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## ANALYSIS OF *NADI PARIKSHA*: TRADITIONAL METHOD OF DIAGNOSIS

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### ABSTRACT

The ancient art and science of *Nadi Pariksha* is used to determine a person's current state of mind, body, soul and spirit. It is employed as a diagnostic and prognostic technique to ascertain the *Prakriti* (body constitution), *Vikriti*, the status of each organ's *Dosha* and the impact on the *Dhatus*, *Manas* and *Sukshma Sharir*. It is a science that is non-invasive and aids in identifying the actual cause of a disease, not just its symptoms. There aren't many ancient works that are entirely devoted to the aforementioned subject. Ancient *Ayurvedic* texts such as *Bhavprakash*, *Sharangdhar Samhita*, *Yogratnakara*, *Nadi Pariksha* by *Ravansamhita* and *Nadivigyan* by *Kanad* all mention the concept of *Nadi Pariksha*. The *Sharangdhar Samhita* texts, which first introduced pulse diagnosis in the 13th century, highlighted the relationship between *Nadi* and *Tridosha*. Later, in the 16th century, it was mentioned once more in *Shri Bhav Mishrji's* writing for "*Bhavprakash*." However, *Yogratnakara's* 48 shlokas, which describe the science of *Nadi*, gave *Nadi Pariksha* its relevance in the 17th century. According to *Yogratnakara*, the *Nadi Pariksha* (Pulse Examination) tests reveal numerous ailments. There is no separate mention of *Nadi* in the *Charaka and Sushruta Samhita*. *Nadi Parikshan* demands a specialist with years of knowledge and the ability to read pulses in order to diagnose any condition. It is necessary to re-establish their results so that they can be used in the future because they were once widely used diagnostic tools but are not now being used in that way. Even with the use of advanced diagnostic tests, a number of issues can go untreated.

KEYWORDS: *Ayurveda*, *Nadi Pariksha*, Pulse examination, *Dosha Gati*, Diagnose

### INTRODUCTION

The pulse examination is a crucial part of the conventional diagnostic process used in *Ayurveda*, which entails watching the blood flow via the capillaries in the wrist. To establish a precise association between pulsation and disease kind during pulse diagnosis, very skilled technical hands are needed. This me

thodology is predicated on the idea that the pulsations determine the physiological state of the complete human body. It entails applying pressure to the pulse until the pulsation is at its strongest, at which point different pressures are used to observe the different pulse phases. To forecast physiological changes, pulses must be closely examined. Since recent decades, *Nadi* has been acknowledged as the most fundamental sign of life, and a thorough *Nadi-Pariksha* allows a doctor to diagnose both the pathology and physiology of the *Sharira*.<sup>1</sup>

Even in today's fast-paced world, modern doctors still turn to the *Pariksha* of *Nadi* in times of emergency because it is believed to provide the most recent assessment of the heart's effectiveness, and the rate, rhythm, volume, and nature of the pulse give a clear indication of the patient's overall condition.<sup>2</sup>

### Synonym of *Nadi*<sup>3</sup>

*Tantuki, Snayu, Jeevangyana, Hansi, Dhamani, Dharani, Dhara, and Nadi.*

### Plans and Goals

1. An analysis of *Nadi Pariksha* conceptually.
2. To examine its clinical relevance.
3. Researching *Nadi Pariksha* in relation to diagnosis

### *Nadi Pariksha*'s location<sup>4</sup>

नाडीमङ्गुलमूलाधः स्पृशेद्दक्षिणगे करे ।  
 ज्ञानार्थं रोगिणो वैद्यो निजदक्षिणपाणिना ॥  
 स्थिरचित्तः प्रशान्तात्मा मनसा च विशारदः ।  
 स्पृशेदङ्गुलिभिर्नाडीं जानीयाद्दक्षिणे करे ॥<sup>1</sup>

The physician's right hand should be used to check the patient's pulse during the procedure.

The wrist-region pulse is a marker of the patient's life, and a doctor should be able to identify diseases and healthy conditions by looking at the pulse's characteristics.

Use your right hand for male patients and your left hand for female patients because the difference can be felt more clearly in those hands.

### The *Nadi Pariksha* (pulse examination) procedure

1. For one *Prahara*, the optimal time for *Nadi Pariksha* is early in the morning.
2. Both the doctor and the patient should be quiet and serene, and the doctor should be seated in a comfortable position.<sup>8</sup>
3. They need to be seated comfortably and face one another.
4. With his left hand, the *Vaidya* must gently hold the *Rogi* elbow while using his right index, middle, and ring fingers, all of which must be held in close opposition around the wrist area, to detect the pulse.
5. In males, the *Nadi* of the right hand will be visible, while in females, the *Nadi* of the left hand will.
6. Use his intelligence to evaluate ailments and examine the pulse three times using the pushing and releasing technique.

7. Determine the characteristics of the numerous *Doshik* pulses as well as the *Vata*, *Pitta*, and *Kapha* pulsations at the index, middle, and ring fingers, respectively.

8. Pulse examination can reveal whether *Vata*, *Pitta*, or *Kapha*, two or three *Doshas*, or treatable or incurable disorders, are present.

### ***NADI GATI OF DOSHAS***<sup>6</sup>

As explained by *Acharya* in various upamas for detecting gati of *Doshas* or *Prabalya* of *Doshas*, it is appropriate pressure at various degrees of touch to three fingers, i.e. each finger felt varied pressure owing to *Doshaprabalyata*.

- *Vataprabdoshas*'s characteristic nature is *Chanchalta* or *Vakragatinadi*, and as a result, it is represented by *Sarpgati* (serpentine movement) or *Jalokagati* (leach movement), respectively.
- *Pitta Prabaldosha*, also known as *Mandukagati-Pitta Dosha*, is characterized by *Udreka* and *Chapel* or hopping nature. As a result, it is represented as *Mandukagati* (frog) or *kakgati* (crow), or frog-like jumping movement of pulse felt to finger.
- *Kapha Prabaldosha* with *Sthira*, or *Hansagati*, or *Paravatgati*, or *Hansa* (regular) walking characteristics that resemble the pulse's movement when felt on the finger .



### ***Nadi Pariksha* contraindications**

When the following circumstances apply, *Nadi Pariksha* (pulse examination) should not be performed:

- Immediately following a bath or meal.
- Immediately following internal and external anointing therapy (*Snehavagahana*).
- Immediately following a nap or immediately after waking up.
- During times of thirst or hunger.

## CONCLUSION

The premise behind ayurvedic pulse diagnostics is that good health is something we should all strive for throughout our lives. *Nadi Pariksha* seeks to comprehend the following qualities in a person: Determines a person's "Original Constitution at the Time of Conception (*Prakriti*)". This serves as the foundation for determining the premise and framework of the unique healing process. assists in comprehending "One's Current Constitution in Comparison to the Original Constitution" (*Vikriti*). The diagnosis identifies the divergence the body and mind have made from their initial state. It also makes it possible to comprehend the prognosis of illnesses that have developed throughout the change from *Prakriti* to *Vikriti*. Based on their observations, the *Acharyas* characterized distinct pulse motions associated with the gait of particular birds, amphibians, and reptiles. The reader of the book must use *Yukti* (intelligent reasoning) to interpret these *Lakshanas* practically. This article's goals are to both teach readers straightforward approaches and to give them in-depth, comprehensive information.

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