



Concept note

Nadi Vigyan Nidhi (treasure of pulse science) and Nadi Vikriti (distorted pulse) – an Ayurvedic concept

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ABSTRACT

Nadi Vigyan is a vast and accurate science for diagnosing diseases. In ancient times, laboratory and ultrasound screening facilities were not available. Even then Pulse Diagnosis was popular for assessing the health condition of patients. This science is correlated with different Gods like Brahma, Vishnu and Shiva. Health status can be assessed with the help of various parameters of Nadi Vigyan. Those parameters are Colour, Temperature, Circulation, Smell, Direction of flow and Strength Time. Each Nadi has its own colour like white, black, or yellowish-reddish-blue. During touch, the temperature difference is observed in the form of warm, cool, semi-warm and cool. While observing Nadi flow, its peak could be irregular, long length or short length type. Nadi can be of different smells like without smell, sharp and medium smell. The movements of Nadi is in three directions that are upward, downward and oblique. It also varies in relation to weight i.e. light and heavy. In the daytime, interpreting Nadi is not similar to at night. Working strength is more in the daytime as compared to nighttime. Claudius Galen was said to be the first physiologist to describe the pulse in modern sciences but according to Ayurveda, this knowledge was transferred from Lord Shiva to Ravana and God Inder. From God Inder, it is again given to Kanaad. Both Ravana and Kanaad wrote their own books. Modern ECG is nothing but a refined, graphed and documented modern study of Nadi Vigyan. Although precautionary measures have a major role in Nadi Preeksa (study), an exact and more accurate interpretation of Nadi Gyan is the need of the hour to feel proud of our ancient sages in alleviating diseases.

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INTRODUCTION

Nadi (pulse), Mutra (urine), Mal (stool), Jihva (tongue), Shabd (speech), Sparsh (touch), Netra (eyes) and Akriti (gait) are the eight types of examination techniques mentioned in Ayurveda for the diagnostic analysis of a patient. Hence, a physician should examine these eight parameters for disease diagnosis as given in the following Sanskrit quote (Mishra, 2007).

रोगाक्रान्तं शरीरस्य स्थानन्याष्टौ परीक्षयेत् ।
नाडीं मूत्रं मलं जिह्वां शब्दस्पर्शदृश्याकृतीः ॥
(योग रत्नाकर)

*Rogaakrant sharirasya sthananyaashtau pareekshayet,
Nadim mutram malam jihvam shabdasparsadrigakriteeh.
(Yoga Ratnakar)*

Pulse diagnosis can be marked by observing the gait of living organisms that live in water, land and sky. Water-living organisms are leech, frogs, etc., terrestrial are snakes, goose, peacocks, etc., flying birds are Lava gulls, quail etc. For Nadi Pareeksha, the right-hand radial pulse

of male and the left hand of a female should be considered for diagnosis (Lal, 2010). Nadi can be observed at three points like the root of the hands, the medial side of the tibia and temporal regions (B/L). There are 16 Nadis which are very important in relation to life which is in the hands, feet, neck, nose, eyes, ears, tongue and reproductive organs (Lal, 2010).

Kanth Nadi

Aguntak Jwara (typhoid fever), Trisha (thirst), Prishram (exertion), Maithun (intercourse), Glani (weakness), Bhaya (fear), Shok (grief) and Kop (aggression) should be diagnosed by Kanth Nadi.

Nasa Nadi

Maran (death), Jivan (life), Kaambaadha (Sexual desire), Kanth Rog (throat infection), Mastak Rog (nervous system diseases), Kaan Rog (ear diseases) and Pavan Rog (Vata or air diseases) should be taken into consideration by Nasa Nadi. All Nadi can be palpated in the area of 2 Angula Parmaan (1.763 cm x 2) (Lal, 2010).

NADI PAREEKSHA USES

Various Doshas, and Dhatus conditions, their Sadhyata and Asadhyata can be better understood with the help of Nadi pareeksha.

CLINICAL INDICATORS (C/I)

Immediately after bathing, eating, in sleepy condition, in the urge of food and water, in extreme heat, after vigorous exercise, after oil massage, after intercourse and after having food.

ROLE OF FINGERS IN NADI PAREEKSHA

Leaving one Anguli Parmaan from Nadhibandha, Nadi Pareeksha can be done. Three fingers are for Vaata, Pitta, and Kapha examination by touch e.g. first finger mimics Vata on medium touch, the middle finger depicts Pitta on Harsh touch and the ring finger tells about Kapha on light touch. Vata Nadi (semi-hot & cold) is related to Lord Brahma with blackish-blue colouration, Pitta Nadi (hot on touch) is related to Lord Shanker with yellowish–reddish-bluish colouration and Kapha Nadi (cold on touch) is related to Lord Vishnu with white colouration. The best time for the Nadi examination is early morning. In the early morning, Nadi is Snigda (soft), at noon it is hot, in the evening it is very fast and at night it is very sluggish. So the ideal time for pulse diagnosis is early morning. Vaata Nadi is of Vhisham (uneven) direction, odourless, oblique going and strong the day-night time. Pitta Nadi is long, of sharp odour, upward moving, and strong in the day. Kapha Nadi is of short length, of medium odour, downward moving and strong at night (Guguloth et al., 2017). The participation of Panchmahabhut and their effects on the body is given in Table 1.

Table 1. Panchmahabhutas participation and their effects on the body

S.No.	Mahabhut	Effects on body
1	Akasha	tranquility, peace, freedom, isolation, loneliness
2.	Vayu	hyperacidity, confusion, fear, anxiety, fluctuation of emotions
3	Agni	competition, aggression, judgment, violence
4	Jala	love, compassion, greed, attachment.
5	Prithvi	groundedness, stability, depression, heaviness

HOMOEOSTASIS

In the case of homoeostasis, all the Nadi have their natural movements. Vat Nadi is compared with snake and leech-like movement, Pitta Nadi has crow, lava gull and frog-like motion and Kapha Nadi has pigeon, peacock, goose and cock like gait. In the case of dual Nadi, like both snake and frog movement is Vatapittaj. Snake & goose movement is known as Vatakaphaj. The frog and peacock movement is known as Pittakaphaj (Lal, 2010).

DIVERSION FROM THE BASIC

Vata

Jaloka Gati

When there is vertical spike than horizontal spike in index finger. The case may be due to impact of Pitta on Vata Dosha. *Indication:* joint pain, inflammatory condition, gouty arthritis, arthritis and hypothyroidism.

Pitta

Partridge pulse

When there is sharp spike and irregular movement with low amplitude for 3-4 pulse as hoping movements. *Indication:* abdominal problem, gastritis, gastric ulcers and enteritis.

Quail Gati

When in middle finger, curvature is of blunt peak. *Indication:* prostatitis, cystitis, cervicitis, PID and urinary tract infection.

Crow Gati

When there is higher spike than partridge Gati along with notch. *Indication:* aortic valve problem and aortic regurgitation.

Camel Gati

When there is very high amplitude & 2 pointed spike movement with jerks. *Indications:* aortic stenosis, rheumatic heart disease, blood clotting in vessels and aortic regurgitation.

Kapha

Pigeon Gati

When there is increased horizontal spike & decreased vertical spike due to pitta involvement. *Indications:* respiratory tract infection, asthma, COPD and Covid-19 positive.

Elephant Gati

When there is a feeling of an elephant head with a notch in the center with amplitude. *Indications:* lymphatic vessel obstruction, filariasis, lymphosarcoma and urticarial (Lal, 2010).

When there is an increase in Vatapitta in the body then it will be oblique and pulsating in nature. In excessive Vatakapha, Nadi is oblique and slow-moving. Pittakapha in excess shows pulsating and slow movement respectively.

In the case of Tridosha Nadi type, the movement of snake, lava and goose respectively in balance is a sign of treatable diseases. Vice versa is the indication of Panchtav Prapti. In Sannipatij diseases, excessive tridosha causes lava, titar (partridge), or bater (quale) movement in Nadi.

When the body is extremely warm and Nadi is cold and vice-versa is an indication of nearby death.

Sometimes the movement of Nadi is like an earthworm sometimes like a snake, sometimes weak sometimes strong then it may indicate death in the next month.

If Nadi moves fastly or stops for a bit of time and there are no symptoms of inflammation death within 7 days is said. In Sannipatij Jwar cold Nadi indicates death within 3 days. The bumblebee and drum-like movement of Nadi indicates death in one day. Shivering type and cold Nadi indicate death in one prahar (3 hrs).

Tridoshaj, fast Nadi and fever in the noon, vibrate like lightning indicates death on next day. Unpalpable Nadi indicates death in 12 Prahara (36 hrs). No palpation under the first finger indicates death in ½ Prahara. If Nadi palpates only beneath the lateral half of the ring finger then death can occur after 1 prahar. If Nadi palpates in the first finger, medial ¼ of the middle finger and non-palpable in the ring finger and warm then death can occur within three days. If Nadi palpates in the first finger, medial ¼ of the middle finger and fast then death can occur within four days. If it is slow then death occurs within 5 days. So Nadi Pareeksha can help to make us aware of the seriousness of the disease to take suitable precautionary measures (Lal, 2010).

ANCIENT AND MODERN VIEW

Vata Nadi has an irregular rhythm and is horizontal in nature. Pitta Nadi is regular and vertical. Kapha Nadi is regular and vertical too with low amplitude (Kumar et al., 2019). In modern medicine, it is done with the help of an electrocardiogram (ECG) as shown in Fig. 1.

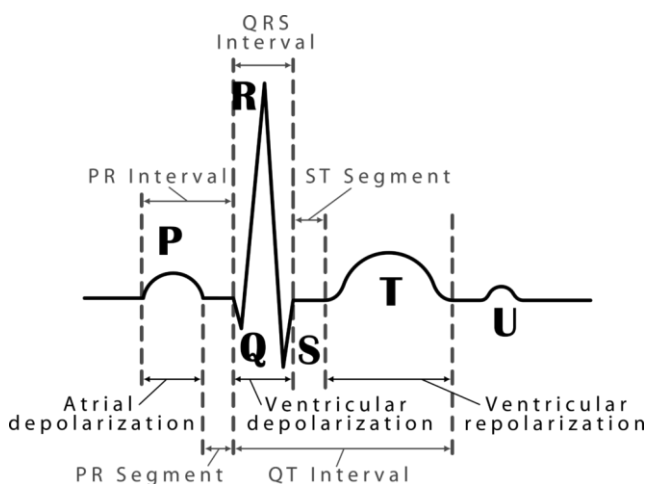


Fig. 1. A schematic diagram of electrocardiogram (accessed from Interactive-Biology.com)

The three fingers i.e. index, middle and ring fingers are placed at the wrist of the subjects over the radial artery as shown for disclosing the characteristics of doshic imbalance. The index finger shows Vata dosha, the middle shows pitta and the ring finger shows kapha dosha (Mathew and Vivekanandan, 2020).

HOW TO MEASURE SYSTOLIC AND DIASTOLIC BLOOD PRESSURE

Systolic blood pressure can be measured with the help of Pitta Nadi and diastolic pressure can be measured by Kapha Nadi. Agni can be understood with the help of Nadi Preeksha, for example, if Vaat Nadi is excessively cold then Agni will be Visham. If Pitta Nadi is extremely hot then Agni will be Tikshan. If Kapha Nadi is cold then warm then it is the case of Mandagni. Agni is the base of the nutrition of the body. So Nadi Preeksha is a very important field of research for further exploration of Ayurveda.

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CONFLICTS OF INTEREST

The author(s) declare(s) no conflicts of interest.

DECLARATION

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