

INTERRELATIONSHIP BETWEEN TRIDOSHA AND NADI

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Institute of Ayurveda,
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In Ayurvedic classic the *Pinda Brhmanda Nyaya* and the *Anshansha Kalpana* are described. The *Pinda Brahmanda Nyaya* states that whatever elements we observe in nature are also present in the tiniest component of the human body, and vice versa. *Anshansha kalpana* asserts that all element found in an organism can also be found in the organism's seed albeit in much smaller amounts. To analyse and calculate the amount of *Tridosha* in the body, *Nadi Pariksha* is performed. The *Tridoshas*—*Vata*, *Pitta*, and *Kapha*—are regarded as the foundational, functional forces. For the living body to function normally and healthily, the equilibrium state of the *Tridoshas* or any one of the three Doshas must be maintained. This is because any

imbalance in the equilibrium state of the *Tridoshas* or any one of the three Doshas will cause the manifestation of the associated Dosha, which can indicate or lead to disorders or diseases. Although *Vata*, *Piita*, and *Kapha* cannot be verified or seen with the human eye, *Nadi Pariksha* can detect them (pulse examination). In the appearance of the three distinct Doshas in various states, the Nadi (pulse) exhibits several distinguishing characteristics.

INTRODUCTION

Pinda Brhmanda Nyaya and *Anshansha Kalpana* are two ideas that have been examined in Ayurveda. The *Pinda Brahmanda Nyaya* states that whatever elements we perceive in nature, we discover the same elements in the smallest part of the human body as well, and vice versa. All the elements contained in every creature are, according to *Anshanshakalpana*, present in the organism's seed in the same proportion but in much smaller amounts. The *Angushthamula* has a pulse, which is proof that there is life there. According to ancient Ayurvedic texts, the nadi can be checked in a number of locations, although most often it is examined at the wrist. It is checked at the left wrist of women and the right wrist of men.

Traditionally, the wrist is the site of Nadi examination. It determines the body's predominant Doshas (Vata, Pitta, and Kapha). *Tridoshas* contribute to the development of a nice and healthy body in which cells and systems function normally. Numerous illnesses are caused by abnormalities in the *Tridoshas*. Nadi Pariskha thus contributes to the investigation of the Doshas' normal and pathological behaviour. In comparison to other diagnostic techniques, *Nadi Pariksha* is more measurable. However, the *Nadi Pariksha* demonstrates excellent skill and discoveries of *Nadi Gati* (movement), *Vega* (speed), and *Sthiratva* (stability of the pulse). *Nadi Pariksha* was the primary instrument used by Ayurvedic practitioners to evaluate *Tridoshas* Prakriti and Vikrati Bhava. The Concept of Nadi Pariksha found in various ancient Ayurvedic Samhitas like *Sharangdhar*, *Bhavprakash*, *Yogratnakar*, *Ravansamhita*, *Kanad* etc. *Acharya Sharangdhara* flourished it in his work as a means of diagnosis and prognosis.

The first fundamental theory of human physiology was the *Tridosha* theory in *Ayurveda*. The equilibrium condition of *Tridosha* is crucial to the proper and healthy functioning of the living organism since any imbalance in the equilibrium state of any one Dosha among the Three will cause the Dosha's to manifest, which will eventually lead to or indicate the development of ailments or diseases. The concept of *Tridosha* helps in diagnosis prognosis of diseases. In *Ayurveda* *Nadi Pariksha* plays great role in identifying any disorders related to *Tidoshas Vikarasa*. There is huge description on *Tridosha* predominance which can be determined by judging on radial artery and accordingly Doshas are checked. *Bhavamishra* indicates clearly about the use of three fingers namely, index (Tarjani), middle (Madhyama) and the ring (Anamika) for Pulse examination. These fingers indicate the position of *Vata*, *Pitta* and *Kapha* Nadi respectively. Like *Vata* Doshas is felt at the root of the thumb which can be felt with index finger, next to this is *Pitta* Dosha which is felt with middle finger and followed by *Kapha* Dosha which is felt by ring finger. *Tridosha* functions are in balance when they are in a healthy state.in its Prakritik state. Any variation of Nadi's Characters with normal traits exhibits vitiated forms of *Tridoshas*.

Defination of nadi

It is derived from the verb Nad which means to tie. Thus, the artery ties or encloses the nutrient fluid or blood, by which it can channelise and carry the fluid to various organs.

Synonyms of nadi

There are several synonyms of Nadi as:

Nadi, Snayu, Hansi, Hinsara, Dhamani, Dhara, Tantuki, Jivitagya, Jivangyana, Vasa, Sira, and Dharana.

Gods of nadi

Vatika nadi corresponds to Brahma, *Pitta* nadi to Shankara whereas *Kapha* nadi is ruled by Vishnu. Lord of *vatika* nadi is *vayu* Devta, for *pitta* its *Divakar*(sun) and for *Kapha* its *Chandra*(moon).

Importance of nadi pariksha

Traditional doctors would only diagnose and treat patients by placing their fingers on the radial artery and looking for *Tridoshas* on the pulse. Which is totally a practise of a skill. There is an increasing interest in *Nadi Pariksha* and *Tridosha* checking in the modern world. Using the pulse as a diagnostic tool for the body, mind, and subconscious, *Nadi Pariksha* is the science of pulse observation. Beyond what we can feel, the pulse transmits more. Information on the health of everything connected to the different channels (Nadis), including tissues (*Dhatus*), organs, and their ability to regenerate, is carried into the blood by energy travelling via those channels. Information about the body's metabolism, even information about our conscious and subconscious minds, attitudes, and knowledge of the *Samskaras* (experiences) and *Vasanas* (patterns) we underwent in the past are all available as energies in our blood for *nadi pariksha*.

The word "*Nadi Pariksha*" means "pulse examination" (Nadi). The foundation of *Tridoshvijyana*, according to Ayurveda Finding patients vitiated doshas also helps in *Nadi Pariksha*. The blood is where vitiated doshas, the aetiology of ailments, are produced. *Hrudya* cleanses this impurity from the blood. The control centre for the mind and body is the heart, or *hrudya*. According to *Acharya Charka* the absence of *spandanas* (pulsing) in Nadi denotes death. The *Nadi Pariksha* is a crucial diagnostic tool. A clear picture of the patient's entire body can be obtained by the doctor by feeling the patient's radial artery pulse on the wrist. This is a very unique kind of non-invasive diagnostic approach where a diagnosis may be made quickly using just the patient's pulse and three fingertips. This can reveal details about the disease's precise location and characteristics. Checking different parameters - *Gati*(movement), *Vega* (rate), *Tala* (rhythm), *Bala*(force), *Akruti* (volume and tension), *Kathiniya*(consistency) in Nadi on *Vata*, *Pitta* and *Kapha Doshas* phases. Pulse throws light on the condition of various doshas i.e *Vata*, *Pitta*, *Kapha* in the body. It offers one of the important clues for diagnosis of various diseases and also predominant dosha responsible for

them even if the patient is unconscious, mentally retarded, deaf and dumb, insane or infant where history taking is not possible.

Nadi pariksha

1. Because females are defined as having *vamangapradhan*, according to acharyas, the *vamnadi* (left) in females should be inspected during *nadi pariksha*, while the *dakshin hasta nadi* (right) in males should be investigated.
2. *Nadi Pariksha* being done early morning after *mala-mutravisarjana*, to *Pariksha swabhavik gati*(normal pulse) of the *Nadi*. This condition varies in result of observations.
3. *Nadi Pariksha* being done on patient, when patient is in *sukhasan* (relax in seating position or sleeping position).
4. *Nadi Pariksha* is not performed immediately after eating or bathing because each person's diagnosis differs, and in the conditions indicated above, a high pulse may be present.
5. *Nadi Pariksha* not performed on patients who is hungry, thirsty, coming from outside after exercise, who is in sorrow(*dukh*), these conditions not help in proper diagnosis.

Doshik nadi gati

Swasthe nadi (healthy pulse) Having a regular rate and rhythm, a healthy person's pulse is stable and powerful. In the same way that *Hansa gamana* (which resembles a swan) and *Gajagamini* (which resembles an elephant) do, a person with a healthy pulse is seen to have a happy and fresh face. The relationship between *Nadi gati* and *Dosha* is discussed.

Vata: When *Vata dosa* predominance occurs, zigzag propagation that resembles a serpentine is felt.

Pitta: In the case of a *Pitta dosha* preponderance, frog-like propagation that hops is felt.

Kapha: In the presence of a *Kapha dosha* predominance, swan, peacock, and pigeon-like propagation can be felt.

Dwandhaja and Sannipataja

The *Vata-Pitta* dominating pulse (*Muhur Sarpa gati* and *Muhur Beka gati*) initially reproduces like a snake before switching to one that reproduces like a frog. The *Vata Kapha* dominated pulse initially spreads like a snake before changing to one that spreads like a swan. It is a *Pitta-Kapha*-predominant pulse if the pulse initially spreads like a monkey and then shifts to one like a swan. And if the pulse is moving very quickly, pausing, and then moving quickly once more, it is known as a *Sannipata* pulse.

Nadi indicating prognosis

Scriptures state that *Gati* is essential for diagnosing illnesses. The status of different doshas, such as *Vata*, *Pitta*, and *Kapha*, in the body is revealed by the pulse. It provides one of the crucial hints for determining the main dosha responsible for various ailments as well as the diagnosis of those disorders. Nadi should be inspected to ascertain *Ayu* (life span), *Laghutva* (lightness), *Swasthya* (health), and *Jwara vimochan* (be coming free from fever). It is necessary to perform *Hastagata Nadi pariksha* for *Jeeva niryam* (death). To know *Ajeerna* (Indigestion) and *Ama* dosha, *Jwara agamana* (arrival of fever), *Kshudham* (appetite), *Dushta Vata*, *Pitta*, *Kaphas*, *Hasta Nadi* should be examined. One should look for *Kanta Nadi* in case of *Aganthuka jwara*, *Thrishna* (thirst), *Ayasa*(dyspnoea), *Bhaya* (fear), *Soka* (sorrow), *Kopa* (anger), etc.

Mechanism of pulse beating

Heart is a place of *Chetana* (soul) by virtue of which we can feel *sukha*(comfort) and *dukh*(discomfort). When the heart contracts and expands, the air flows in and out of the heart taking with it the blood outside of the heart into the arteries. In this way by the contraction and relaxation of the heart the pulse starts beating.

CONCLUSION

The *Tridosha sidshanta* is a practical application of the *Panchmahabhut sidhanta* that is why *Doshja* nadi have been described in detail in all the *samhitas*. the most fundamental law of ayurveda and nature is *Panchmahabhut*. the body is made up of *Panchmahabhut* and all nature is made by *Panchmahabhut*. *Tridosha* are also made by *Panchmahabhut* .Acc.to ayurveda chikitsa is done on the basis of tridosha so assessment of *Tridosha* in a human body is very essential. The concept of *Nadi pariksha* has been evolved on the basis of fundamental principles of *panchmahabhut* and *Tridosha* to assess the equilibrium and disproportion of *Dosha* in health and disease.

Nadi Pariksha aids in the diagnosis of the body's *Tridosha* state. Only the symptoms that are present are used to evaluate the *Tridosha*'s function. But *Nadi Pariksha* aids in identifying *Doshas* by the *Nadi*'s action, which is played and felt by contacting the person's or patient's *Nadi*. There are several and various *Nadi* locations that are sensed. The most typical and accurate prediction of the *Tridosha* characteristics and vitiation is examined below the wrist joint. It is now time to identify numerous different *Nadi* factors and characters in accordance with *Doshas* functions and anomalies in the *Tridosha* characters or *Doshas* location.

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