

**NADI PARIKSHA: A IMPORTANT DIAGNOSTIC TOOL FOR  
DIAGNOSIS OF DISEASES IN AYURVEDA****Dr. Nisha Yadav<sup>\*1</sup>, Dr. Pankaj Marolia<sup>2</sup> and Dr. Man Mohan Sharma<sup>3</sup>**

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**ABSTRACT**

Yogratnakar mentioned nadi pariksha as a very chief criterion in asthvidha pariksha. He has given so much importance to this priksa that he placed nadi at the top most position under asthvidha pariksha. The quantity of tridosha is analysed and estimated by nadi pariksha. tridosha is contemplate as the fundamental. Idea of nadi pariksha found in various ancient Ayurveda samhitas like bhav Prakash, nadi priksa by ravan Samhita, nadi vigyan of kanad. nadi pariksha is main parameter for interpretation of disease. This is very popular investigative tool in the past but nowadays they are not specifically used so there is need to re-establish their result so that they can be used in future.

**INTRODUCTION**

Yogratnakar mentioned nadi pariksha as a very chief criterion in asthvidha pariksha. He has given so much importance to this priksa that he placed nadi at the top most position under asthvidha pariksha. The quantity of tridosha is analysed and estimated by nadi pariksha. according to yogratnakar the disease can be diagnosed from nadi and it was compaired with strings of veena playing all the ragas which signifies the impotence of nadi pariksha .as per ancient ayurvedic text nadi can be examined at the wrist of the person. Conventionally it is examined at right wrist of the male and left wrist of the female. Ideally it should be examined

in the early morning and on empty stomach. The traditional ayurvedic practitioners were adopt in plus based diagnosis and use to diagnose the disease effectively by just placing fingers on the radial artery. Naadi pariksha is very important tool for diagnosis. According to Ayurveda nadi pariksha also help to find out vitiated doshas in body. The physician feels the radial artery pulsation on the wrist of the patient and through his experience he can get a clear picture of whole body. This is a very spatial type of non-invasive diagnostic technique where by the use of three fingertips only. This can provide the information about the exact location and nature of the disease.

### Historical review

During the period of purana ravan had written a text on nadi pariksha. Goraksha Samhita, shiva Samhita, vayu purana mentioned about types and sites of nadi. In Rigveda and Atharvaveda one can find the reference of raktasanchar through dhamni and sira. During Samhita kala in brihatrayee there is no reference about nadi pariksha but explanation of damani, sira, and srotas is mentioned. In lagutrayee that is in sharangadara Samhita is the first ayurvedic treatise to describe nadi pariksha. In bhavaprakasha reference about naadi pariksha can be seen. In Yogratnakar nadi pariksha is explained under ashta sthana pariksha. Detailed explanation of nadi is available in text naadi vigyanam by kanada. In adhunika kala basavarajeeyam explained about type and site of nadi.

### What is nadi

Nadi is a channel existing within the body in the form of blood vessels. The term nadi priksa denotes examination of pluse (nadi). Nadi pariksha is base of tridosha vigyana. Nadi pariksha also help to find out vitiated doshas in patients. Etiology of disease are formed due to vitiated doshas. Pulsation varies in every person from healthy to diseased person.

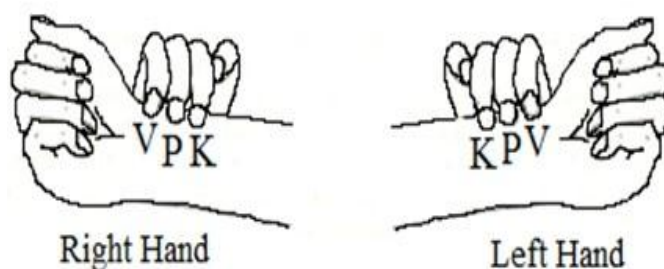
### Relation between dosha and nadi

S.N.	Dosha	Nature of pulse	Examples
1.	Vata	Vkra gati	Jalouka, sarpa
2.	Pitta	chanchal	Manduka, kak
3.	Kapha	Manda	Hansa, paravat
4.	Vata- pitta	Vakra, Chanchal	Sarpa, manduka
5.	Pitta- Kapha	Chanchal, Manda	Manduka, Mayur
6.	Kapha- Vata	Vakra, Manda	Sarpa, hansa
7.	Tridosha	Vkra, Chanchal, manda	Lava, Tittira

### How to examine the pulse

The pulse should be examined in left hand of the female and right hand of the male as per ayurvedic classics. First the individual should be advised to sit peacefully and comfortably. Next the forearm should be slightly flexed with the little flexion and a little bit medial rotation of the wrist with fingers dispersed and extended then the three fingers (index, middle, and ring finger) of the physician gently touches the skin over the radial artery. The index finger placed at the base of the thumb and the other two fingers are placed next to next. Vadiya should do the pulse test thrice, hold the pulse and release it and after thinking thoroughly in his mind, determine the disease.

Nadi carries vata in the anterior part, pitta from the middle part and kapha from the last part. in pitta prakop nadi appears on middle finger, in kapha prakop nadi appears on ring finger and in vata prakop nadi appears on index finger.



According to yogratnakar nadi priksa is done by practicing like a gemstone. Just as gemstone are not recognized without practice, similarly the pulse cannot be tested without practice. scriptures have stated the position of the deities in the nadi that in the nadi of vata brahma resides, in the nadi of pitta shankar resides and in the nadi of kapha resides Vishnu. In this way tridev is situated in the nadi.

### Physiological state of nadi

Nadi of healthy person is steady and forcefully run. Wave form of the nadi resembles that of swan or elephant with freshness on face signifies the healthy state of person.

### Nadi in different condition

- In jawar nadi is ushna and fast.
- In Amorousness and anger nadi is fast (vegavati).
- Nadi is weak in a person with anxiety and fear.
- In person with mandagni and dhatu kseen nadi is mandagamini.

- The pulse which is filled with blood is ushna and gambheera.
- The pulse contain Ama than nadi gati is gambheera.
- In hunger person nadi is Chanchal.
- The pulse of a man who is satisfied with food is stable.
- Those who have pradeept agni, their pulse is light and fast.

#### **Nadi gati in vatadik jawara**

- In vatic jawara nadi gati is erratic, fickle and cool to the touch.
- In sheet pitta jawara nadi gati is quick, easy and long moving.
- In kapha jawara nadi gati is slow, steady, cool and snigdha.
- In vatapitta jawara nadi gati is erratic, bit fickle and hard.
- In vatakapha jawara nadi gati is cool and slow.
- In pitta kapha jawara nadi gati is steady, cool and fine(weak).

#### **Nadi indicating poor prognosis**

- Displacement of the nadi from its own place and moves slowly and slowly. this indicate poor diagnosis and patient will die.
- Feeble and cold pulsation definitely kill the patient.
- Whose pulse shows the inclusion of all three doshas vata, pitta, kapha should be known to the doctor as incurable.

According to acharya after palpating the pulse, doctor wash his hand so that the disease will vanishlike the dust is remove after cleaning.

#### **Prohibited time for pulse examination**

- The pulse should not be examined just after the tail abhyanga, sleeping and after finishing meal.
- Person who is hungry.
- Thirsty
- Heated
- Who is fatigued due to exercise.
- Just after taking bath.

#### **CONCLUSION**

The traditional method of nadi pariksha has become extinct nowadays. The main reason for this is very little research and practice regarding this technique as well as emergence of

modern diagnostic tools and technique. Moreover due to the commercialization of the conventional diagnostic tools everyone can not afford them while nadi pariksha is non invasive and cost freed diagnostic technique which can be boon for poor patient to rule out the underlying disease condition.

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