



# NADI PARIKSHA:- NADI VIKRUTI IN UDAR ROG

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## **ABSTRACT**

In *Ayurveda Nadi Pariksha* is an ancient *ayurvedic* diagnostic tool and it is very important to have a accurate diagnosis before treating the patient's disease. To know the *Nadi Paiksha* it is important to understand *Nadi Vigyan*. In *Ayurvedic* texts there are different type of Rog Rogi *Pariksha* i.e., *Trividha Pariksha*, *Shadvidha Pariksha*, *Ashtavidha Pariksha*, *Dashavidha Pariksha* etc. Concept of *Nadi Pariksha* is found under the *Ashatavidhya Pariksha* described by *Yogratnakar*. *Yogratnakara* described *Nadi Pariksha* under heading of *Rog Pariksha*. The presence of pulse at the *Angushthamula* is evidence of life. *Nadi Pariksha* is done to analyse and estimate the quantity of *Tridosha* in the body. *Tridosha*, i.e. *Vata*, *Pitta* and *Kapha* are considered as the fundamental. The examinations of *Nadi Pariksha* (Pulse examination) are evidence of many diseases including cardio-vascular system, G.I.T. diseases (*Udar Roga*) and *Manas Roga* as described in *Ayurvedic* literature But in modern medical science pulse examination is only limited to C.V.S examination. They were popular diagnostic tools in the past but nowadays they are not specifically used, so there is need to re-establish their results so that they can be used in future. The present paper describes the variations of *Nadi* in *Udar Roga*.

**KEY WORDS:-** *Ayurveda*, *Nadi*, pulse examination, *Vikruti*, *Udar roga*.

## **INTRODUCTION**

*Nadi Pariksha* is the science of observing the pulse from a perspective of diagnosis of the human body, mind and the sub-conscious. In *Ayurveda* and classical texts *Nadi Pariksha* is well-known term and have its significance in assessment of *Tridoshas* i.e vata, pitta, kapha which are the basis of disease diagnosis and prognosis<sup>[1]</sup>. According to Yoga Ratnakara all the diseases can be diagnosed from *Nadi* and Just as the strings in the veena say to all the *ragas*, similarly the *nadi*'s in the hand reveal all diseases<sup>[2]</sup>. In *Ayurveda* there are eight clinical limbs - examination of pulse(*nadi*), urine(*mutra*), faces(*mala*), eyes(*drik*), tongue(*jivha*), speech(*shabd*), skin(*sparsha*) and form(*aakriti*)<sup>[3]</sup>. In modern medicine physician gets important information like rate(*vega*), rhythm(*tala*), pressure, force(*bala*), movement(*gati*). The first description of the *Nadi Pariksha* in the *Ayurvedic* Texts came in the *Sharangdhara Samhita*<sup>[4]</sup>, where the description of performing the *Nadi Pariksha* with three fingers is found in the *Jivasakshini Nadi*. Seeing the need of this science in *Ayurveda*, it was included by *Sarangadhara* (13th century AD) as a diagnostic method and then onward it was further described by *Bhavprakash* (16th Century) and *Yoga Ratnakar*. A balance between these three *Doshas* is considered as *Prakriti* or healthy status and any imbalance in these three is considered as *Vikriti* or ill health. As per ancient *Ayurvedic* text, *Nadi* can be examined at various places like wrist, elbow, arm, axilla, ankle, dorsum of foot, neck, in front of ear, above the eye but commonly it is examined at the wrist of the person.

## **SYNONYMS OF NADI<sup>[5,6]</sup>**

In ancient *Ayurveda*, there are many synonyms of pulse like *Nadi*, *Snayu*, *Hansi*, *Hinsra*, *Dhamani*, *Dhara*, *Tantuki*, *Jivitajnya*, *Jivanjnyana*, *Vasa*, and *Sira*.

## **METHOD OF NADI PARIKSHA**

*Vaidya* should touch patient's right hand under the root of the thumb with his right hand's 3 finger with steady mindedness, calm-soul and mind for the knowledge of *roga*. By gently palpating, pressing, tapping and rolling artery under finger, *Nadi* should be examined. Conventionally it is examined at right wrist of the males and left wrist of the females<sup>[7]</sup>. Ideally it should be examined in the early morning and on empty stomach. The patient's hand should slightly raised and fingers are spread, under the root of the thumb of the patient's hand in the 1 *prahar* (3 hrs. approx.) of the early morning. *Vaidya* examine the *Nadi* 3 times, hold the *nadi* and leave it and after taking complete thought in your mind, make sure the three defects of *vata-pittadi* and imagine the *manda*, *madhya* and *tivra gati* of the *nadi* and the *gati* with all the three *doshas*.

## **AYOGYA KAAL FOR NADI PARIKSHA**

*Nadi* should not be examined at the time after immediately bath, after taking meal, after oil rub, hungry, thirsty, sleeping and immediately asleep person the *nadi* does not seem to be well understood. So, *nadi pariksha* should not be done.

**RELATION BETWEEN DOSHA'S AND NADI<sup>[8]</sup>**

Dosha	Nature of Pulse/Movement	Examples
Vata	Vakra Gati	Jalouka, sarpa
Pitta	Chanchal	Manduka, kak, kulinga
Kapha	Manda	Hansa, paravat
Pitta-Vata	Vakra, Chanchal	Sarpa, manduka
Vata-kapha	Vakra, manda	Sarpa, Hansa
Pitta-kapha	Chanchal, manda	Manduka, Mayur
Tridosha	Vakra, Tivra, Manda	Lava, Tittira, Varti

**PRAKRUTA NADI GATI (ACCORDING TO DIFFERENT PHYSIOLOGICAL CONDITIONS)<sup>[9]</sup>**

Kaam	Vegawati nadi
Krodha	Vegawati nadi
Chinta	Ksheena nadi
Bhaya	Vegawati nadi
Pradipta Agni	Laghvi and Vegawati nadi
Hunger	Chapala nadi
After meal	Sthira nadi

**NADI PARIKSHA/GATI IN UDAR ROGA<sup>[10]</sup> (G.I.T DISEASE)**

DISEASE	NATURE OF PULSE
Ajirna (Indigestion)	Hard and Cold in touch
Fasting	Rapid Pulse
After Food	Stable Pulse
Agnimanda And Dhatuksinata	Very Slow Pulse
Tiksnagni	Light and Strong or Forcefull
Atisar (Acute Diarrhoea)	Leech in summer i.e. slow and curve like movement
Grahani (Chronic Diarrhoea)	Moves slowly but regular (foot pulse) Rapidly (hand pulse)
Sangrahagrahani	Feable and slow
Anaha	Slow, forceful and regular

Udawarta	Extinct and always trembles
Visucika (Cholera)	Rapid and feeble pulse
Sula (Colics)	Vata- curve or crookedly movement. Pitta- very hot and rapid Kapha- forceful and easily palpable.
Krmi Roga (Worms Infection)	Sometimes very slow and sometimes very quick
Pandu	Faintly perceptible and felt at intervals
Kamala	Hot and rapid
Splenomegaly (Plihodara)	Mild, feeble dicrotic and dry
Jalodara (Ascitis)	Slowly and crookedly (curved)
Arsh	Sthira & mridugamini nadi gati

## DISCUSSION AND CONCLUSION

*Nadi Pariksha* has been said as one of the *Ashta Sthana Pariksha*. *Nadi pariksa* has been given much emphasis in diseases of cardio vascular system. However *Nadi* is also significant in abdominal diseases. From the above description it is obvious that *Nadi Pariksha* has significant role in the diagnosis of the diseases of Gastro intestinal tracts. There is vast scope of *Nadi Pariksha* in the gastro intestinal diseases. It would be an original contribution of Ayurveda to the medical world. Hence, *Nadi Vigyana* and *Nadi Pariksha* experience are accessible, it can be learned by continuous practice only under the guidance of *Nadi Vaidya*. In *Nadi* literature and *Ayurvedic* literature, Acharyas have given analogies of various animals and birds to explain the *Nadi Gati* easily.

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