



Review Article

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CONCEPTUAL STUDY OF NADI VIKRITI: A REVIEW

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ABSTRACT

In Clinical Medicine, arterial pulse examination is more basic or important than any other physical signs. From time immemorial pulse examination has been one of the most important diagnostic tools used by all systems of medicine. Nadi Pariksha is in practice among the old generations of Vaidyas as well as among the traditional physicians of Ayurveda. In Ayurveda Nadi Pariksha is mentioned under the most popularly used diagnostic tools i.e. Asta Sathana Parikshaan it is placed at first among the eight Pariksha. It is claimed in various researches that Nadi Pariksha not only help in assessment of patients but even it helps in diagnosis of various disease as well as predominance of involved doshas. The status of Doshas in diseased as well as in healthy individual can be easily accessed by Nadi Pariksha. It illustrates all types of diseases progressions, just as the strings of Veena (A musical instrument) can produce different ragas or musical modes, So the Nadi can bring to light different diseased conditions. It gives important clues for diagnosis even in patients who are unconscious, mentally retarded, deaf, dumb, infant where patient is not able to give proper history. One may be able to anticipate a disease during its incubating period by Nadi Pariksha alone. So here an effort is made to concise various Vikritis in Nadi in various diseased conditions. The exact knowledge of the state of Nadi in healthy as well as diseased conditions will definitely help in better diagnosis of pathologies and thus treating them accordingly.

Keywords: Nadi Pareeksha, Nadi vikrati, Pulse, Nadi Gati, Pathological pulse.

INTRODUCTION

The aim of ayurveda is to maintain the health of healthy person and to cure the disease of diseased. There are various methods of examination explained in Ayurveda to access the condition of patient. Acharya Sushruta has explained the definition of health in a beautiful way. Health is a state of harmony of dosha, Agni, Dhatus, Malas and Prassana Atma, Manas, Indriyas¹. In Ayurveda examination of roga as well as rogi is explained in a broad way. Nidana Panchak mentioned by Acharya Charaka is used for examination of Roga. Trividha, Panchavidha, Chaturvidha, Dashavidha and Ashtavidha Pareekshas are mentioned for examination of Rogi. Ashtavidha Pareeksha is most popularly used diagnostic tools in Ayurveda. It includes 8 fold examinations. Nadi Pariksha is one among them. Nadi Pariksha is used to access the state of Doshas in body and in most of the cases helps to diagnose the disease accurately.

According to Acharya Kanada, Nadi Vigyana is originated from Lord Shiva. Bhrama learnt Nadi Vigyan from Lord Shiva and gave this knowledge to Indra. Acharya Kanada learnt this Nadi Vigyan from Indra². Apart from this there is another concept of Haritain relation to origin of Nadi Vigyan. According to which Lord Shiva gave this knowledge of Nadi Vigyan to Mata Parvati and she preached to eight Maharishis named Bhardwaj, Vasistha, Gautam, Bhrihu, Atreya, Maitreya and Parashar. These eight Maharishis wrote their own Samhitas which were studied by six Bhamcharis who further wrote their six granthas. Acharya Harita

deeply studied these six granthas and gained knowledge about Nadi Vigyan.

Nadi

Nadi is a sanskrit word that can be translated as tube, channel or flow. It refers to the network of Channels through which energy travels through the body. Nadi is derived from the verb "Nad" which means to tie. Thus Nadi ties/encloses the nutrient, fluid or blood by which it can carry the fluid to various organs. There are many synonyms of Nadi mentioned in various texts such as Nadi, Snayu, Hansi, Dhamani, Dharani, Tantuki, Hrinsha, Dhara, Jivitgya, Jivasakshi, Jivanadi etc. There are about 35 million arteries in human body. Out of which 72 thousand are big in size³, which perform functions of ear, eyes, nose, tongue and skin. Out of these 72000;700 have small holes and carry the essence of food to nourish the body like the ocean is nourished by rivers and tributaries. Out of these 700 arteries, 24 are distinctly felt.

Nadi Location

In routine examination usually radial artery is palpated but if necessary we may examine the pulse at different sites like Elbow (brachial artery), Arm (Brachial artery), Axilla (axillary artery), Ankle (Posterior tibial artery), Dorsum of foot (dorsalis pedis artery), neck (carotid artery), in front of ear (superficial temporal artery), above the eye (Hastijihva: branch of facial artery), tongue (lingual artery), lips (labial branch of facial artery) etc. Radial and posterior tibial arteries are palpated over a length of 3 fingers, carotid artery over a length of 2 fingers and orbital artery over a length of half finger only⁴.

Tridosha Examination

Three fingers are placed in position over Nadi indicate the condition of tridosha and their gati (manda, madhyam and tikshana). The index finger denotes Vata, middle finger denotes pitta and the ring finger tells about Kapha dosha.

Proper time for Pulse Examination

Ideal time for pulse examination is early morning with empty stomach. But in case of emergency it can be palpated at any time⁵. Pulse should not be examined at time of sleeping, after taking meals, after bath or if the patient is hungry, thirsty, crying, fatigued, after intercourse etc.

Qualities of Physician for Pulse Examination

He should be healthy, calm, composed and expert in examination and interpretation of pulse. He should sit comfortably, be free from natural urges and should concentrate over pulse.

Characteristics of Healthy Pulse

Pulse of a healthy person is regular, steady, neither fast nor slow, well felt at normal expected site and movement resembles that of an earthworm, a serpent or a swan. In morning the pulse is unctuous, warm in afternoon, fast in evening and slow at night.

Different Seasons and their effect on Pulse⁶

Season	Pulse resembling movement of
Shishira (Winter)	Leech and Elephant
Vasant (spring)	Swan and peacock
Grishma (summer)	Swan and serpent
Varsha (rainy season)	Rabbit and Fish
Sharada (autumn)	Swan
Hemanta (winter)	Frog, leech and crow

Pulse According To Prakriti

Pulse in Vata prakriti people is fluctuating and movement resembles like leech and serpent. In Pitta prakriti, it is fast and movement resembles like crow, sparrow and frog. In Kapha prakriti it is slow and movement resembles like pigeon and swan.

Nadi Vikriti – Pulse in various Pathological Conditions

Pulse in various Disease of GI Tract

- In Arochaka pulse is slow, thin, clear, deep and less voluminous.
- In Amlapitta it is broad, unctuous and slow in nature.
- In case of Agnimandya pulse of person becomes unequal in both upper and lower limbs.
- It resembles that of swan⁷ in lower limbs and that of frog in upper limbs. Same is seen in case of Grahani which occurs due to Agnimandya.
- In case of Ajeerna pulse becomes fast, clear and heavy.
- In yakritivridhi it becomes thin, slow and dry.
- In udararoga it becomes cold, soft and bounding pulse as if filled with fluids
- In Gulmaroga pulse resemble the movement of pigeon.

Pulse in Respiratory Tract Diseases

- In Shwasaroga pulse becomes fast.
- In Kasa (Kaphaja) roga it becomes slow and steady.
- In Rajayakshma pulse varies in character and rate and its movement resembles that of serpent.

Pulse in case of Cardio-Vascular System Diseases

- In Hridayaroga pulse become mathita (as if blood is churned)
- In Panduroga (Anaemia) pulse becomes Fast, full, bounding, collapsing

- In Shonita-Dosha pulse becomes Heavy, hard, slightly warm, as if churned, broad and slow. The pulse is felt differently by the three distinct fingers
- In Rakta-pitta : Pulse becomes slow, hard and straight.

Pulse in Genito-Urinary Tract Diseases

- In Mutrakrichchra pulse becomes heavy.
- In Mutraghata (Anuria) pulse becomes weak, sometimes felt as if wall is split and sometimes explosive.
- In Upadansha pulse becomes deep, flat, and tortuous as if wall is split.
- In Pradara pulse become steady.

Pulse in Metabolic Disorders

- In Sthoulya pulse become slow, warm, and weak and resembles the movement of leech.
- In Vatarakta pulse become rough, steady and weak.
- In Premeha pulse becomes thin, beaded, light, uplift and dull.

Pulse in Diseases of Central Nervous System

- In Murcha pulse becomes flat as if wall is split.
- In Apasmara pulse becomes fast and weak.
- In Dhanustambha pulse initially well felt over the surface then becomes deep and impalpable.
- In Pakshaghata pulse resembles that of Vataja pulse.
- In Urustambha pulse become cold, mathita, tortuous as if wall is split.
- In Gridharasi pulse becomes slow, broad and flat⁸.
- In Deaf and Dumb pulse becomes dry and fast.

Pulse in Disease of Bones and Joints

- In kroshtusheersha pulse becomes slow and deep.
- In Avbahuka pulse become dry, rough and tortuous.
- In Khanja pulse becomes slow.
- In Amavata pulse becomes slow, deep and tremulous.

Pulse Indicating Time of Death

- If pulse is not felt at usual place but felt at a distance of two fingers proximal to its normal site then this type of pulse indicates that the person is going to die within one and half hours.
- If pulse is felt one finger proximal to its normal site and gradually becomes slower than the person is going to die within 24 hours.
- If the pulse is hot and fast, the patient breathes by mouth and his body is cold, the person is going to die within 15 days.
- If in a debilitated person, the pulse resemble the movement of a serpent or an earthworm and pulse is very weak then the person is going to die within a month⁹.

The pulse becomes very irregular in Vataja disease, very fast in Pittaja disease and very slow in patient suffering from Kaphaja diseases. When the body fluids leave the blood vessels the pulse along with respiration slowly comes to stand still. All arteries pulsate abnormally, the pulsations becoming weaker and thinner gradually and finally coming to stand still. All these signs are the signs of impending death¹⁰.

CONCLUSION

All disease are caused by imbalance in doshas due to improper Aahar and Vihar. For diagnosis of disease, the physician should know the exact state of doshas in the body. As we see from above information, the state of doshas can be easily interpreted by Nadi Pareeksha and the state of pulse in various pathological conditions is also explained in Ayurveda. So it can be concluded

that if physicians have exact knowledge and proper practice in doing Nadi Pareeksha it will be very helpful for him to early detect and cure the disease.

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