Kledaka Kapha.
- Pulsation in the whole finger indicates the predominance of Sleshmaka Kapha in the body. When vitiation of Sleshmaka Kapha in the body which may produces obstruction in normal function of Sleshmaka Kapha.

## DISCUSSION

Modern sciences also accept the knowledge of pulse which is known as Nadi in Ayurveda. According to the modern science the pulse is sign of life, pulse is rhythmic sound of contraction and dilation of heart acc to modern science pulse is a vital sign of the body. Normal speed of pulse is 72/min approximately. Increase and decrease rate is pulse major cause of disease. According to Ayurveda it is the pulse situated at the wrist which signifies the presence of life. The pulse denotes the cellular activities of the body.

## CONCLUSION

On the basis of the above mentioned facts now it is clear that Nadi pariksha which has been described in Ayurveda is very popular and significant method of diagnosis from ancient times. It is the moral duty of the every Ayurvedic physician to find out the facts of Ayurvedic Acharyas which has been described thousand years ago. It will be easier for the physician to diagnose the diseased condition of the patient and to provide the required treatment according Ayurvedic science.

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