

## Clinical Importance of Nadi Pariksha in Various Diseases



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### Abstract:

The age-old Ayurvedic method of diagnosing through the pulse is called Nadi Pariksha. In addition to diseases, it can properly evaluate emotional, mental, and physical disorders. By using this non-invasive technique, health problems can be addressed at their core rather than just their symptoms. According to Ayurveda, a traditional and time-tested natural treatment method, any illness in our body will be a sign of an imbalance in our "doshas." Restoring equilibrium to the body system and balancing the doshas are the keys to healing and maintaining good health. The relationship between nadi pariksha (pulse examination) and ashtasthana pariksha in therapeutics, with a focus on its relevance in medical practice, is attempted to be studied in the current work. We will talk about it in this paper. Nadi Pariksha's clinical significance in a number of illnesses.

**Keywords:** Nadi Pariksha, Ayurvedic, Diagnostic Tool, Vata, Kapha, Disease, Pulse, Tarjini, Tridoshas

### Introduction:

One of the age-old diagnostic techniques that falls under Ashtavidha pareeksha and has been practiced for years is Nadi pareeksha. In Ayurveda, Pareeksha and Darshana Sparshana are the primary diagnostic techniques. One of the tools for the Rogi Rog Pareekshan is Nadi Pareeksha.

Since Nadi denotes both "pulse" and "Pareekshan examination," Nadi Pareekshan is interpreted as "pulse examination," which is a useful tool in clinical and emergency situations. In the realm of medical science, it has a distinct identity of its own. Since meditation increases sensitivity and sharpens memory, it is known as nadi pareeksha. The doctor can remain composed and focused thanks to it. The vibrations caused by the blood that circulates throughout the body can be used to understand Nadi Pareeksha. The first person to write about Nadi Pareeksha was Acharya Sharangdhara. Methods for diagnosing prakruti in prakruta or vikruta forms were introduced by Acharya. Yogratnakar too holds a unique position in the field. He describes the different pulse rhythms and speeds that are helpful for diagnosing and predicting outcomes. [1]

### NADI – ACCORDING TO MODERN SCIENCE PULSE

The pulse is a traveling pressure wave produced by the elastic arteries' alternating expansion and recoil following each left ventricular systole. The radial, brachial, carotid, femoral, popliteal, posterior tibial, and dorsalis pedis pulses are the locations where pulses can be palpated. A pulse's pace, rhythm, volume, symmetry, and artery wall condition are all examined. One complete minute should be spent counting the pulse. Normally, the heart rate and

pulse rate are equal. 60 to 80 beats per minute. Bradycardia is characterized by a resting heart rate that is less than 60 beats per minute. Regular rhythm is the norm. It may be erratic in pathological conditions. Volume, size, amplitude, or expansion refers to the extent of an artery's expansion between its diastolic, or empty, and systolic, or filled, states. Under typical circumstances, the left and right radial pulses will be identical, demonstrating bilateral symmetry. Inequalities of pulse are seen in certain disorders.

Ayurveda's most traditional and potent diagnostic method is nadi pariksha, or pulse examination, which aids in both modern medical diagnosis and illness diagnosis.

Numerous ancient Ayurvedic samhitas, including the Ravan Samhita, Yogratnakar, Bhavprakash, and Sharangdhar, contain Nadi Pariksha.

A key component of Ayurvedic diagnosis, Nadi Pariksha, is determining the patient's physiological condition by measuring their pulse. The specifics of Nadi Pariksha have been covered in a concise collection of Shlokas in the classical works Sharangdhar Samhita, Yoga Ratnakara, Basavarajeevam, and Bhavprakash. According to Ayurveda, vitiated doshas cause ailments, while balanced doshas signify good health. Yoga Ratnakara claims that all illnesses may be identified through Nadi, and the significance of Nadi Pariksha is symbolized by the comparison of strings of Veena playing all the Ragas. The writings go into great depth about dosha predominance, which is perceived from particular places on the radial artery. Therefore, the index finger is used to feel Vata Dosha, the middle finger is used to feel Pitta Dosha, and the

ring finger is used to feel Kapha Dosha. Vata Dosha is sensed at the base of the thumb. [2]

### Clinical Importance of Nadi Pariksha:

#### • Disease Diagnosis:

By pinpointing the particular Dosha or Doshas that are exacerbated or unbalanced, Nadi Pariksha is a useful technique for diagnosing a variety of illnesses.

#### • Prognosis:

Additionally, it can be used to predict possible outcomes and evaluate the severity and course of a condition.

#### • Early Detection:

By identifying bodily imbalances before they become obvious symptoms, Nadi Pariksha enables prompt intervention and preventative actions.

#### • Personalized Treatment:

By determining each person's distinct Dosha constitution, Nadi Pariksha assists in creating treatment regimens that target the underlying causes of illnesses and advance general health.

#### • Non-Invasive and Cost-Effective:

Because Nadi Pariksha is a non-invasive and affordable diagnostic technique, a larger community can use it. [3]

### Nadigati (propagation of pulse) in relation to Dosa:

- Vata: When Vatadosa preponderance is present, a serpentine or leech-like propagation is palpable in a zigzag pattern.
- Pitta: When Pitta dosha predominance is present, a frog-like or crow-like proliferation is palpable in a hopping manner.
- Kapha: In Kapha dosha predominance, swans, cocks, peacocks, and pigeons are palpable in regular, steady steps.
- Pulse of Dwandvaja and Sannipataja:
- The Vata-Pitta predominate pulse (Muhur Sarpa gati and Muhur Beka gati) spreads like a snake for a while before changing to a frog-like one.
- The Vata-Kapha dominated pulse (Sarpahamsa gati) spreads like a snake for a while before changing to a swan-like one.
- The Pitta-Kapha dominating pulse (Harihamsa gati) propagates like a monkey for a while before changing to one resembling a swan.
- Sannipata pulses propagate very quickly, pause, and then propagate quickly again. [4]

### IMPORTANCE OF NADI PARIKSHA

In addition to being used for disease diagnosis, nadi pariksha also evokes Sadyaasadyata and Arishta lakshana. Nadi can be palpated to do this. Sadhya Vyadhi is indicated by a distinct pulse, at least 30 pulses per minute, and pulsation at its typical location. Nadi exhibits the same lakshana (predominate, vitiated Dosha) during Dosha

prakopa. Suka Sadhya Vyadhi exhibits this type of Nadi. The pulse is felt at different locations if the Nadi are moved from their typical location. The Nadi can occasionally have Tivragati, Manda, a skipping pulse, a minute's pulse, or a clear Nadi. When Nadi is connected to Tanu, Kampa, and Spadana, it signifies the Asadhya Vyadhi. The individual who experiences inside burning but experiences coldness in their extremities (Sheeta Sparsha). The person is about to pass away if their temperature and pulse (Ushna and Sheetanadi) are constantly fluctuating, erratic, or skip pulses, which are alternative Lakshanas. In addition, the doctor should look at their appearance and clinical characteristics and compare them to the Nadi lakshana. [5]

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

Two techniques and two finger pressure levels are used to diagnose pulses.

1. Simple method or simple pressure.

2. Medium method or medium pressure.

1. Simple approach or simple pressure: To determine the body's Dosha predominance, the doctor should position his three fingers just below the radial crust. When the finger is placed on the wrist, this pressure indicates the actions of Vata, Pita, and Kapha.

The body's Vata Dosha is indicated by the pulse in the first finger.

The middle finger's pulse indicates the body's pita dosha.

The third finger's pulse indicates the body's Kapha Doshas.

2. Medium method or medium pressure: this technique determines the body's Dosha predominance in detail by applying a tiny pressure slightly below the radial crust. This approach is crucial from a clinical and diagnostic standpoint. To do this, divide each finger into three sections using an imaginary plane.

For example

The first finger symbolizes the body's Vata Dosha stimulation, hence stimulation in this finger indicates the body's Vata Dosha activity. This finger should now be separated into three sections by an imagined plane.

- Prana Vata predominates in the body when the pulse is outside the first imaginary plane. When the body's Prana Vata becomes vitiated, it can cause obstructions to its regular function.

- The pulse The body's preponderance of Apana Vata is indicated by the first and second imaginary planes. When the body's Apana Vata becomes vitiated, it can cause obstructions to its regular operation.

- The second and third imaginary planes of the pulse show that Samana Vata is more prevalent in the body. When the body's Samana Vata becomes vitiated, it might cause obstructions to its regular operation.

- The body's preponderance of Udana Vata is indicated by pulsation in the vicinity of the third imaginary plane. When the body's Udana Vata becomes vitiated, it might cause obstructions to its regular operation.

- When the entire finger pulses, it signifies that Vyana Vata is more prevalent in the body. When the body's Vyana Vata becomes vitiated, it can cause blockages to its regular function.

The second finger symbolizes the body's pita dosha stimulation, hence stimulation in this finger indicates the body's pita dosha activity. This finger should now be divided into three sections by an imagined plane.

- The presence of Ranjaka pita in the body is indicated by a pulse that is outside the first imaginary plane. When the body's Ranjaka pita becomes vitiated, it might cause obstructions to its regular function.

- The body's preponderance of Alochaka Pita is shown by the pulse's first and second imaginary planes. When the body's Alochaka Pita becomes vitiated, it might cause obstructions to its regular function.

- The second and third imaginary planes of the pulse show that Bhrajaka Pita is more prevalent in the body. When the body's Bhrajaka Pita becomes vitiated, it might cause obstructions to its regular function.

- Pachaka Pita is more prevalent in the body when there is a pulse in the vicinity of the third imaginary plane. When the body experiences vitiation of the Pachaka pita, it may inhibit its regular function.

- If the entire finger pulses, it means that Sadhaka Pita is more prevalent in the body. When the body's Sadhaka pita becomes vitiated, it may make it difficult for it to function normally.

The third finger symbolizes the body's Kapha Dosha stimulation, hence stimulation in this finger indicates the body's Kapha Dosha activity. This finger should now be divided into three sections by an imagined plane.

- The body's preponderance of Tarpaka Kapha is indicated by a pulse that is outside the first imaginary plane. When the body's Tarpaka Kapha becomes vitiated, it might cause obstructions to its regular function.

- The body's preponderance of Avalambaka Kapha is shown by the pulse's first and second imaginary planes. When the body's Avalambaka Kapha is vitiated, it might cause obstructions to its proper function.

- Bhodhaka Kapha predominates in the body, as shown by the pulse's second and third imaginary planes. When the body's Bhodhaka Kapha is vitiated, it might cause obstructions to its proper function.

- The presence of Kledaka Kapha in the body is indicated by a pulse in the vicinity of the third imaginary plane. When the body's Kledaka Kapha is

vitiated, it might cause obstructions to its regular function.

- If the entire finger pulses, it means that Sleshmaka Kapha is more prevalent in the body. When the body's Sleshmaka Kapha is vitiated, it might cause obstructions to its regular function. [6]

### Review of Literature:

The pulse examination is an essential part of the traditional diagnostic practice used in Ayurveda. It entails observing the circulation of the wrist vessels. For a precise correlation between pulsation and disease type to be established, a highly skilled technical hand is needed for pulse diagnosis. These methods are predicated on the observation that the health of the entire human body is determined by its pulsations. It entails adding pressure to the pulse until it pulsates maximally, followed by the measurement of different pulse phases at different pressures. Deep monitoring of pulses is necessary to forecast physiological changes. Nadi has been acknowledged as the most basic indication of life for decades, and with appropriate Nadi-Pariksha, the doctor may identify the pathology and physiology of the Sharira. Even with today's busy lifestyle, modern doctors turn to the Pariksha of Nadi for assistance in emergency clinical situations because it is believed to provide the most up-to-date picture of the heart's functioning efficiency and because the patient's condition is clearly indicated by the pulse's rate, rhythm, volume, and character. [7]

Pulse examination technique: Typically, the left hand pulse is palpated for females and the right hand pulse for males. The hand should be at ease in his position, free, and slightly fastened at the forearm. One of the three fingers on the right hand—the index, middle, and right fingers—should be used to gently feel the patient's pulse in the middle, near the base of the thumb. The remaining two fingers are positioned next to the index finger, which is comfortably closest to the thumb. The pulse should be checked in this manner for three hours in the morning. [8]

### Objectives:

- The conceptual study of nadi pariksha.
- To study nadi pariksha in context of diagnosis
- To make a literary overview of Nadi pareeksha as described in Ayurveda and its diagnostic applicability in Modern Science.

### Research Methodology:

Ayurvedic classics, academic publications, internet databases, and recent research pieces were all included in the study. A careful compilation was made of pertinent references from Ayurvedic and contemporary medical sources, as well as earlier research on the topic. The conceptual knowledge of nadi, its clinical importance, and its utility in the

manifestation and sequelae of diseases are studied through a variety of Ayurvedic literature, journals, research papers, and articles.

### Result and Discussion:

#### Nadi Location

The tarjini (index finger), madhyama (middle finger), and anamika (ring finger) of the vaidya (physician) examination correspond to vata, pitta, and kapha nadi, respectively. (Figure No.1). [9]



**Figure 1: Location of Vata, Pitta and Kapha.**

#### Tridoshas and nadi

The state of the tridosha and its movements, such as manda, madhyama, and tikshana, are indicated by three fingers positioned above the nadi [6]. The middle finger represents pitta, the ring finger represents kapha, and the index finger represents vata. Knowledge regarding dosha participation and disease prognosis is dealt with by Nadi Pariksha.

#### Procedure of nadi pariksha:

- i. The best time for Nadi Pariksha is early in the morning.
- ii. The doctor should be sitting comfortably, and both the patient and the doctor should be in a calm, rested frame of mind.
- iii. They were required to sit comfortably facing one other.
- iv. The nadi of the left hand will be visible in women, whereas the nadi of the right hand will be in men.
- v. Use the pressing and releasing technique to examine the pulse three times, and then use his intelligence to identify the ailments.
- vi. Vaidya must hold the rogi elbow gently in his left hand while feeling the pulse with his right, middle, and ring fingers held close to his wrist.

vii. Identify the vata, pitta, and kapha pulses at the index, middle, and ring fingers, respectively, and evoke their faint, moderate, and fast qualities. Additionally, you can ascertain the features of various doshik pulses.

viii. A pulse examination can show whether two or three doshas are intermingled, whether kapha, pitta, or vata are involved, and whether the illness is curable or incurable.

ix. A typical pulse is regular, steady, and detectable at the anticipated area, moving like an earthworm.

x. A nadi's Tapamana (temperature), Vega (rate), Tala (rhythm), Bala (force), Akriti (tension & volume), K athinya (vessel wall consistency), and Gati (movement) must all be examined. A person is said to be in excellent health and balance when their surface and deep pulses match. [10]

#### Nadi Gati of Doshas:

Depending on their moods, vata, pitta, and kapha circulate throughout the body and can have positive or negative effects on the entire system. Vikruti is their aberrant state, while Prakruti is their regular state. [10] Through Rasa and Rakta Dhatu, all three Doshas travel within the body. Vata, Pitta, and Kapha

are best felt under the index, middle, and ring fingers, respectively.

Dosh	Finger	Nadi type	Gati type	Gati	Modern view
Vata	Index finger	Aadi	Vakra	Jaloka, sarpa	Irregular
Pitta	Middle finger	Madhya	Chanchal	Frog, crow	Rapid
Kapha	Ring finger	Anat	Manda	Pigeon	slow

**Prakruti state's Nadi Gati:** Prakruti is the seventh and deepest level of the human structure. In order to assess Prakruti, the radial arteries on the left and right sides were pressed as deeply as possible to stop the pulse. The artery was then slightly relaxed till the pulsation resumed. At the seventh level, Prakruti experiences Vata, Pitta, and Kapha.

**Nadi Gati in Vikruti state:** Vikruti is the body's current state. Through Nadi, we can examine Vikruti at the surface level of the pulse by determining the body's Dosh, Subdosh, and Dhatus.

**Nadi and Subdosh:** Since each Dosh has a subtype in Ayurveda, understanding the subtype of an illness is crucial for preventing it. Understanding the subtypes of each Dosh is crucial for estimating the Samprapti of the condition. The Dosha subtype is a key indicator of both qualitative and quantitative changes in the human body during Vikriti. Apply light pressure, proceed to the third level, feel each spiked subtype, and determine which Dosh subtype is unbalanced.

Vataja nadi	Pittaja nadi	Kaphaja nadi	Dvandvaja nadi	Sannipataja nadi [11]
Jaluka Sarpayogati (leech and snake like movement)	Kulinga-kaka Mandukagati (sparrow, crow and frog like movement)	Hansa- Paravatagati (swan, pigeon like movement)	Sometimes Slow and sometimes fast nadigati	Lava tittira varti Gmanam (bustard quail, grey partridge and button quail like movement)

**Nadi Gati for Dhatus:** Using Nadi at the fifth level, we can forecast Dhatus status. Dhatus Ama is represented by this level, and Dhatus Agni may become dysfunctional due to Doshic impact. Dhatus Agni's state in relation to tissue formation. At the fifth level, we shall identify the spike. Proceed gradually from the skin. Dhatus that are in good health don't exhibit a rise, but they will if they are impacted by Vata, Pitta, or Kapha.

**Nadi Gati of Ojas, Tejas, Prana:** We forecast Ojas, Tejas, and Prana in the fourth level. Protein and globulin, which are essential for preserving

immunity, may be related to Ojas. Tejas may be connected to amino acids and hormones. Prana is the constant exchange of information between any two bodily cells. The fourth-level ring, middle, and index fingers have ojas, tejas, and prana spikes. [11]

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

Using this special type of noninvasive diagnostic method, a diagnosis can be achieved rapidly using just three fingertips and the patient's pulse. This can provide information on the exact location and nature of the sickness.

S. No.	Different Diseases	Nadi Gati
1.	Jwara	Gambhira, ushna, vegavati
2.	Kama, krodh	Vegavaha
3.	Chinta, bhaya	Kshina
4.	Mandagni, kshina dhatu	Manda
5.	Asrikpurna	Ushna
6.	Ama	Guru and gariyasi
7.	Diptagni	Laghu and vegavati
8.	Kshudhita	Chapala
9.	Tripta	Sthira
10.	Asadhya vyadhi	Kampate (vibration) and spandate (pulsation)

Ayurvedic doctors emphasized how crucial pulse examination is to comprehending the pathophysiology and forecasting the disease. In order to diagnose a variety of physiological and pathological disorders, radial pulses are routinely felt. While pulse examination is mentioned to assess

the circulatory system, Nadi pariksha is mentioned in a very broad sense in the classics of Ayurveda. The knowledge of pulse, or Nadi in Ayurveda, is also accepted by modern sciences. According to contemporary science, the pulse is a vital indicator of the body and is a rhythmic sound produced by the heart's contraction and dilatation. The average pulse

speed is about 72 beats per minute. One of the main causes of sickness is the pace of increase and decrease. According to Ayurveda, the wrist pulse is what indicates that life is present. The body's cellular activity is shown by the pulse. [12–13]

### Conclusion:

Diagnosis is the initial step in starting therapy for any condition. Numerous diagnostic methods are used in our traditional Ayurveda. The asthasthana pariksha is a crucial tool for assessing the roga and rogi bala. Nadi pariksha is one of the most significant Ayurvedic diagnostic methods. Based on nadi pariksha, one can determine that a certain illness has been identified and start therapy appropriately. Nowadays, a lot of prosperous medical professionals still solely use nadi to detect illnesses.

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