



An Observational Study of Nadi Observation on Patient and Assessment of Nadi Patrak

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ABSTRACT

An old ayurveda method called Nadi Pariksha uses the patient's pulse to identify physical, mental, and emotional abnormalities. Using Nadi, we may identify the Normal/Prakruti- Abnormal/Vikruti, the Dosha (Vata- Pitta- Kapha) condition in each organ, the impacts on Dhatus (Body Tissues), and Manas (Mind), which have an impact on health depending on their present status. By integrating the results of the signs and symptoms that are being seen or felt, this approach helps to uncover the disease's primary cause and aids in treating it. Ayurvedic practitioners are aware of the relevance of Nadi Pariksha and utilize it to analyse patients' physiological and psychological conditions.

KEYWORDS: Nadi Pariksha, Prakruti, Vikruti, Dhatus, etc.

INTRODUCTION

In ayurveda, the wrist vessels' circulatory movements are observed as part of the conventional diagnostic process, which includes taking the patient's pulse (Pulse examination). To establish a precise association between pulsation and illness kind during pulse diagnosis, very skilled technical hands are needed. This method is predicated on the idea that the pulsations determine the overall physiological state of the 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.¹

Throughout 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. Despite the hectic pace of modern life, modern doctors still use the Pariksha of Nadi in emergency situations because it is believed to provide the most recent assessment of the heart's effectiveness, and the patient's condition is clearly visible from the rate, rhythm, volume, and character of the pulse. To comprehend the notion of "Nadi Pariksha" we should first study Strotas, Sira, Dhamni, and Nadi. Nadi Pariksha is one of the most significant Ayurveda treatments to heal the individual²

There are 200 Dhamnis and 700 Siras in our body. They were simple to count, but when the little Siras and Dhamni's were tallied together with their tributaries and branches, it was calculated that their number was equal to the number of primary follicles dispersed throughout the body. They are estimated to number two lakh ninety thousand five hundred and fifty-six. As our Acharya refined the study of Nadi methods, the following 14 Nadis are mentioned.³

- **Susuhmna:** Until the Brahmarandra, this Nadi ascends the spine.
- **Pingla:** This Nadi travels down Sushma's right side and terminates in the right nostril. It goes down the left Sushmna and terminates in the left nose, according to Ida.
- **Hastijiva:** It finishes in the big toe and descends to the left. Yasasvini: The right big toe is where the leg's trunk finishes.
- **Kuhu:** The Nadi with a vaginal termination for its zone of influence. Alambusha: It comes to a finish at the anus's end.
- **Gandhara:** The left eye is where it terminates. Pusha: The right eye is where it terminates.
- **Sankhini:** The left ear is where it comes to an end. Payavaini: The right ear is where it comes to an end. Sarasvati: The tongue is where it ends.

Understanding the full implications of Nadi Pariksha is crucial, and Nadi science, which is the study of the life processes essential to human existence, is the science of the Nadi or nerves. The Vata, Pitta, and Kapha doshas' imbalance is also indicated by the Gati, or motion, of this Nadi. Consider the three criteria on which the Nadi examination is founded in order to comprehend it.⁴

- **Size or volume:** It indicates how the blood vessel wall is doing.
- **Number and rhythms:** These indicate the state and function of the heart.

Considering these essential factors, attention must be paid to other specifics like Kaal (Time), Aahar (Food), and Roga (Disease).

Also, there are numerous Gati kinds, which are used to compare and indicate Nadi's motions with those of other animals.

Vata - snake or leech.

Pitta – Frog

Kapha - Swan

The material presented above is used to get a general understanding of this science.

- **Vata & Pitta:** The presence of the movements of snakes and frogs in connection with the feeling of the pulse frequently suggests the presence of Vata and Pitta.
- **Vata & Kapha:** This combo exhibits snake- and peacock-like motions.
- In individuals with edoema or swelling together with aortic imbalance's subpar activity.
- **Pitta & Kapha:** This pairing denotes either the fast and erratic stride of a peacock or the leaping gait of a frog or toad. It suggests certain hypertension-related problems.
- **Vata, Pitta, and Kapha**, also known as Sannipaata, is a combination of pulse categories in which the patient's three doshas are all out of balance. While other Acharya have expressed their differing viewpoints, Sharangdhar termed the Sannipaata pulse's movement as sometimes Laavka and Titthiri quickly.

METHODOLOGY

In order to gather the facts for this study, a rigorous examination of the literature was conducted. Nadi is understood as a diagnostic and prognostic tool in many Ayurveda texts and medical research databases including PubMed, Google Scholar, Embase, and other national research databases.

NADI

Sanskrit suggests that pulse is Nadi. In another phrase, the human body communicates with the five fundamental elements of space, air, fire, water, and earth through the Vishva Nadi. In this work, the term "Nadi" refers to the pulse, and "Nadi Pariksha" is the science of interpreting the pulse.

SYNONYMS

Many Ayurvedic terms, including Nadi, Snayu, Hansi, Hinsra, Dhamani, Dhara, Tantuki, Jivitajnya, Jivanjnyana, Vasa, and Sira, are synonyms for pulse.

LOCATION OF NADI PARIKSHANA

- Routine radial pulse examinations often take place at the wrist, elbow, arm, axilla, ankle, dorsum of the foot, neck, in front of the ear, above the eye, next to the nose, tongue, lips, penis, and perineum, among other places.⁵
- The doctor should do Nadi Pariksha on the patient using his right hand.
- The nadi sensation at the wrist area represents the patient's life and aids in illness diagnosis.
- Nadi felt is always held in the male right hand and the female left.

METHOD OF EXAMINATION OF NADI PARIKSHANA

- One Prahara's morning hour is the best time for Nadi Pariksha.
- Both the doctor and the patient should be in a relaxed position. Using the right index, middle, and ring fingers, the doctor should hold the patient's hand while checking their pulse.
- Nadi should be examined by gently palpating, pressing, tapping, and rolling artery under finger.
- Recognize the Vata, Pitta, and Kapha pulsations at the index, middle, and ring fingers, respectively, and elicit their characteristics, such as faint, moderate, and rapid, as well as recognise the nature of different Doshic pulses.
- Pulse examination can reveal the presence of Vata, Pitta, or Kapha, the mixing of two or three Doshas, or the existence of treatable or incurable disorders.
- Pulse examination shed light on the role of Vata, Pitta, and Kapha, the mixing of two or three Doshas, or the presence of curable or fatal illnesses.

- A typical pulse moves like an earthworm and is regular, steady, and well felt in the usual location.
- The following characteristics of a Nadi must be examined for analysis: Gati (movement), Vega (rate), Tala (rhythm), Bala (force), Akruti (tension & volume), Tapamana (temperature), and Kathinya (consistency of vessel wall).
- Dividing the pulse measurement into seven levels is practical.

NADI GATI DOSHAS

Vata, Pitta, and Kapha flow throughout the body, providing positive or negative effects depending on how they are feeling. Their Vikruti state is aberrant while their Prakruti condition is normal. Via Rasa and Rakta Dhatu, all three Dosha travel throughout the body. The greatest places to experience Vata characteristics are beneath the index finger, middle finger, and ring finger.⁶

NADI PRAKRUT STATE

The seventh, deepest level of reading is known as Prakruti, which is the core human constitution. By pinching the radial artery deeply enough on either the left or the right side to stop the pulse, and then releasing it just enough to allow the pulsation to resume while evaluating Prakriti. The level of Prakruti that experiences Vata, Pitta, and Kapha is the seventh level.⁷

SUBTYPES OF DOSHAS

Knowing your Dosh subtype is essential for understanding diseases since in Ayurveda, each Dosh has a distinct subtype. Knowledge of each Dosh's subtype is crucial for estimating the Samprapti of an illness. Subtype of Doshas is an important indication of qualitative and quantitative change in the human body during Vikriti. Go to the third level, apply light pressure, feel each subtype that has a spike, and identify the subtype of Dosh that is out of balance.⁸

DHATU GATI

Using Nadi at the fifth level, we can forecast the Dhatus state. This level is Dhatus Ama, and Dhatus Agni may become dysfunctional due to Doshic influence. Dhatus Agni's state about tissue formation. In the fifth level, we will be able to notice the spike. Dhatus that are generally in good health do not exhibit a surge, but those that are Vata, Pitta, or Kapha-affected do⁹

ARTISTA LAKSHANA OF NADI

The art of feeling the pulse. When doing this, one should exercise awareness. Both an objective and a subjective science, ayurveda. Nadi is additionally used for prognosis. It is discussed in a lot of Ayurveda texts.

Pulse	Time of Death
Not felt usual place felt at two finger proximal to its normal site.	Death within one & half hour.
Pulse 2½ finger proximal to it normal site cold, fast.	Death within 3 hours.
Pulse is felt at a point 3 finger 's proximal to wrist joint.	Death after 3 hours.
Pulse not felt at usual place and middle finger gets thread like impulse.	Death within four and half hours.
Pulse is hardly palpable by any of 3 palpating fingers.	Death within six hours.
Pulse is thready tortous and felt only by middle finger.	Death with 15 hours.
Very weak hardly felt.	Death after 15 hours.
Hardly felt 1¼ proximal to normal site.	Death within 18 hours.
Felt 2 fingers proximal to its normal site and tortuous.	Death within 21 hours.
Felt one finger proximal to its normal site. Became slower. Difficult to find & feel. Vibration of pulse felt by index finger resemble like Damaru.	Death within 24 hours.
Cold pulse is felt one finger proximal to its normal site.	Death within 27 hours.
Slightly warm pulse, felt a quarter finger proximal to its normal site.	Death within 33 hours.
Pulse becoming slowly cooler. Quarter finger proximal to its normal site. Sometimes well felt, sometimes felt, sometimes not felt.	Death within 36 hours.
Cold pulse is felt half a finger proximal to its normal site.	Death within 39 hours.
Half a finger proximal to its normal site.	Death within 45 hours.
Felt a quarter finger proximal top its normal site. Fast irregular, stop for while sudden stop and not felt but reappear.	Death within 48 hours.
Felt half java proximal to its normal site, thready slow, not felt in index, cold in middle very weak in ring.	Death within 3 days.

Pulse is hot & fast. Very thin & weak pulse felt in index finger.	Death within 4 days.
Pulse become gradually slow & weak.	Death within 5 days.
Sometime fast & sometimes slow	Death within 5-7 days.
Pulse is hot & fast.	Death within 15 days.
Pulse resemble like serpent or earthworm is very weak.	Death within a month.

[REFERNCES - Yukti Tiwari, Hukum Singh Dhakad. Nadi Pariksha: An ancient Ayurvedic method of diagnosis & prediction. J Ayurveda Integr Med Sci 2022; 3:59-63.]

PROGNOSIS EXAMINATION FOR NADI GATI

Intermittent thready and trembling pulse felt. Either a shallow or deep pulse with thin and tortuous lines might be sensed. Sometimes a quick, slow, thin, huge, bulky, absent indicator, or poor prognosis pulse is sensed. If the heartbeat was irregular, like a woodpecker pecking on wood.¹⁰

ASHADHYA NADI EXAMINATION

- Very erratic.
- All arteries have abnormal pulsations that progressively get weaker, thinner, and then stop altogether. Displacement of Nadi from its own place and moves slowly and slowly, this indicates, patient's poor prognosis and patient will die.
- Feeble and cold pulsation kills the patient.
- Nadi that initially pulses like Pittajagati, then changes to Vatagati, then to Kaphagati, and then moves like a wheel, sometimes rapidly and sometimes slowly, should be classified as an Asadhya Nadi. A Mrityu Suchaka Nadi is one that resembles the Damaru (a musical instrument), which is powerful at the beginning and end but very slow in the middle.¹¹

DISCUSSION

The pulse indicates Vata Pitta Kapha's dual and triple problem as well as an explicit prognosis for the condition, according to Yogaratnakar. With Nadi Prakisha, we may determine the Dosh state in our bodies as well as the prognosis, which aids doctors in selecting a course of therapy. Using Nadi Vigyana, a doctor can discover minor symptoms even at an early stage. By identifying the organ tissue and Dosh that are implicated, Nadi may determine what stage of pathogenesis has taken place.¹² Nadi might identify a certain Dosh or Dhatus illness. There are several lectures on Nadi that are included in various texts, but it is this ancient approach that draws our attention as we reevaluate its usage as the primary diagnostic tool for a variety of diseases. They used Nadi as their primary diagnostic tool thousands of years ago when there was no laboratory equipment available. Since we now have completely modern facilities, we can update this method for the modern era.¹³

CONCLUSION

Prior to beginning any type of treatment, an illness must first be diagnosed. There are many different sorts of diagnostic techniques used in our ancient Ayurveda. An essential instrument for evaluating the roga and rogi bala is the ashtasthana pariksha. One of the most important Ayurvedic diagnostic techniques is nadi pariksha. One can determine the diagnosis of a certain ailment based on nadi pariksha and begin care as a result. There are still plenty of effective doctors today who just use nadi to diagnose illnesses. An essential tool for evaluating Rog and Rogi Bala is Ashatasthana Pariksha. Based on the aforementioned study, we can conclude that Nadi Pariksha is a vital tool for early disease diagnosis and prognosis prediction.

CONFLICT OF INTEREST -NIL

SOURCE OF SUPPORT -NONE

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