

**REVIEW OF NADI VIDNYANA – AN EXTINCT AYURVDA
DIAGNOSTIC TOOL****Vaibhav D. Bhoite^{1*}, Mahendra M. Borade² and Atish S. Ostwal³**

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Article Received on
23 Nov. 2023,

Revised on 13 Dec. 2023,
Accepted on 03 Jan. 2024

DOI: 10.20959/wjpr20242-30965



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ABSTRACT

Sharir Rachana and Sharir Kriya are two sides of coin. Ayurveda never given separate Sharir Rachana or Anatomy and Physiology or Sharir Kriya. Nadi Vigyan is an ancient science described in Hatha yogic scriptures as well as in Ayurvedic scriptures. According to the Hatha yogic scriptures the human body has 72,000 nadis and for spiritual development and to maintain good health one needs free flow of prana inside the nadis. Ayurveda gives emphasis on diagnosis of disease before treatment. Examination plays a significant role in diagnosis of the diseases. In Ayurvedic texts there are different type of Rog Rogi Pariksha i.e., Trividha Pariksha, Saptavidha Pariksha, Ashtavidha Pariksha, Dashavidha Pariksha etc. Concept of Nadi Pariksha is found under the Ashatavidhya Pariksha described by Yogratnakar.

KEYWORDS: Nadi, Nadi Vidnyan, Nadi Pariksha.

INTRODUCTION

Ayurveda is well known for Nadi Pariksha and classical texts have emphasized its significance in assessment of Tridoshas which are the basis of disease diagnosis and prognosis. As per ayurveda balanced Tridoshas represent the sound health and vitiated doshas lead to diseases. The traditional texts Sarangadhara Samhita, Yoga Ratnakara, Basavarajeeyam and Bhavaprakasha have discussed the details of Nadi Pariksha. According

to Yoga Ratnakara all the diseases can be diagnosed from Nadi and it was compared with strings of veena playing all the ragas which signifies the importance of Nadi Pariksha.

Ayurveda has rich experience in pulse based diagnosis which is highly dependent on skill of the physician. Yogaratnakar was the first to explain Nadi Pareeksha under Ashtavidha Pareeksha. Also the first description of the Nadi Pariksha is seen in Sharangdhara Samhita. In Nadi Pariksha, mainly Nadi of the thumb root of the patient is seen, which Acharya Sharangdhara has called Jeevasakshini Nadi. The Vyadhi Vinischay (Accurate diagnosis of the disease) is done by knowing the position of Doshas through Nadi Gati.

Utpatti of nadi vidnyan

Maharshi Kanada, wrote in his literature, "*Nadi Vigyanam*" that Lord Shiva was the first to preach the four Vedas along with Ayurveda for human welfare. The word "*Nadi*" does not mean nerve. Nadis are pathways or channels of Prana.

Nadi - Rachana sharira

According to *Nadi Vidnyana*, in the Nabhi Chakra all Nadi's are situated and in the centre of the Nabhi Chakra is the Sushumna Nadi. The body has three and half million Sthula and Sukshma Nadi channels and all the Nadi's are tied at the base of Nabhi Chakra and situated in up, down and curve position. There are three and half million hair follicles in the human body, they are all the faces of Nadi's through which Sweda comes out. The Utpatti Sthana of Nadi is called as Kanda Sthana which is the Nabhi (navel area) of the human body as navel is the central power of the body. 72000 Nadi's are Sthula Nadi's and they are Vayu-Gochara, which spring from three basic Nadis - the left, the right and the central - Ida, Pingala, and Sushumna.

Nadi Pariksha –Sites

As a routine radial pulse is usually examined but others site to examine the pulse are

- a) Wrist, elbow, arm, axilla, ankle, dorsum of foot, neck, in front of ear, above the eye, near the nose, tongue, lips, penis, perineum.
- b) Physician should perform the Nadi Pariksha of patient in right hand by using his right hand.
- c) Nadi felt at the wrist region signifies the life of the patient and helps to diagnose the disease.
- d) In males right hand Nadi is examined while in females left hand is examined.

Table 1: Nadi prakara.

Nadi	Number	Location
Hastadwayagata	2	At the end of Prakoshtasthi, 3 inches below the Manibandha Sandhi
Padadwayagata	2	Below the Gulfa Sandhi
Kanthaparshwa	2	At the root of the neck in both sides around one inch level
Nasamoolagata	2	Around one inch at Nasa Mula

Table 2: Nadi gati.

Nadi	Gati
Vataja	Sarpa, Jalauka
Pittaj	Kaka, Manduka
Kaphaj	Hansa, Mayura, Kapota
Vata-Pittaja	Sarpa, Manduka
Vata-Kaphaj	Sarpa, Hansa
Pitta-Kaphaj	Vanara, Hansa
Sannipataj	Tivra

Nadi pariksha vidhi

1. Nadi Pareeksha is done at the root of the thumb.
2. A Vaidya after attaining the state of mental stability and peace of soul and mind should examine the Nadi of Rogi in the first three hours (*Eka Prahara*) of the morning.
3. In case of females, the Vaidya is advised to examine the Nadi below the Vaama Hasta and for males, it is Dakshina Hasta. The qualities of Vata Dosha can be best appreciated under index finger, Pitta under middle and Kapha under ring finger.

While, examining the Nadi following points are taken under consideration:

1. Vega (Rate)
2. Gati (Movement)
3. Sthiratva (Stability)
4. Tala (Rhythm)
5. Akruti (Volume and Tension) and
6. Kathhinyatva (Consistency).

Table 3: Showing Yogya-Ayogya kala of nadi parikshan.

Yogya kala	Ayogya kala
Pratah Kala	Just after the bath
Bhojan Purva	In hungry or thirsty state
Samayaka Nidra Pashchata	During sleep, just after awaking

Table 4: Showing nadi gati of doshas.

Dosha	Fingure	Nadi type	Gati type	Gati	Modern view
Vata	Index Finger	Adi	Vakra	Jalauka, Sarpa	Irregular
Pitta	Middle Finger	Madhya	Chanchal	Manduka, Kak	Rapid
Kapha	Ring Finger	Anta	Manda	Pigeon	Slow

Importance of nadi parikshan

Nadi Pareeksha represents the condition of the heart. So, Nadi Pareeksha plays an important role in the prognosis of a disease. Nadi represents the severity of the disease, Arishta Lakshana and even death. Acharya Charaka in the Indriya Sthana mentions that “Absence of pulsation is fatal in the organs of the body which pulsate constantly”.

CONCLUSION

Diagnosis of any diseases is the primary step before starting treatment. In Ayurveda, there are various types of diagnostic techniques. Ashta Sthana Pariksha is an important tool to assess the Roga and Rogi Pareeksha. Although, Nadi Pareeksha is an important part of Roga Vinischaya, still, it is not practiced by many Vaidyas due to insufficient knowledge.

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