CONCEPT OF NADI PARIKSHA – ITS IMPORTANCE IN CLINICAL DIAGNOSIS

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ABSTRACT

It is important to diagnose the disease by using appropriate techniques and accordingly treat the treatable disease with love and affection. It is better not to treat incurable disease. Complete understanding of science is essential to get mastery and supremacy in clinical methods. Physician should develop technical skill, scientific knowledge and human understanding to acquire complete knowledge for the diagnosis of various diseases. The art of science of examination of pulse was well developed in ancient India. Nadi pariksha has been said as one of the astha-sthan pariksha. This system of examination cannot be practised easily because of non-availability of detailed description about Nadi pariksha in ayurvedic literature and lack of practise in the field of science. Fortunately some of the ancient Ayurvedic literature is still available to us, so to enrich the knowledge small effort is made to put light over pulse examination because Nadi pariksha is an important tool for diagnosis of disease in all the stages successfully. In clinical medicine no physical sign is more revealing than the Nadi pairksha. The term Nadi has been used in several contexts in Ayurvedic classics but gradually this term has been restricted to the Nadi pariksha i.e. Radial pulse examination. Though there are some physician who are doing miracles first by examining Nadi, this system of examining Nadi in many views has become extinct now a days. The main reason for this is, now a day very little research and practise is going on regarding this technique.

KEYWORDS: Nadi, Ayurvedic Nadi Pariksha etc.
INTRODUCTION

Aacharya Sharangdhar explained Nadi pariksha in detail. The presence of pulse in Angustha mula is the evidence of life. Nadi pariksha is one among the Astha sthana pariksha which has been explained as the important diagnostic aids. Only by examine the Nadi one can able to know Sukha and Dukha of the body.

Yatha Veenagatha Tantri Sarvan Raagan Prabhashte
Tatha Hasthagata Nadi Sarvan Rogan Prabhashte. (sha.)

Through Nadi pariksha one can able to observe the minute changes occurs in the body because of the disease condition. According to the Modern science pulse is mirror or index of circulatory system but according to the Ayurveda Nadi is the mirror of whole body. Diagnosis of disease by Nadi pariksha is completely depends on Tridosha siddhanta.

HISTORICAL REVIEW

(1) Period of Purana - Ravan - written a text on Nadi pariksha by the name Nadi pariksha.
(2) Period of Shiva –samhita, Vayu purana, Goraksha Samhita - mentioned about types and sites of Nadi.
(3) Bhrihat-trayee - No reference about Nadi Pariksha - Explained about – Dhamani, Sira, Srotas.
(4) Laghu—trayee - In Sharangdhara Samhita- This is the first Ayurvedic treatise to describe Nadi Pariksha. - In Bhavaprakash reference about Nadi pariksha seen.
(5) Yog ratanakar - Nadi pariksha explained under Astha –sthan pairksha.

NADI – ACCORDING TO MODERN SCIENCE

PULSE - The alternate expansion and recoil of elastic arteries after each systole of the left ventricle create a travelling pressure wave that is called the pulse. The sites of palpation of pulse are radial pulse, Brachial pulse, carotid pulse, femoral pulse, popliteal pulse, posterior tibial pulse, and dorsalis pedis pulse. Examination of pulse includes rate, rhythm volume, symmetry or quality, condition of arterial wall. The pulse should be counted for one full minute. Pulse rate normally is the same as the heart rate. About 60-80 beat/min. Bradycardia is the slow resting heart of pulse rate under 60 beats/min. Normal rhythm is regular. In pathological condition it can be irregular. The degree of expansion displayed by an artery between its diastolic or empty state and systolic or filled state is called volume or size or amplitude or expansion. In normal condition the pulse is bilaterally symmetrical, both the left and right radial pulsation will be same. In some diseases inequalities of pulse is observed.
PARIKSHA DERIVATION
The word Pariksha is derived from the root —*iksh*” means – to view, to consider, with the preposition —*pari*” fixed before the root which means from all sides. Thus Pariksha means viewing or examining an object from all sides.

DEFINITION
The due process of examination by which the exact nature of an object is determined is known as Pariksha.

TRIDOSHA AND NADI
In Nadi pariksha first of all we want to know the Gati of Nadi which may proceed to the involvement of Dosha depending on condition to diagnose the disease.\[10\] The Vata, Pitta, Kapha are three biological element also known as Tridosha. All the three Doshas moves continuously in all Nadi.\[11\] The three Doshas will be felt at all the Nadi at the same time. This can be done with the help of forefinger, middle finger and ring finger over wrist joint.\[12\] Wrist joint is considered as best place for nadi pariksha. At this place physician can comfortably examine the nadi and after getting clear pulsation the Tridosha should be examined. This one can able to assess the involvement of dosha in disease i.e. vataja, pitaja, kaphaja, sannipataja or dwandwaja and also sadyaasadyata of the disease can be known.\[13\]

METHOD OF NADI PARIKSHA
PROPER TIME - EARLY MORNING
Reason
(1) This is because the patient will be having complete rest in whole night, and in morning after expulsion of Mala, Mutra the person will be feeling lightness in body.
(2) The second reason is in the morning he does not have much mental disturbance, mind will be stable and steady and he does not feel much hungry or thirsty.\[14\]

TIME LIMIT - ONE PRAHARA
The best time is considered as one prahara for perfect diagnosis.\[15\]
PLACE - COMFORTABLE PLACE - For nadi pariksha both the patient and the physician should sit in comfortable place.
METHODOLOGY
First the elbow of patient should be slightly flexed to the left and wrist slightly bend to the left with the fingers distended and hold the patient elbow gently with the left hand. Feel the pulse with his right hand index, middle and ring fingers kept in close near wrist joint.[16]

REPEATATION
03 TIMES To access the Dosha condition physician should examine Nadi repeatedly for three times by applying and releasing pressure alternatively over Nadi.

HOW TO KNOW THE DOSHA[17]

Tarjani (Index) finger - Vata Nadi
Middle finger - Pitta Nadi And
Ring finger - Kapha Nadi

RITU ANUSARA NADI

<table>
<thead>
<tr>
<th>S.No.</th>
<th>Rutu</th>
<th>Dosha</th>
<th>Nadi movement</th>
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<tbody>
<tr>
<td>1.</td>
<td>Shishira (Mid Jan-Mid March)</td>
<td>Kapha sanchya</td>
<td>Jalouka</td>
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<tr>
<td>2.</td>
<td>Vasant (Mid March-Mid May)</td>
<td>Kapha prakop</td>
<td>Hansa, kapota</td>
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<td>3.</td>
<td>Grishma (Mid May-Mid July)</td>
<td>Kapha prashma</td>
<td>Hansa, vyala</td>
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<td>4.</td>
<td>Varsha (Mid July-Mid Sept.)</td>
<td>Vata prakop</td>
<td>Shosha, matsya</td>
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<td>5.</td>
<td>Sharad (Mid Sept.-Mid Nov.)</td>
<td>Vata prasham</td>
<td>Hansa</td>
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<tr>
<td>6.</td>
<td>Hemant (Mid Nov.-Mid Jan.)</td>
<td>Pitta prasham</td>
<td>Manduka, Jalouka, kaka</td>
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IMPORTANCE OF NADI PARIKSHA

Nadi pariksha is not only for the diagnosis of disease but it also elicits Sadyasadyata and Arishta lakshana. It can be done by the palpation of nadi. The pulsation in its normal site, minimum 30 pulses per minute, clear pulse, and such Nadi indicates Sadhya Vyadhi. During Dosha prakopa, Nadi shows the same lakshana (predominate, vitiated Dosha). Such Nadi is seen in Suka Sadhya Vyadhi. If the Nadi are displaced from its normal place, the pulsation is felt at other sites. Sometime the Nadi is having Tivragati and sometimes Manda, skipping pulse, sometimes minutes pulse and sometimes clear Nadi. Nadi associated with tanu, Kampa and spadana, than such Nadi indicate the Asadhya Vyadhi. The person who is suffering with burning sensation internally but extremities become cold (Sheeta Sparsha). The pulsation and temperature (Ushna and Sheeta Nadi) continuously changing, irregular, skipping pulse alternatively these Lakshanas indicates the person is going to die very shortly. The physician
should also examine clinical feature and physician appearance and correlated with the *Nadi lakshana*.

**WHAT WE UNDERSTAND DURING NADI PARIKSHA**

(1) Every aspect of the human organism, the body, mind etc. is understand.

(2) Help to ascertain-“ones original constitution at the time of conception (*Prakruti).*”

(3) “Ones current constitution” as against the original constitution (*Vikruti*).

(4) *Nadi pariksha* successfully give information about altered state of the mind.

This is very important as the science of *Ayurved* believes that a major part of human ailment are psychosomatic in nature.

**NADI IN DIFFERENT STATES OF MIND**

(1) Happy person- Pulse is steady (*STHIRA*).

(2) Hungry person- Pulse is tremulous (*CHAPALA*).

(3) During sexual urge and in anger- Pulse is fast (*VEGAVATI*).

(4) In worry, fear and in sorrow- Pulse is weak (*KSHINA*).

(5) In fever- Pulse become fast and is felt hot in touch.

(6) In digestion- In person whose digestive power is good-Pulse is light and fast. In *Ama* - Pulse is heavy.

(7) In *Dhatu Kshaya* - Pulse become very slow and low in volume.

So the *Nadi Pariksha* free warns us about potential health risks. It gives us an insight on how to optimize our health with the elements which are predominant in our body.

**DISCUSSION**

*Ayurvedic* physician stressed the importance of examination of pulse for understanding the pathogenesis and predicting the disease Radial pulse is felt as a routine for diagnosis various physiological and pathological conditions. In *ayurvedic* classics *Nadi pariksha* is mentioned in very broad sense whereas pulse examination is mentioned to examine the circulatory system.

**CONCLUSION**

As per *Aacharya* even though they have classified *rogi pariksha* (as *Dividha. Trividha, Shadvidha, Asthavidha, Dashvidha*). One have to apply their own *Yukti* and do all the *pariksha* which are applicable in the particular patient, so that proper treatment plan can be
adopted in curing the diseases. Even today *Nadi pariksha* plays much significant role in assessing diagnosis the disease by means of *saadyasadya* and *arishta lakshanas*. The perfection in *Nadi pariksha* is achieved by proper understanding, continuous practice and the individual experience. For more about *Nadi* and *Nadi pariksha* the research work is needed in this field.

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