

Concept of Nadi Pariksha and its Utility

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Abstract

Ayurveda is a science of health. Diagnosis of the diseases is done in various ways since ages in Ayurveda. A number of non-invasive, cost-effective diagnostic methods were evaluated. One of the primary diagnostic instruments in Ayurveda is the Ashtavidha Pariksha. In order to diagnose diseases, Acharya Yogaratnakara gave a detailed description of the fundamentals of eight different types of investigation processes: Nadi, Mutra, Mala, Jivha, Shabda, Sparsha, Drik, and Akriti. Of these, Nadi Pariksha is an essential tool for diagnosing various Dosha and Deha conditions, such as reduced, hyper, mixed, or normal functions. It is a useful tool for practitioners to assess patients' physiological and psychological states in addition to Tridoshas. So there is need to re-establish the information behind the Nadi Pariksha so that they can be used in minimal diagnosis and prognosis.

Keywords

Nadi Pariksha, Ashtavidha, Ayurveda, Dosha

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1. Introduction

The foundation of treatment procedures is diagnosis. Aushad, Lingh, and Hetu make up the Trisutra, the foundation of Ayurveda. According to the Classics, "A correct diagnosis is the cornerstone of successful therapy, whereas ignorance of disease or incorrect diagnosis leads to unrelated treatment"¹. Ayurveda uses the information contained in Rogi Pariksha and Rog Pariksha to identify and treat diseases. Ayurvedic books such as Ekavidha Pariksha, Dwividha Pariksha, Trividha Pariksha, Chaturvidha Pariksha, Sadvidha Pariksha, Ashtavidha Pariksha, Dashavidha Pariksha, etc. provide a variety of diagnostic procedures. Of them, Acharya Yogaratnakara recounted Ashtavidha Pariksha. These are designated as under [1,2].

1. Nadi-Pulse Examination
2. Mutra: Urine Examination
3. Mala: Stool Examination
4. Jivha: Tongue Examination
5. Shabda: Evaluation by The Hearing Organ
6. Palpation of Sparsha
7. Drik: In-Person Examination or Observation
8. Akriti: A Comprehensive Bodily Examination

These diagnostic techniques are all objective in nature and have a direct correlation to Pratyaksha Pramana. One of these is the Sparshendriya Pariksha, or Nadi Pariksha. Nadi Pariksha can only diagnose illnesses with consistent practice. Nadi Pariksha is an easy, affordable, and useful method. The most important diagnostic tool was Nadi Pariksha, outperforming all others.

1.1. Aims & Objectives

1. The Nadi Pariksha conceptual research.
2. To assess the clinical relevance of it.
3. Analyzing Nadi Pariksha in relation to a diagnosis.

Understanding the Pathophysiology of different diseases through Nadi Pariksha in their early phases would be aided by this conceptual research.

2. Materials and Methods

This is based on the conceptual study. Ayurveda Samhitas, modern literature, available research updates on internet and journals were searched, compiled and analyzed.

2.1. Literature Review

2.1.1. Synonym of Nadi

Nadi, Jeevangyana, Tantuki, Snayu, Dhamani, Dharani, Dhara, and Hansi [3].

2.1.2. Nadi Location

Under the Tarjini (Index Finger), Madhyama (Middle Finger) and Anamika (Ring Finger) of the examining Vaidya (Physician), respectively, lay Vata, Pitta, and Kapha Nadi [4].

2.2. Relationship between Tridosha and Nadi

During Nadi Pariksha, the doctor should use his or her three fingers to palpate the patient's pulse [5]. The doctor should place the index, middle, and ring fingers on Karangushtamula (the forearm), one finger's distance from Angushtamula, and press on it three times, alternating between applying and releasing pressure. Finger pulse pressure represents the Doshaprabhya, with index representing Vatavahanadi, middle representing Pittavahanadi, and ring representing Kaphavahanadi.

2.3. Nadi Pariksha Kala

Examining Swabhavik Gati of the Nadi should be done early in the morning, within the first three hours following Ma-la-Mutravisarjana. Anytime, day or night, Nadi Pariksha can be performed in an emergency [6].

2.3.1. Site of Nadi Pariksha

In females, the left hand has to be checked. Palpate the right hand of a male [7].

In Napumsaka, the right or left hand should be inspected based on the division of males and females.

2.3.2. Asthasthana of Nadi

Table 1. Asthasthana of Nadi [8]

Sr.No.	Nadi	No.	Location of Nadi	Physiological & Pathological Conditions
1	Hasthadvayagata Nadis	2	Root of thumb of hand	Ajeerna (vomiting) Amadosha Jwaraagamana (Fever Arrival) Dushta Vata, Pitta, and Kapha Jeevaniryam (Death) Kshudham (Appetite)
2	Padadvayagata Nadis	2	At ankle Joint	Ayu (Duration of Life) Laghutva or the Light Swasthya or Well-being Jwara Vimochana, meaning "eliminating fever"
3	Kanthaparswa Nadis	2	Root of neck	Aganuthuka Thrishna Jwara (Thirst) Dyspnea (Ayasa) Maithusankalamana, or copulation-related fatigue Bhaya or Fear Shoka (Despairing) Kopa (Fury)
4	Nasamulagata Nadis	2	Root of nose	Mrityu (Death) Kama (Want) Netraroga or Blindness Mouth of Sirovyatha Sravana and Mukharogas

2.4. Nadi Pariksha Vidhi

Before doing an examination, the doctor should help the patient achieve mental stability and peace of mind. Nadi should be studied in the early hours of the day. The right-hand Nadi, which is beneath the right thumb, should be examined by the doctor [9].

Nadi is the right hand of men and the left hand of women. The patient's wrist and elbow are slightly bent to the left, and their fingers are spread out and enlarged.

To accurately assess the Dosha state, examine the Nadi three times, exerting and releasing pressure on it alternately till the flow of Nadi becomes obvious. The state of Tridosha and its Gati is shown by the three fingers positioned above the Nadi. Fingers 1 and 2 are Vata, Pitta and Kapha, respectively.

2.5. Contraindication of Nadi Pariksha

The following circumstances should not be considered for Nadi Pariksha (Pulse Examination):

- Right after having a bath.
- Right after eating.
- Following internal and external anointing therapy (Snehavagahana).
- In times of hunger and thirst.
- While dozing off or shortly after waking.

2.6. Nadi Gati of Doshas

To make the study simpler to grasp, there are three primary divisions developed for the pulse's movement, which mirrors the motions of various animals or birds [10].

Vata Dosha: Vataprabal Dosha having characteristic nature of Chanchala, or Vakragati, so as the amplitude of pulse & its frequency are similar with movement of Snake (Sarpagati) or movement of Leech (Jalaukagati).

Pitta Dosha: Pittaprabal Dosha having characteristic nature of Udreka and Chapal or jumping nature, so as the amplitude of pulse & its frequency are similar with movement of Frog (Mandukagati) or movement of Crow (Kakagati) and movement of Bustard quail (Labogati).

Kapha Dosha: Kaphaprabal dosha having characteristic nature of Sthira, so as the amplitude of pulse & its frequency are similar with movement of Swan (Hansagati), movement of Peacock (Mayurgati), movement of Pigeon (Parabatgati) and movement of Hen (Kukkutagati).

Vatapitta Dosha: Vatapittaprabal Dosha having characteristic nature of Vakra, Chanchal, so as the amplitude of pulse & its frequency are similar with movement of Snake (Sarpagati) or movement of Frog (Mandukagati).

Vatakapha Dosha: Vatakaphaprabal Dosha having characteristic nature of Vakra and Manda, so as the amplitude of pulse & its frequency are similar with movement of Snake (Sarpagati) or movement of Swan (Hansagati).

Pittakapha Dosha: Pittakaphaprabal Dosha having characteristic nature of Chanchala and Manda, so as the amplitude of pulse & its frequency are similar with movement of Monkey (Harigati) and movement of Swan (Hansagati).

Tridosha: Tridoshaprabal Dosha having characteristic nature of Vakra, Tivra and Manda, so as the amplitude of pulse & its frequency are similar with movement of Woodpeckers (Kasthakuttgati).



2.7. Nadi Gati in Different Pathological Condition

This kind of non-invasive diagnostic method is quite unique [11]. This is accomplished by utilizing the patient's pulse and three fingertips, and the diagnosis may be made quickly. This can offer details on the precise location and type of illness.

Table 2. Nadi Gati in Different Pathological Conditions.

Pathological Condition	Nadi Gati (Pulse movement)
Jwara (Fever)	Gambhira (Deep), Ushna (Hot), Vegabati (Rapid)
Kama(Lust), Krodha (Anger)	Vegavaha (Rapid)
Chinta (Worry) and Bhaya (Fear)	Kshina (Weak)
Mandagni (Decreased Digestion) and Kshina Dhatu (Decreased Dhatu)	Manda (Slow)
Asrikpurna (Full of blood in excess in vessels)	Ushna (Warm)
Ama	Gurvi (Heavy) and Gariyasi (Tense)
Diptagni (Powerful digestive capacity)	Laghu(Light), Vegabati (Fast)
Kshudita (Hunger)	Chapala(Unsteady)
Tripta (Satiety)	Sthira (Stable)
Asadhya Vyadhi	Kampate (Vibration) and Spandate (Pulsation)

2.8. Nadi Gati in Different Jwaravastha

Identification of different Jwaravastha is also distinguished through Nadi Gati [12].

Table 3. Nadi Gati in Different Jwaravastha.

Sr.No.	Jwaravastha	Nadi Gati (Pulse movement)
1	Vataja Jwara	Vakra, Chapala, Sheetasparsha
2	Pittaja Jwara	Druta, Sarala, Deergha
3	Kapha Jwara	Manda, Sthira, Sheeta, Pichhila
4	Vatapittaja Jwara	Somewhat Vakra, Chapala and Kathina
5	Vatakaphaja Jwara	Manda
6	Pittakaphaja Jwara	Sukshma, Sheetata and Sthira

3. Results and Discussion

3.1. Aristha Lakshana of Nadi

Table 4. Aristha Lakshana of Nadi [13].

Sr.No.	Pulse Movement with Physical Condition	Prognosis
1	Both swift and steady, like to Vidyuta (Electric Power)	May die 2 nd day
2	Shita (cold), Shighra (very rapid), and frequently passing Mala (stool)	Will die within 2 days
3	occasionally Manda (slow with profuse perspiration) and occasionally Tivra (rapid)	May die within 7 days
4	Lack of face pulsation and body coolness associated with Klama (tiredness)	May die within 3 days

5	Rapid Tivra Nadi accompanied by Daha (burning) and Shita (body coldness) with Swashakashta (dyspnea)	Will die within 15 days
6	incredibly quick, occasionally sluggish, and occasionally aggressive (Vegavati)	About to die
7	Vakragati: Motion along a curve	Imminent death
8	Tiryak, Ushna, Vegavati (slithering with a throat full of Kapha)	May die
9	Nasikadharsamyuta (felt like a fabric wave on the strength of breathing), Chanchala (unsteady), and Aivega (rapid)	May die in one <i>Yamakala</i>
10	Tridoshas affect the Nadi at the same time	<i>Asadhya/Krichhasadhya</i>

3.2. Swastha Nadi (Healthy Pulse)

A healthy person's pulse is strong and constant, with a normal pace, rhythm, and symmetry [14]. A healthy pulse is defined as Hansagamana (swan-like walk) and Gajagamani (elephant-like walk) and the presence of happiness and freshness in the face.

3.3. Asadhya Nadi (Healthy Pulse)

- Asadhya Nadi, which travels extremely slowly and is out of its original location, denotes a patient with a terrible prognosis and will eventually pass away [15].
- The patient is surely killed by weak and chilly pulsation.
- Nadi should be regarded as Asadhya Nadi when it pulses like Pittaja Gati at first, then changes to Vata Gati, then turns into Kapha Gati and moves like a chakra (wheel), sometimes moving quickly and other times slowly.

3.4. Discussion

As Acharya describes in numerous Upamas for recognizing Gati of Doshas or Prabalya of Doshas, Nadi Gati in Nadi Pariksha is suitable pressure at various degrees of contact to three fingers, i.e., each finger felt varied pressure owing to Doshaprabalyata.

In Brihatrayi, namely in Charaka, Sushuta, and Ashtanga Samgraha, there are only passing references to Ashtavidha Pariksha, which includes Nadi Pariksha. Acharya Sharangdhara has already given a detailed description of it. A thorough explanation of Ashtavidha Pariksha was given by Acharya Yogaratnakara. Of them, Nadi Pariksha is one of the most significant techniques for Ayurvedic illness diagnosis and prognosis

4. Conclusion

The first step in beginning any disease's therapy is diagnosis. Our age-old Ayurveda employs a variety of diagnostic techniques. An essential instrument for evaluating the Roga and Rogi Bala is the Asthasthana Pariksha. One of the most important Ayurvedic diagnostic techniques is Nadi Pariksha. One might conclude that a certain condition has been diagnosed based on Nadi Pariksha and begin treatment as a result. Many effective doctors in the modern world still base their disease diagnoses solely on Nadi.

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