

**DOSHIC UNDERSTANDING OF NAADI PAREEKSHA: A REVIEW STUDY****Swati K. Chobhe<sup>1\*</sup> and Sachin M. Bhor<sup>2</sup>**

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**ABSTRACT**

*Ayurveda* is a practical, clinical and medical science. *Naadi Pareekshana* (Pulse examination) is one of the Eight *Ayurvedic* clinical examinations. It's Spiritual method where not only patients but the examiner also needs to follow the *Pathya-apathya*. Examiners state of mind, emotions and intellectual should be balanced. They can understand imbalance equilibrium of *Dosha* of patients by understanding regular examination of normal state of *Dosha* through pulse examination. Initially in Clinical Ayurvedic practice, it's important to determines state of *Tridosha* and *Prakriti* (Individual constitution) through pulse examination. It can be examined in two methods- superficial and deep level pulse examination. Superficial level explains about the state of flowing *Dosha* and deep level determines the state of various *Prakriti* on three fingers pulse examination. Examination of pulses understand the vibratory

frequency of the pulse at various levels on the Radial artery. The spikes of *Vata*, *Pitta* and *Kapha Dosha* can be manifested through the pulse on index, middle and ring finger respectively. This review study will explain about methods of *Doshic* pulses examination and understanding the status of *Dosha* through *Naadi Pareekshana*.

**KEYWORDS:** *Naadi Pareekshana*, *Pathya-apathya*, *Tridosha*, *Prakriti*, Superficial and Deep level, *Doshic* Pulse.

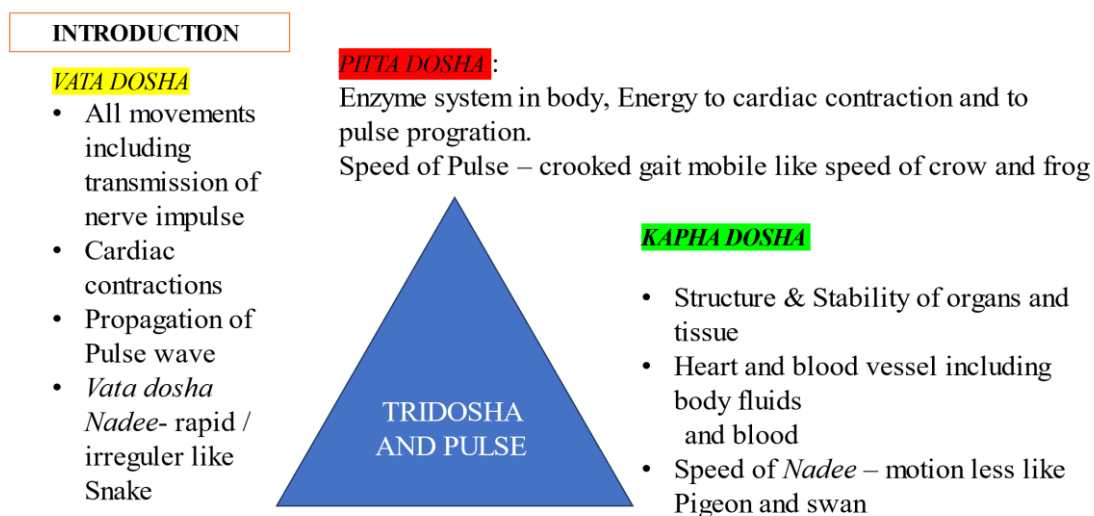
## INTRODUCTION

All the living organisms are composed of three basic elements namely *Vata*, *Pitta* and *Kapha* *Dosha*. Pulse denotes *Vata-Pitta-Kapha Dosha*, their dual and triple disorders also. It also expresses prognosis of diseases also.<sup>[1]</sup>

Ayurveda uses *Darshana*, *Sparshana*, *Prashna* as the main Clinical barometers. *Darshana* means pure observation and it indicates optical perception or inspection and *Sparshana* is the experience of touch. *Naadi Parikshana* denotes both *Darshana* and *Sparshana* perceptive and according to experience of pulsation, clinician need to ask questions means *Prashana* and confirm the diagnosis.<sup>[2]</sup>

*Doshic* pulse as *Vata*, *Pitta* and *Kapha* pulses can be examine on proximal, middle and ring finger respectively and all three fingers together should be correctly placed proximal to the radial tubercle and closer to heart but separate them slightly, so that pulsation under each finger can be felt distinctly.<sup>[3]</sup>

### Characteristics of Dosha with respect to pulse: Image 1<sup>[1,2]</sup>



Pulse declares the doshas of patients. Conditions of all *doshas* are as like lamps which shows all thing in dark.

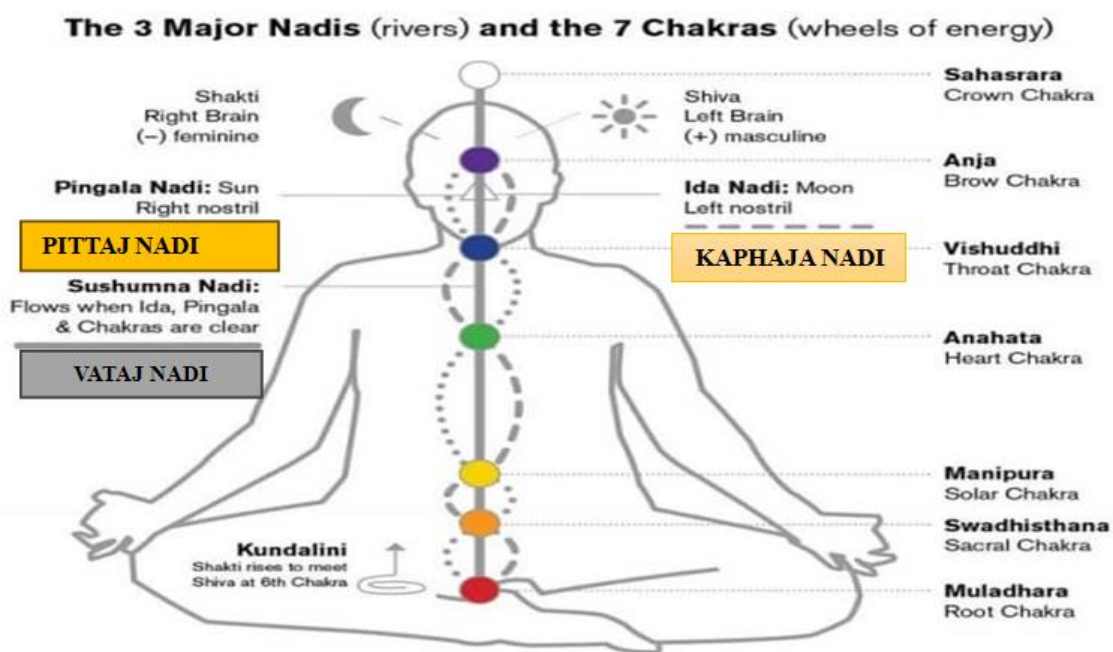
Ayurveda has eight unique examination methodology and *Naadi pareekshana* is one of the eight examinations as told by Acharya.<sup>[4]</sup>

There are three main *Naadi* flowing through human body – *Ida*, *Pingla* and *Shushmna*.<sup>[5]</sup> They can be representing the *Doshic* state of *Naadi* as *Pittaj*, *Kaphaj* and *Vataj*. It has been

seen in clinical practises that *Ida Naadi* prominent on Spleen and *Pingla Naadi* prominent on Liver and *Sushmana* flows through Brain, Heart, Umbilicus and Anus with respective diseases can be easily diagnosed and treated.

Pulsation can be varies according to climate, place, *guna*, *gati*, physical and emotional condition of patient. So, Status of patient should be calm and should have faith in his physician while examination of pulse. Ideally one should not examine the patient after bath, exercise or oil massage. Most good time to see pulsation is in the morning but one can see *Doshic* and *prakriti Naadi* at any time by regular practises.

Physician and patient both should seat comfortable position and physician should gently hold the patient elbow with left hand and feel the pulse with his three fingers. Radial pulse should be felt in right hand of male and left in female but one can see both hands to understand the *Doshic* variation. Regular *Dhyana*, examination of pulse and practises of *Anuloma - Vilom- Kumbhaka pranayama* helps physician to understand pulsation deeply.<sup>[6]</sup>



**Image 2- Understanding Three Major Naadi With Respect To Dosha.**<sup>[5]</sup>

#### AIMS

- To Understand state of *Dosha* through *Naadi Pareeksha*.
- To Understand the method of *Doshic Naadi* and *Prakriti Pareeksha*.

## OBJECTIVES

- To take review of *Doshic Naadi Pareeksha* through *Ayurvedic Literatures*.
- To Understand Method and clinical importance of *Doshic Naadi* through *Naadi Pareekshana*.

## METHODOLOGY

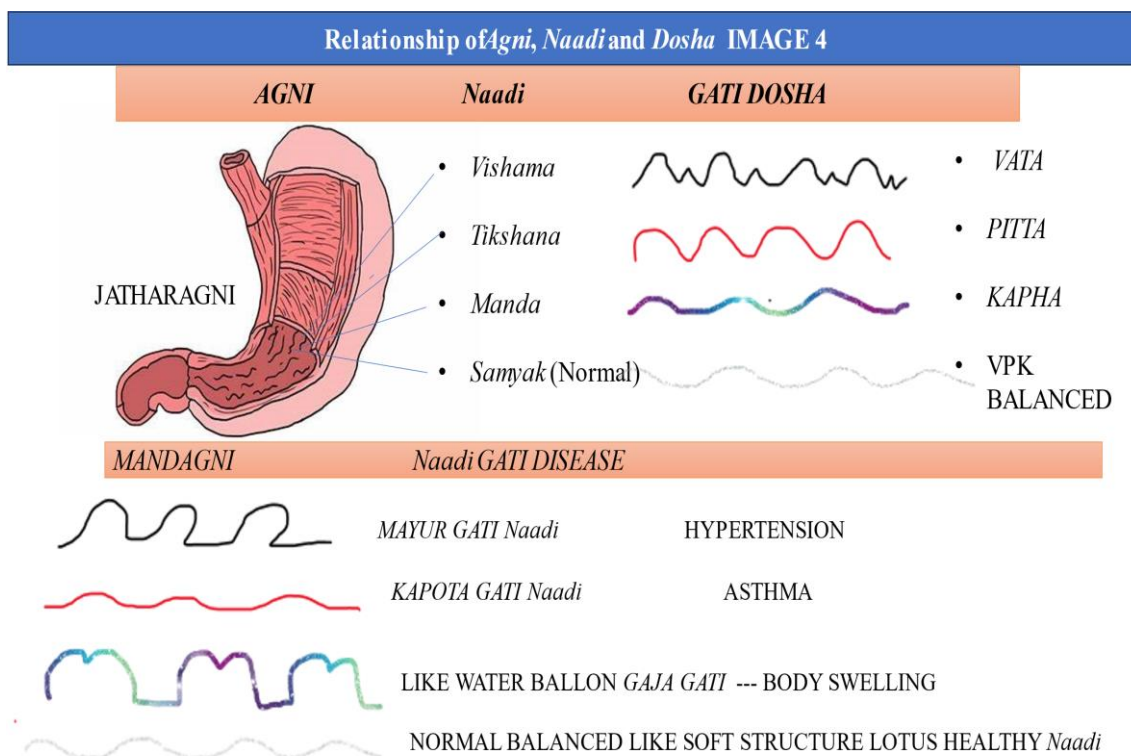
- References of *Doshic Naadi Pareekshana* and its clinical importance compiled, discussed and analysed from Ayurvedic literatures, Ayurvedic *Naadi Pareekshana* books and from research web Articles.

In order to understand the variety and complexity in pulse reading, physician need to understand the characteristics of *Doshic* pulsation with respect to rhythm, speed, volume, tension, temperature and pressure of blood on vessel wall by regular practise of pulse examination.

BASICS OF <i>DOSHIC NAADI</i> [ IMAGE 3]			
	<i>VATA</i> PULSE	<i>PITTA</i> PULSE	<i>KAPHA</i> PULSE
Characteristics	Fast, Feeble, Cold, Light, Thin, Disappears on pressure	Prominent, strong, High amplitude, hot, forceful, lifts up the palpating fingers	Deep, Slow, broad, wavy, thick, cool or warm , regular
Location	Best felt under the index fingers	Best felt under the Middle finger	Best felt under Ring finger
<i>Gati</i> (Movement)	Moves like snake (Cobra)	Moves like frog	Moves like moving swan
<i>Vega</i> (Rate)	80-95	70-80	50-60
<i>Tala</i> (Rhythm)	Irregular	Regular	Regular
<i>Bala</i> (Force)	Low	High	Moderate
<i>Akruti</i> (Tension and Volume)	Low	High	Warm and cool
Temperature	Cold	Hot	Warm and cool
<i>Kathinya</i> (Consistency of vessel wall)	Rough, Hard	Elastic , flexible	Soft Thickening.

**Image 3 – Understanding the basics of *Doshic Naadi*.**<sup>[7]</sup>

Status of Dosha also responsible on balance and imbalance state of Jathargani. Variation in pulsation can be seen according to the status of Agni.



**Image 4: Relationship of Agni, Naadi and Dosha.<sup>[7]</sup>**

## DISCUSSION

Examination of pulse after understanding the basics of *Doshic* pulse characteristic and its relation with *Agni* then actual pulse examination and its places of pulsation on the three fingers can be understood and analysed by regular practice of pulse examination.

Physician should examine the pulse by keeping three fingers simultaneously. Before examination of *Vata* pulse through index finger, physician should keep mild pressure by remaining two fingers on other respective place and while looking *Vata* pulse release the two fingers pressure. Same way others *Dosha* pulsation can be seen.

Physician should rotate upper end of finger like Sea-Saw manner. So, they can feel pulsation properly.

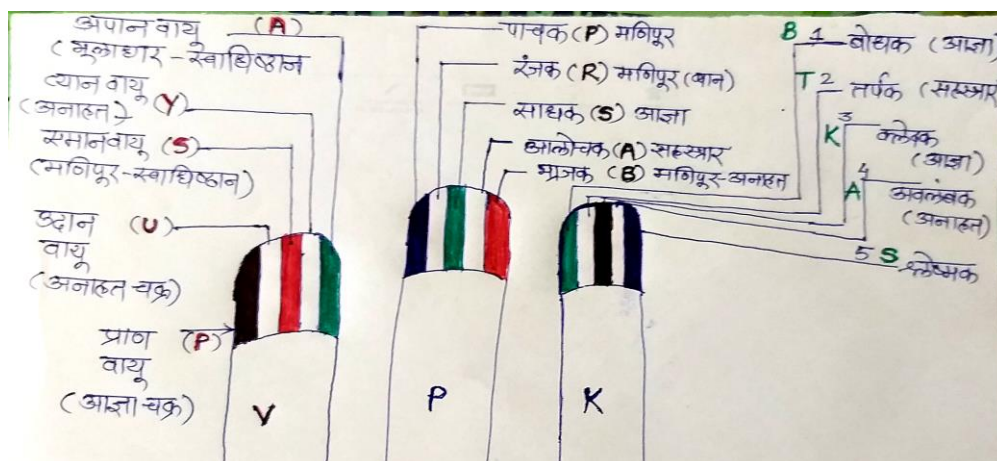


Image 5: Places of pulsation on three finger of *Doshic* pulse.

There are six basic seasons and each season has specific qualities that can influence *Tridosha* and *Naadi* also. For Example, *Varsha* (rainy) season increases *Vata Dosha* and has influences on *Jatharagni* also. So, *Naadi* also shows variation according to biological clock and season.

The qualitative seasonal variations can produce qualitative *Doshic* changes in the pulse, so physician can examine the pulse by paying attention to phases of day like morning, afternoon, night and on three season which has impact on *Dosha* and *Naadi* with respect to variation of spikes of *Doshic* pulses.

Physician must understand the biological clock and normal changes in pulse examination for example – Morning 6 am to 9 am is *Kapha kala* so superficial pulse will shows the *Kapha Naadi* prominently that's the normal variation of pulse.

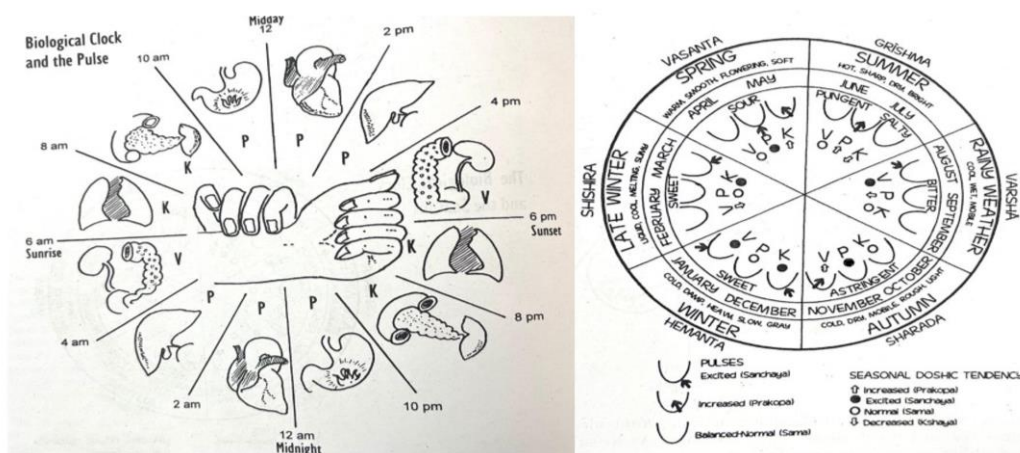


Image 6 - Understanding Normal *Naadi* with respect to Normal Biological Clock and Season wise Status of *Doshic* Pulse.<sup>[7]</sup>

The spikes of *Vata*, *Pitta*, *Kapha* and their manifestation through the pulse can be understood through the flowing *Dosha* pulse and *Prakriti* Pulse on the basis of Superficial and Deep pulse.

*Prakriti* is basic constitution and established at the time of conception and it is examined through deep level pulse and flowing *Dosha* pulse is like present state of Pulse. When deep pulse corresponds to superficial pulse means that person is healthy and balanced.

Every person shows three *Dosha* pulse regularly, it is just their dominance that creates their *Prakriti* like if *Vata* is predominant, *Pitta* less dominance and *Kapha* is very less then

**VPK = 3:2:1 means *Prakriti* is *Vata Pitta Pradhana*.**

If *Vata Pitta Pradhana Prakriti* shows season and biological clock wise same *Naadi* as per *prakriti* means that person is healthy but if that shows opposite means *Vata pitta Pradhana prakriti* shows *Kapha Pitta Pradhana Superficially* against the *prakriti* and biological clock then it is *Vikriti*.

**Superficial Pulse** also shows three *Dosha* same way we can find the dominance in pulsation

V:P:K- 3:2:1 *Vata Pradhana Pitta Naadi* or

V:P:K- 2:1:3 *Kapha Pradhana Vataj Naadi* and if patient has equal or less *Pitta Naadi* spike then we can say *Kapha Pradhana vata –Pittanubandhi Naadi*.

## CONCLUSION

- *Ayurvedic* art of learning is more mechanical and technical where perception, observation and awareness is very important. For *Naadi pareekshana* both physician and patients have to follow the rules. More important is physician need to understand and practice Breathing Energy, *Prana –Apana*, *Kumbhaka*, *Pratyahara* and *Dhyana Pranayayama*.
- *Pranayama* helps to create internal energy and helps to examine patient's pulse properly. Before understanding *Doshic awastha* of *Naadi*, physician must understand the basics of *Naadi* like *Gati*, *Taala*, *Bala*, *Agni* and *Dosha*. So, that balanced state of *Naadi* can be easily understood.
- One must know first balanced state of *Naadi* and then go for imbalanced state of *Naadi* by practicing regularly with understanding characteristics of *Naadi*.

- Biological and seasonal clock is very important to understand *Doshic* and *Prakriti Naadi*. Changes of flowing *Dosha* can be seen on superficial *Naadi* and *prakriti* can be seen on deep *Naadi*.
- So Superficial *Naadi* can be called as is *Vikriti Naadi* and Deep *Naadi* is *Prakriti Naadi*.
- *Ayurveda* describes multiple levels of radial pulse that could be used to interpret the status of *Dosha*, *Dhatu*, organ and *Aristhsuchaka* (death) symptoms. It must be researched and applied in clinical practices.

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