

AN ANCIENT AYURVEDIC METHOD OF *NADI PARIKSHA*Dr. Jamuna Uranw<sup>\*1</sup>, Dr. Gitanjali Sasmal<sup>2</sup> and Dr. Vinay Bhardwaj<sup>3</sup>M.D. Scholar<sup>1</sup>, Reader and H.O.D.<sup>2</sup>, Lecturer<sup>3</sup>

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**ABSTRACT**

*Ayurveda* views the body as a collection of channels from the great channel that is the gastrointestinal tract to the subtle channels of the nervous system. The subtle body contains seventy two thousand *Nadis*. The most important fourteen of this rule over all mind-body functions. Of them, three determine the primary energy flow and one holds the key to spiritual development. The significance of *Nadi Pariksha* is well understood and effectively used by *Ayurveda* practioners for assessing *Tridosha* and various physiological and psychological states of the patients. The traditional texts *Sarangadhara Samhita*, *Yoga Ratnakara*, *Basavarajeeyam* and *Bhavaprakasha* have discussed the details of

*Nadi Pariksha* in succinct set of *slokas*. *Ayurveda* has thousands of years of rich experience in *Nadi Pariksha* with strong literature supports but is subjective in nature and the need for studying *Nadi* with a scientific approach is well understand.

**KEYWORDS:** *Nadi*, *Nadi Gati*, *Dosha* and *Nadi*, Methods of using *Nadi Pariksha*.

**INTRODUCTION**

*Ayurveda* is the science of health and diseases free life. It is the knowledge that is abundantly supplied with guidelines which, if followed scrupulously and regularly, would spare the agony of diseases. *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.

*Asthavidha Pariksha* (eight fold examination) in *Ayurveda* is one of the important examinations to find the various causes behind the diseases. In *Ashtavidha Pariksha* there are eight factors which are taken into consideration during the examination and tests carried out with the patients. Also, *Nadi Pariksha* is one of the most important examination part for

diagnosis the diseases of patients. *Ashtavidha Pariksha*: *Nadi* (Pulse), *Mootra* (Urine), *Malam*(fecal matter), *Jihwa* (Tongue), *Shabdham* (Voice of patients), *Sparsham* (Touch), *Druk* (Eyes and Vision), *Akriti* (General body build). *Nadi Pariksha* plays very important role in diagnosis of the disease in our system indicates an imbalance in our *Doshasa* bringing our system back into balance is the key to the cure and with the help of *Nadi Pariksha*.

In ancient times, pulse diagnosis using the diagnosis using the signals obtained from the three precise locations on the wrist at the radial artery, viz. *Vata*, *Pitta* and *Kapha* played an important role in traditional Medicine and *Ayurveda*. The signals obtained from these location are not only due to the contraction and relaxation of blood vessels but also a result of movement through the artery and a change in their diameter. The science of *Ayurveda* is based on these three pulse signals, namely *Vata*, *Pitta* and *Kapha* pulses have a shape similar to that of the movement of the cobra, frog and swan respectively. These pulses are felt at specific position on the wrist of the patient. *Vata* on the index finger, *Pitta* on the middle finger and *Kapha* on the ring finger. The *Nadi Vidwans* feels them by placing their hand in a specific orientation on the patients wrist. *Nadi Pariksha* also helps to out vitiated *doshas* in patients. Etiology of diseases are formed due to vitiated *doshas*, this vitiation is formed in blood. This impure blood is purified by *hrudya* (heat).

### WHAT IS NADI?

*Nadi* is a channel existing within the body in the form of blood vessels. The term *Nadi Pariksha* denotes examination of pulse (*Nadi*). According to *Ayurveda*, *Nadi Pariksha* is base of *Tridoshvijyana*. *Nadi Pariksha* also helps to find out vitiated *doshas* in patients. Etiology of diseases are formed due to vitiated *doshas* pulsation varies in every person from healthy to *Aturpariksha* (diseased person).

### RELATION BETWEEN DOSHA'S AND NADI

<i>Dosha</i>	<i>Nature of pulse/movement</i>	<i>Examples</i>
<i>Vata</i>	<i>Vakra Gati</i>	<i>Jalauka, Sarpa</i>
• <i>Pitta</i>	<i>Chanchal</i>	<i>Manduka, Kak</i>
• <i>Kapha</i>	<i>Manda</i>	<i>Hansa, Paravat</i>
• <i>Pitta-kapha</i>	<i>Vakra, Chanchal</i>	<i>Sarpa, Manduka</i>
• <i>Vata-kapha</i>	<i>Vakra, Manda</i>	<i>Sarpa, Hansa</i>
• <i>Pitta-kapha</i>	<i>Chanchal, Manda</i>	<i>Manduka, Mayur</i>
• <i>Tridosha</i>	<i>Vakra, Tivra, Manda</i>	<i>Lava, Tittar</i>

### *Nadi Gati*

It is appropriate pressure at various levels of touch to three fingers i.e., each finger felt different pressure due to *dosha prabalyata*, as *Acharya* explains it in various *Utahans* for identifying *gati* of *doshas* or *prabalya* of *doshas*:

- *Sarpagati- Vata Dosha: Vataprabal dosha* having characteristic nature of *chanchalta*, or *vakragatinadi*, so it represents by *sarpagati* (serpentine movement) or *jalokagati* (leach movement).
- *Mandukgati-Pitta Dosha: Pitta prabaldosha* having characteristics nature of *Udreka* and chapel or jumping nature, so it represents by *Mandukagati* (frog) or *Kakgati* (crow), i.e. frog like jumping movement of pulse felt to finger.
- *Hansagati- Kapha Dosha: Kaphprabal dosha* having characteristics nature of *sthira*, i.e., *Hansagati*, or *Paravatgati*, i.e. *Hansa* (regular) walking like movement of pulse felt to finger.

### METHODS OF EXAMINING THE PULSE

The hands of the patient should be free and slightly flexed at the forearm, so that the left hand of the physician, the 3 fingers of the right hand, namely the index finger, the middle finger and the ring finger of the physician gently touches the skin over the radial artery. The index finger is comfortably placed nearest the thumb and the other two fingers are placed next to it (the thumb should not be extended too far nor too much fixed).

**Usage of three fingers in examining the pulse:** It has been observed that it becomes much easier to evaluate a pulse of a person with three fingers than by one. It has been now converted into a rule that *Vata* is established by the tip of the index finger of right-hand, placed on the radial artery next to the root of the thumb of the right hand of the patient, *Pitta* pulse studied by the touch of the tip of middle finger placed next to the middle finger on the artery.

### CONCLUSION

*Ayurveda* is a science of life in which so many scientific techniques are mentioned to examine the patient; among them *Nadi Pariksha* has its own importance and highness because of its multidimensional role in examining the patient and diagnosing the disease in various aspects. *Nadi Pariksha* has been said as one of the *Ashtasthan Pariksha*. This system of examination cannot be prenticed easily because of non-availability of detail description

about *Nadi Pariksha* in Ayurvedic literature and lack of practice in the field of science. *Nadi Pariksha* is an easy tool to arrive at the faster diagnosis like pulse examination in other systems of medicine. Fortunately some of the ancient *Ayurvedic* literature is still available to us.

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