

Physiological Aspect of Nadi Pariksha

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Abstract – examination plays a very important role in diagnosis and further planning of treatment. Nadi pariksha is described under Asthavidh pariksha by Acharya Yogratnakar. Nadi pariksha is one of the effective method for identifying dosha dominance as well as diagnosis. Nadi pariksha is easy, cost effective, accurate, safe tool of diagnosis. Nadi pariksha can be performed in healthy, diseased person, pregnant women, children's. Now a days nadi pariksha is not practiced much due to lack of knowledge, practice.

This paper made an attempt to incorporate physiological aspect of nadi pariksha .

Keywords – Ashthvidh pariksha, Nadi, Dhamani, Pulse, Diagnosis

INTRODUCTION

Ayurveda has given importance on diagnosis before the actual treatment.

‘Rogamadau pariksheta tatoanantaramaushadham.’ Charaka Sutra Sthana 20/20 Examination plays a significant role in diagnosis of the diseases¹. In Ayurveda different examination methods were explained like trividha pariksha, sadvidha pariksha, ashtavidha pariksha, dashavidha pariksha etc. Among them ashtavidha rogi pariksha was described by Acharya yogaratnakara².

Rogakrant sharirasya sthananyashtau nirikshayet.

Nadi mutram malam jivha shabda sparsham drigakruti.

Nadi-	Examination of pulse
Mutra-	Mutra- examination of urine
Mala-	
Jivha-	Jivha- examination of tongue
Shabda-	Shabda- examination by organ of hearing
Sparsha- palpation	Sparsha- palpation
Drik-	Direct observation
.Akriti	Akriti- examination of whole body

Significance of Nadi Pariksha

यथा वीणागता तंत्री सर्वान् रागान् प्रबाषते ।
तथा हृष्टगता नाडी सर्वान् रोगान् प्रकाशते ॥

As the strings attached to a 'Veena' plays the raga and it can be identified, so as Nadi founds in Hands tells about the diseases by which clear diagnosis can be made

Aims and Objective

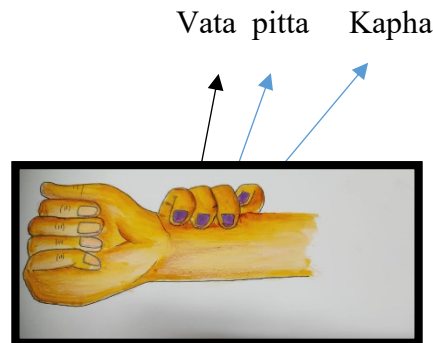
1. The conceptual study of nadi pariksha.
2. To study physiological aspect of nadi

Material and Method - Different Ayurveda texts, journals, research papers, articles are referred to study the conceptual understanding of nadi, its clinical significance and its usefulness in manifestation and sequelae of the diseases.

History of Nadi Pariksha

1	Acharya Sharangdhar	considered as 'The Founder of Nadi Pariksha' in Ayurveda ,titled Nadi Pariksha under Panch-Nidan
2	Yogratanakar	Astha sthana
3	Bhava Mishra	Detailed nadi pariksha
4.	Acharya Basavaraja	Explained about site of Nadi pariksha.
5.	Acharya Kanad	Kanadkrut Nadi Pariksha (detailed elaboration of nadi)
6.	Acharya Ravan	RavanKrut Nadi Pariksha (given details of Nadi pariksha)

Nadi location - Vata, pitta and kapha nadi lies respectively under tarjini (index finger), madhyama (middle finger) and anamika (ring finger) of examining vaidya (physician)



Synonyms of Nadi

स्नायुर्नाडी ततो हंसी धमनी धरणी धरा।
तन्तुकी जीवनज्ञाना शब्दाः पर्यायवाचकाः ॥ योगरत्नाकर नाडीपरीक्षा 8-

Snayu ,Nadi ,Hansi ,Dhamani ,Dhara ,Tantuki ,Jivandnyana these are synonyms of nadi ³.

Nadi Parikshan Location –

शतसप्तानां मध्ये चातुरधिका विंशतिः स्फुटास्तासाम्।
एका परीक्षणीया या दक्षिणकरचरणविन्यस्ता ॥ नाडी विज्ञान 7 –

Among seven hundred sira only twenty-four are prominent and only one nadi ie Bahiprakoshtika Nadi (Radial Artery) gives a clear idea about tridosh. This nadi is situated on Bahipraoshthasthi⁴.

Acharya Basvrajyam has explained different sites for Nadi pariksha.

- 1) Wrist (radial artery)
- 2) Elbow (brachial artery)
- 3) Arm (brachial artery)
- 4) Axilla (axillary artery)
- 5) Ankle (posterior tibial artery)
- 6) Dorsum of foot (dorsalis pedis)
- 7) Neck (carotid arteries)
- 8) In front of ear (superficial temporal arteries), i.e. right earpusha
left ear-yashaswini temples
- 9) branch of superficial temporal
- 10) Near the nose (facial artery branch) aambusha
- 11) Tongue (lingual)
- 12) Lips (labial branch of facial artery)
- 13) Penis (Branch of Int.pudendal artery)
- 14) Perineum (Branch of Int.pudendal artery)
- 15) Apex beat

Importance of Radial Artery / Bahiprakoshthasthi

Acharya Yogaratanakar has explained about importance of Radial Artery.

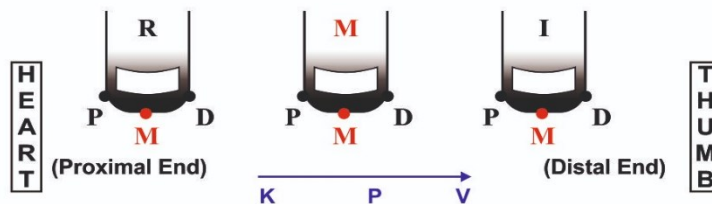
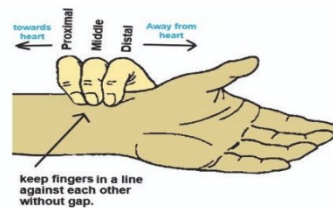
अंगुष्ठमूल भागे या धमनी जीवसाक्षिणी।
तच्चेष्ट्या सुखं दुःखं ज्ञेयं कायस्य पण्डितैः ॥ :
स्त्रीणां भिषग्वामहस्ते वामपादे च यत्नतः ।
गुल्फस्याधोऽंगुष्ठभागे पादे त्वंगुष्ठमूलतः ॥ योगरत्नाकर – अष्टविध नाडी परीक्षा 11 -10 –

The artery situated at Angushthmool is Jivasakshiani (by palpation one can get knowledge about life) which throw light on Sukha –Dukha. The Nadi is felt in the right hand in males and the left hand in females ⁵. It is the most easily available place for examination.

While examining it, there is no possibility of any body part being seen or obstructed.

Women, men, children, old, pregnant, handicapped, no one feels shy or uncomfortable in examining this place.

1. The examination of the radial artery can be done easily in any condition - like sitting, standing, sleeping (lying down), unconsciousness.
2. This Nadi is in the most exposed or always open place.
3. This Nadi is raised and clear in all. Since the covering of the flesh and nerves is not very thick, the sparkling is clearly felt.
4. The temperature here is normal and similar to the atmosphere, which is suitable for proper diagnosis.
5. This place of radial artery or Manibandh joint is the purest Marma place.
6. Acharya Ravan has called it Jeevasakshini Nadi . The knowledge of the mental emotions of life or body is easily obtained at this place.
7. By examining this Nadi, almost all the diseases can be known.
8. By shaking or twisting this artery, the pressure, tension etc. can be tested or differential diagnosis can be done.
9. Symptoms indicating ill effects can be easily seen in this Nadi.
10. In case of various diseases, it is prescribed to examine the nadis of both hands.
11. Along with Nadi, the Vaidya can examine various emotions of the body like eyes, senses, shape etc. Especially, by looking at the face, one can know about the emotions like emotional state, worry, attachment, hatred, happiness, sadness, health and illness etc.
12. Along with the condition of defects in Nadi, strength, tension, five physical tests can be done.
13. In case of confusion or lack of knowledge during the pulse examination, the pulse can be tested again and again.
14. Radial - Biomarker pulse is related to all the organs of the body and hence it helps in diagnosing the disease.
15. Acharya Shargandhar clearly mentioned about radial artery and its clinical importance as the pulse 'Jeevasakshi' and it lies at root of the thumb (Angusthmtool) . pulsation in the artery reflects the evidence of life and physician may learn through Sparshana pariksha.



Physiological View of Nadi Pariksha

- Nadi – Nali means – flow of any liquid or Vayu from one side to another one.
- Charak says – Nadi tanukrut –
- Whereas Acharya Yog vashisht – says nali hrdayasthit.
- Though the blood flows through artery or dhamani it is called as dhamani.
- Narad – it is synonym of heart – Manu explains Naar as jala or rakta
- Ahara rasa is transferred from heart towards body parts through the dhamani so narad vidnyan is called as nadi vidnyan.
- Nadi can be assessed by - sphuran pariksha, experience, sampradaya krama
- Acharya Charaka in Sharir sthan says – स्पर्श त्वग्निन्द्रिय – Touch is the cutaneous sense organ – touch is dependent on the cutaneous sense organ ⁶. Words are important for consoling a patient, in the same way touch is important for knowing the nerves and disease. Through touch, nerve defects, impurities, and diseases are removed.

Procedure of Nadi pariksha –

Routinely or at OPD level Nadi pariksha can be done at any time. To get correct knowledge of dosha best time is early morning after malmutra visarjan. Physician should be seated in comfortable position and patient should be calm, cool mind also, both should face each other⁷. Then physician hold the left hand gently and feel the pulse with his first three fingers. Examine the pulse thrice by pressing & releasing technique and identify tridosh dominance. Identify Vata, Pitta, Kapha at index, middle & ring finger respectively and identify the character of different doshik pulse.

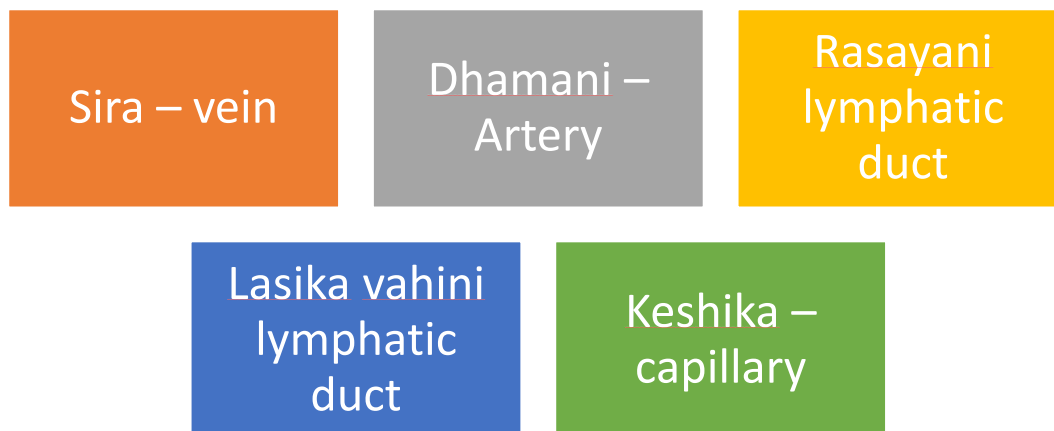
What we can observe in Nadi

1. Dosha dominance
2. Nadi gati (movement of pulse)
3. Disease diagnosis
4. prognosis of disease

Contraindications for Nadi Pariksha – Nadi pariksha should not be done in certain conditions.

1. just after taking bath
2. Just after taking food
3. After internal and external sneha dharan
4. during hunger
5. during thirst
6. during sleep

Nadi sharir important factors



1. Sira – 700 total number of sira
2. Dhamani – 24 – there are twenty-four important dhamanis which are connected with circulation. The mool sthan of dhamani are Nabhi & Hrdaya (different opinions of Acharya)
3. Shargandhar – nabhi mool sthan – Acharya Shargandhar was the first who explained Nadi vidnyan in different manner.
4. Sushruta – nabhi

Spandan or pulsation is strong in vessels which carry blood from Heart so we can connect or feel the pulsation correctly. But when different capillaries or vein transfer blood the blood flows in slow nature, so spandan becomes mild or soft and in veins which are made up of small capillaries it is not identified. In humans only you can feel the nadi where blood passes from heart.

Pulse / Nadi formation - How the pulsation is formed it is due to Contraction & Relaxation heart

a. Flow of blood

b. Vata Dosha Gati

c. Sushmuna nadi – medulla oblongata is centre or power house which promotes for heart activity. Nadi spandan are basically due to Vata flow. Arteries have aortic valve – blood flows from one compartment to next – anterior part is empty so vata is located first then pitta and kapha.

The amount of blood that comes into the blood vessels (arteries) due to the contraction of the left auricle of the heart, creates a bulge in them due to the blood wave. As the wave progresses, the bulge is eliminated and the artery returns to its original position. Again, there is contraction of the convulsive chamber due to which a bulge is generated again. In this case the artery always comes back to its position. These bulges themselves appear to be gold in the nadi pariksha. In Ayurveda, these are called 'Dhamana', 'It is the lamb of 'pulsation' and 'spuran'. Overall, these are the everything of pulse examination. By touching these the examiner takes the decision. From their peculiarities, innumerable emotions, diseases, birth and death of human being are revealed. Of all the medical systems or sciences, Ayurveda has researched them the most. It is very difficult to explain them. It is impossible to express them by saying or writing. This work is done through study, practice and experience

Characters of Nadi – Nadi Gati

- नाडीधत्ते मरुत्कोपे जलौकासर्पयोगर्तीम |
कुलिंगकाकमंडूकगति पितस्य कोपतः ||
हंसपारावतगति धत्ते श्लेष्मप्रकोपतः || (शार्गधर संहिता)
- राजहंस मयुराणा पारावत कपोतयोः |
कुक्कुटस्य गति धत्ते धमनी कफसंभृता ||
स्थिरा श्लेष्मवती प्रोक्ता सर्वलिंगा च सर्वगा |
- श्लेष्मणा स्तिमिता स्तब्धा मिश्रा मिश्रेतर्जनीमध्यमा मध्ये वातपित्ताधिके स्फुटा
द्विदोषज नाडी
तर्जन्यनामिकामध्ये व्यक्ता वाताकफे भवेत्
मध्यमा नामिकामध्ये स्फुटा पित्तकफे भवेत्
अंगुलित्रितयेपि स्यात्प्रव्यक्ता संनिपातत स्तु लक्षयेत् | (नाडी परीक्षा)

Character	Vaat	Pitta	Kapha	Dwidoshaj	Sannipatak
	Fast, Feeble, Cold, light, thin, disappears on pressure	Prominent, strong, High amplitude, hot and forceful, lifts up the palpating fingers	Deep, slow, Broad, wavy, thick, cool or warm, regular	Sometimes slow ,sometimes fast under specific finger	Lava tittira varti gamanam (bustard quail, grey partridge and button quail like movement)
Animal correlation / Gati	Sarpa (Cobra),Jaluka	Manduk (Frog),kuling ,kaka	Hansa (Swan),Paravat ,Mayur,Kukut		Lava tittira varti (bustard ,quail, grey partridge)

स्वस्थ नाडी

- भूलताभूजगप्राया स्वच्छा स्वास्थमयी सिरा | सुखितस्य स्थिरा ज्ञेया तथा बलवती मता

Nadi of healthy person – stable, regular, at the proper place, not fast or not slow, good strength

Discussion –Nadi gati during Nadi pariksha is a touch sensation felt to different fingers. It may be felt with different pressure due to doshaadhkya.

- Physiologically, pulse is the expansion of the artery due to pressure from the heartbeat, and thus is most closely correlated to systolic blood pressure. Sometimes the pulse cannot be taken at the wrist and may therefore be taken at the neck against the carotid artery (carotid pulse) or behind the knee (popliteal artery). The heart rate may be greater or less than the pulse rate depending upon physiologic demand. In this case, the heart rate is determined by auscultation or audible sounds at the heart apex, not the pulse.
- Conclusion –Nadi pariksha is a skillful observation one can have excellence after continuous practice and observation. Nadi can be learn by observation, experiences and Guru. To perceive correct knowledge of nadi one must some kind of dhyana, mudra practices which enhance the touch sensation.

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