



IMPORTANCE OF NADI PARIKSHA ACCORDING TO AYURVEDA

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ABSTRACT: Nadi Pariksha is the ancient ayurvedic technique of diagnosis through the pulse. It can accurately diagnose physical, mental and emotional imbalances as well as diseases. It is a non- invasive science that enables to reach the root cause of health issues and not just address the symptoms. The time tested and age-old natural way of healing, Ayurveda, has taught that any presence of disease in our system will be indicated as an imbalance in our 'doshas'. The key to cure and keep our body in good health is to balance the doshas and bring back balance to the body system. Nadi Pariksha gives a deep insight into a patient's body type (prakruti, classified under vata/ pitta/ kapha) and the various imbalances (vikruti) in the body and mind.

KEYWORDS: Nadi Pariksha, Ancient, Prakruti, Vikruti, Pariksha, Ayurved.

INTRODUCTION: In ayurveda the pulse examination is very vital component of traditional diagnostic methodology which involves observation of circulatory movement of vessels of wrist (Pulse examination). Diagnosis through pulse requires highly expert technical hands to establish accurate correlation between pulsation and disease type. This approaches based on the fact that the pulsations dictate the physiological status of the entire human body. It involves examination of pulse by applying pressure until to get maximal pulsation and then observation of various pulse phases with varying pressure. Pulses need to be observed deeply, to predict physiological changes. From the past decades Nadi has been recognized as the most fundamental sign of life, and the pathology as well as physiology of the Sharira is being recognized by the physician through proper Nadi-Pariksha.¹ Even in today's hectic lifestyle, under emergency clinical conditions, modern physicians seek help by the Pariksha of Nadi, as it is thought to present the latest picture of the working efficacy of heart, and the rate, rhythm, volume and character of the pulse indicate clearly the condition of the patient in various aspects.²

Nadi Pariksha is one the most important Ayurvedic treatment to treat the person to understand the concept of "Nadi Pariksha" we should know Strotas, Sira, Dhamni and Nadi firstly. Generally all these channels of the body which assigned job of carrying substance within the body. Maharishi Sushruta manage to trace minute to minute channels present in the body even when they were very difficult to be traced with naked eyes. In our body there are 700 Siras, 200 Dhamnis. Which could be easily counted, but when the minute Siras and

Dhamni's were counted with their tributaries and branches their number was estimated to be same as the number of main follicles, which distributed throughout the body. Approximately their number are calculated at two lakh ninety thousand five hundred and fifty six. Our Acharya perfected the study of Nadi techniques, so there are 14 Nadi's mentioned which are following-

Susuhmna: This Nadi runs up in spine till the Brahmarandra.

Pingla: This Nadi runs upon the right if Sushma & ends in right nostril.

Ida : It runs upon the left Sushmna and ends in the Left nostril.

Hastijiva : It is runs down in the left and ends in the big toe.

Yasasvini : The trunk in the leg ends in the right big toe.

Kuhu : The Nadi that has its sphere of influence terminating in the vagina.

Alambusha : It is terminates at the end of the anus.

Gandhara : It is ends in the left eye.

Pusha : It is ends in the right eye.

Sankhini : It is terminates in the left ear.

Payavaini : It is terminates in the right ear.

Sarasvati : It is terminates in the tongue.

Viswodara : It is terminates in the face.

Varuna : It has its influence spreading every part of the body

Full implication of Nadi Pariksha is very important to understand and Nadi science is the science of the Nadi or nerves, which includes the study of life processes that are responsible for living and existence of man. The Gati or motion of this Nadi also indicates the imbalance if there Doshas that is Vata, Pitta and Kapha. For understanding the examination of Nadi the one should consider the three parameters on which it is based.³

1. Size or volume: It is denoted condition of blood vessel wall.

2. Number and rhythms: It is denoted conditions & working of heart.

Concept of these fundamental influences, it is necessary to give a concern to other details like,

Kaal (Time) ,Aahar (Food) ,Roga (Disease)

Also there is different types of Gati which the movements of Nadi which indicates and compare with various animals

Vata –Leech or serpent.

Pitta – Sparrow.

Kapha – Swan.

The above mentioned information is obtaining the general idea regarding this science.

Examinations: Combination of pulse

- 1) Vata & Pitta: The combination of Vata and Pitta is indicates by frequent association with the movement of snake and frog with the feel of pulse.
- 2) Vata & Kapha: These combination present movements like of snake and peacock. In patients having swelling or edema combined with weak action of aortic imbalance.
- 3) Pitta & kapha: This combination indicates jumping gait of frog or toad and the alternative slow and steady Gati of peacock. It indicates certain conditions of hypertension
- 4) Vata, Pitta & Kapha or Sannipaata: This combination of pulse categories in the patient in which all the three Dosha are imbalanced. Various Acharya have mentioned their different views but Sharangdhar has described the movement of Sannipaata pulse as Laavka and Titthiri rapidly for sometimes and on a sudden they stop their movements altogether to repeat their quick movement once again.

Uses of Left hand in females: In Ayurveda text Yograthnakar mentioned that the Nadi Chakra (nerve plexus) different in males and females. This Chakra or plexuses which lie at the level of Nabhi (Umbilicus) known as Kurma Chakra is said to influence the Nadi or pulse of an individuals. It is said that this Kurma Chakra is faced upwards in women and downwards in men and the Yoga Rathnakar text had given three reasons. These are:

1. Saastraa (science)
2. Sampradaaya (tradition)
3. Personal experience

Uses of three fingers in examining the pulse: It is very notorious & easily fitters here & there & easily changes in fraction of seconds, Also the fact that mind can pay attention to one subject at one time. Mind play is very important role in pulse investigation. This nature of mind causes great difficulty in assessing three Dosha that is Vata, Pitta & Kapha with one finger Vaata is established by the tip of the index finger of right hand placed on the radical artery next to the root of the thumb of the right hand of patients & that Pitta pulse should be studied by the touch of the tip of middle finger placed next to it & the Kapha pulse by touch of the tip finger placed to the middle finger on the artery.

Best time and time required for the examining the pulse: It mentioned by all Acharya and Ayurvedic practitioners that pulsation of pulse varies from time to time and day to day.

- Kapha pulse is predominant in the morning time.
- Pitta pulse is predominant during mid day.
- Vatta pulse can be observed in late afternoon and evening.

The minimum time mentioned for pulse examination is said to be 30 beats. The time taken for testing of the pulse cannot be restricted in a rule as it depends upon many conditions like tact and skill of the physician.

Pulse examination (Nadi Parikashan) : In this examination strength, rhythm and speed of pulse are observed to make a Diagnosis. If pulse is felt irregular (missing at intervals) or moving fast it can be

compared to moving like a snake (Sarpvat) that means Vata is dominant in that pulse. If pulse is having good volume with a throb and it can be compared to jumping frog (Madookvat) then Pitta is dominant in that pulse. If pulse is slow or heavy & if movement is like moving swan (Hansvat) then Kapha is dominant in that pulse.⁴

Method of examining the pulse: The hand of the patients be free and slightly flexed at the forearm, so that the left hand of the physician the 3 fingers of the right hand namely the index finger, the middle finger and the ring finger of the physician gently touch the skin over the radial artery. The index finger is comfortably placed, nearest the thumb and the other two fingers are placed next to it. Above all it is important that the patients should not be unconvinced for this purpose. Variation of Pulse The variation of pulse it should be remembered that the pulse has the tendency to change its pulsation activities, which is precipitated by following factors mentioned below:-

1. Shudha (hunger)
2. Pipasa (thirst)
3. Nidra (sleep)
4. Guru Aahar (heavy meals)
5. Ratri Bhraman (waking in night)
6. Comfortable lifestyle
7. Sitting & standing postures
8. Bhraman (walking)
9. Physical activities
10. Exposure to sun
11. Mental conditions such as sexual excitement.
12. Time like morning, mid day and evening.
13. Seasons like Grisham Ritu (summers), etc .
14. Environments & habits to which a human being is subjected .

The Seven Levels of the Pulse: It is convenient to divide the reading of the radial pulse into seven levels. According to the Ayurvedic system of medicine, there are seven Dhatus. If we take a cross-section of any extremity, from the superficial layer to the inner core, the seven Dhatus are present. For instance, the superficial layer is Rasa, the capillary layer is Rakta, and so forth. Likewise, in the pulse, the superficial level can be called the first level, and if we go to the deepest level, after which the pulse is obliterated, we feel the seventh level. In between the superficial and deep pulse there are another five levels, to make seven in total. As we press down on the radial artery, we can feel the spikes of the pulse change as we move deeper or shallower from one level to another.⁵

DISCUSSION AND CONCLUSION: Nadi Vigyana and NadiPariksha experience are accessible, it can be learned by continuous practice only under the guidance of Nadi Vaidya. what is described in various Nadi literature and Ayurvedic literature, only gives information about NadiPariksha and gives guidance from it. By studying Nadi literature and Ayurvedic literature and doing NadiPariksha under the guidance of Nadi Vaidya, **JETIR2203268 | Journal of Emerging Technologies and Innovative Research (JETIR) www.jetir.org | c514**

one gets the ability to decide diseases. In Nadi literature and Ayurvedic literature, Acharyas have given analogies of various animals and birds to explain the NadiGati easily. Diagnosis of the patient's disease by NadiPariksha becomes very important when the patient is unconscious or poor mental condition, or unable to say his complaint, or the patient is dumb or a child. In this way, by observing the guidelines of NadiPariksha given by various Nadi literature and Ayurvedic literature and doing continuous practice of NadiPariksha under the guidance of Nadi Vaidya, we can accurately diagnose the patient's disease before it goes to the next stage and can treat it accurately.

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