



Review Article

REVIEW OF ASHTAVIDHA PARIKSHA W.S.R. TO NADI PARIKSHA

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ABSTRACT

Ayurveda is the science of health and diseases free life. It is the knowledge that is abundantly supplied with guidelines which, if followed scrupulously and regularly, would spare the agony of diseases. *Ayurveda* is based on sound of principles of diagnosis. It is not requires clinical or costly investigations. Which are beyond reach of common and less privileged person.

Asthavidha Pariksha (eight fold examination) in *Ayurveda* is one of the important examinations to find the various causes behind the diseases. In *Ashtavidha Pariksha* there are eight factors which are taken into consideration during the examination and tests carried out with the patients. Also, *Nadi Pariskha* is one the most important examination part for diagnosis the diseases of patients.

Ashtavidha pariksha: *Nadi* (Pulse), *Mootra* (Urine), *Malam* (Fecal matter), *Jihwa* (Tongue), *Sabdham* (Voice of patients), *Sparsham* (Touch), *Druk* (Eyes & Vision), *Akriti* (General body build). *Nadi Pariksha* plays very important role in diagnosis of the disease. According to *Ayurveda*, the presence of disease in our system indicates an imbalance in our "*Doshas*" bringing our system back into balance is the key to the cure & with the help of *Nadi Pariksha* & *Ayurveda* doctor can detect the imbalance in the body & prescribe an effective treatment. In this article an attempt has been made to focus on *Ashtavidha Pariksha* with special reference to *Nadi Pariksha*. Hence *Ahstavidha Pariskha* with *Nadi Pariksha* plays an unique role in *Ayurvedic Chikitsa*.

KEYWORDS: *Ashtavidh Pariksha, Nadi Pariksha, Ayurveda, Vata, Pitta, Kapha, Dosha.*

INTRODUCTION

Optimal health conceived in *Ayurveda* is a perfect harmony of body, mind and soul. Health is a state of equilibrium of the *Dosha*, *Agni* function of *Dhatu*, mala along with proper functioning of *Janendriya*, *Mans* and *Atma*. The presence of disease in our system indicates an imbalance in our "*Doshas*". Bringing our system back into balance is the key to the cure. *Ayurveda* had effective tools for the diagnosis of disease. There are various keys to treat the diseases like *Rog* and *Rogi Pariksha*. In *Rog Pariksha* use "*Nidan Panchak*" and in *Rogi Pariksha* use "*Dashavidh Pariksha, Trividh* and *Asthavidh pariksha* also *Nadi pariksha*. Above all these *Nadi Pariksha* (pulse examination) is one of the most important key in *Ayurveda* to diagnose the diseases. By this individual's pulse on patients wrist are easily detect the imbalances in the body and prescribe an effective treatment.

So, this article explains how to diagnose the disease of patients through *Nadi Pariksha*.^[3]

Aims & Objectives

Importance of *Nadi Pariksha* in *Asthavidha Pariksha*

Objectives

1) To evaluate the *Nadi Pariskha* in *chikitsa*.

2) To aware the *Nadi Pariskha* importance in *Asthavidha Pariksha*.

Material & Method

Asthavidha Pariksha

Following are the eight fold examinations

1. ***Nadi Pariksha* (Pulse examination)** – It is examined with respect to its rate, volume, tension and type of pulsation. The status of *Dosha* in relation to age, sex, constitution, time of the day, season, physical activity, food intake, etc.
2. ***Mala Pariksha* (Stool examination)** –The status of the digestive system is typically reflected in the character of stool.
3. ***Mutra Pariksha* (Urine examination)** – The urine is examine with respect to its appearances, clarity, volume, color, etc.
4. ***Jivha Pariksha* (Tongue examination)** – Tongue is usually examined with respect to perception of taste, color, roughness and softness of surface. It also gives idea about status of digestion and disease state.
5. ***Sparsha Pariksha* (Palpation and percussion)** – Palpation is useful on knowing tenderness,

temperature, changes in the texture and contour of the body parts.

6. Shadbda Pariksha (voice/sound examination)

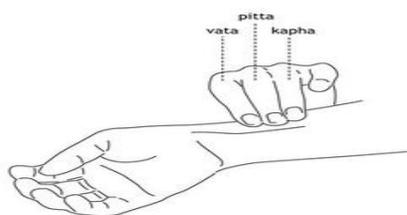
– Voice of the patients is examined with respect to its quality and nature. The nature of voice differs in accordance with the psychosomatic constitution of the individuals.

7. Druk Pariksha (Eyes/vision examination)

– The changes in the color, expression, etc exhibit the characters of the morbid *Dosh* and are helpful in arriving at diagnosis and prognosis.

8. Akriti Pariksha (stature)

– General appearances of the patients will be affected in some of the neurological problems, nutritional disturbances, disabilities etc.^[1]



Nadi Pariksha

Nadi Pariksha is one the most important *Ayurvedic* treatment to treat the person to understand the concept of “*Nadi Pariksha*” we should know *Strotas, Sira, Dhamni* and *Nadi* firstly. Generally all these channels of the body which assigned job of carrying substance within the body. *Maharishi Sushruta* manage to trace minute to minute channels present in the body even when they were very difficult to be traced with naked eyes.

In our body there are 700 *Siras*, 200 *Dhamnis*. Which could be easily counted, but when the minute *Siras* and *Dhamni's* were counted with their tributaries and branches there number was estimated to be same as the number of main follicles, which distributed throughout the body. Approximately their number are calculated at two lakh ninety thousand five hundred and fifty six. Our *Acharya* perfected the study of *Nadi* techniques, so there are 14 *Nadi's* mentioned which are following
Susuhmna: This *Nadi* runs up in spine till the *Brahmarandra*.

Pingla: This *Nadi* runs upon the right if *Sushma* & ends in right nostril.

Ida : It runs upon the left *Sushmna* and ends in the Left nostril.

Hastijiva : It is runs down in the left and ends in the big toe.

Yasavini : The trunk in the leg ends in the right big toe.

Kuhu : The *Nadi* that has its sphere of influence terminating in the vagina.

Alambusha : It is terminates at the end of the anus.

Gandhara : It is ends in the left eye.

Pusha : It is ends in the right eye.

Sankhini : It is terminates in the left ear.

Payavaini : It is terminates in the right ear.

Sarasvati : It is terminates in the tongue.

Viswodara : It is terminates in the face.

Varuna : It has its influence spreading every part of the body.

Apart from this the five different sensory nerves and five motor nerves which carry impute from the periphery to the centre like:

Sensory nerves	Motor nerves
<i>Shabda</i> (Hearing)	<i>Vak</i> (Speech)
<i>Sparsha</i> (Touching)	<i>Pani</i> (reception by hand)
<i>Roop</i> (Vision)	<i>Pada</i> (Locomotion by legs)
<i>Ras</i> (Taste)	<i>Payu</i> (excretion)
<i>Gandha</i> (Smell)	<i>Upastha</i> (Procreation)

Full implication of *Nadi Pariksha* is very important to understand and *Nadi* science is the science of the *Nadi* or nerves, which includes the study of life processes that are responsible for living and existence of man. The *Gati* or motion of this *Nadi* also indicates the imbalance if there *Doshas* that is *Vata, Pitta* and *Kapha*. For understanding the examination of *Nadi* the one should consider the three parameters on which it is based.^[1]

1. Size or volume: It is denoted condition of blood vessel wall.

2. Number and rhythms: It is denoted conditions & working of heart.

Concept of these fundamental influences, it is necessary to give a concern to other details like, *Kaal* (Time)

Aahar (Food)

Roga (Disease)

Also there is different types of *Gati* which the movements of *Nadi* which indicates and compare with various animals

Vata –Leech or serpent.

Pitta – Sparrow.

Kapha – Swan.

The above mentioned information is obtaining the general idea regarding this science.

Examinations: Combination of pulse

1) Vata & Pitta: The combination of *Vata* and *Pitta* is indicates by frequent association with the movement of snake and frog with the feel of pulse.

2) Vata & Kapha: These combination present movements like of snake and peacock. In patients having swelling or edema combined with weak action of aortic imbalance.

3) Pitta & kapha: This combination indicates jumping gait of frog or toad and the alternative slow and steady *Gati* of peacock. It indicates certain conditions of hypertension

4) Vata, Pitta & Kapha or Sannipaata: This combination of pulse categories in the patient in

which all the three *Dosha* are imbalanced. Various *Acharya* have mentioned their different views but *Sharangdhar* has described the movement of *Sannipaata* pulse as *Laavka* and *Titthiri* rapidly for sometimes and on a sudden they stop their movements altogether to repeat their quick movement once again. [1]

Uses of Left hand in females

In *Ayurveda* text *Yograjnagar* mentioned that the *Nadi Chakra* (nerve plexus) different in males and females. This *Chakra* or plexuses which lie at the level of *Nabhi* (Umbilicus) known as *Kurma Chakra* is said to influence the *Nadi* or pulse of an individuals. It is said that this *Kurma Chakra* is faced upwards in women and downwards in men and the *Yoga Rathnagar* text had given three reasons.

These are:

1. *Saastraa* (science)
2. *Sampradaaya* (tradition)
3. Personal experience [1]

Uses of three fingers in examining the pulse

It is very notorious & easily fitters here & there & easily changes in fraction of seconds, Also the fact that mind can pay attention to one subject at one time. Mind play is very important role in pulse investigation. This nature of mind causes great difficulty in assessing three *Dosha* that is *Vata*, *Pitta* & *Kapha* with one finger *Vaata* is established by the tip of the index finger of right hand placed on the radial artery next to the root of the thumb of the right hand of patients & that *Pitta* pulse should be studied by the touch of the tip of middle finger placed next to it & the *Kapha* pulse by touch of the tip finger placed to the middle finger on the artery.

Best time and time required for the examining the pulse

It mentioned by all *Acharya* and *Ayurvedic* practitioners that pulsation of pulse varies from time to time and day to day.

- *Kapha* pulse is predominant in the morning time.
- *Pitta* pulse is predominant during mid day.
- *Vatta* pulse can be observed in late afternoon and evening.

The minimum time mentioned for pulse examination is said to be 30 beats. The time taken for testing of the pulse cannot be restricted in a rule as it depends upon many conditions like tact and skill of the physician. [1]

Pulse examination (*Nadi Parikashan*)

- In this examination strength, rhythm and speed of pulse are observed to make a Diagnosis.
- If pulse is felt irregular (missing at intervals) or moving fast it can be compared to moving like a snake (*Sarpvat*) that means *Vata* is dominant in that pulse.

- If pulse is having good volume with a throb and it can be compared to jumping frog (*Madookvat*) then *Pitta* is dominant in that pulse.

- If pulse is slow or heavy & if movement is like moving swan (*Hansvat*) then *Kapha* is dominant in that pulse. [2]

Method of examining the pulse

The hand of the patients be free and slightly flexed at the forearm, so that the left hand of the physician the 3 fingers of the right hand namely the index finger, the middle finger and the ring finger of the physician gently touch the skin over the radial artery. The index finger is comfortably placed, nearest the thumb and the other two fingers are placed next to it.

Above all it is important that the patients should not be unconvinced for this purpose.

Variation of Pulse

The variation of pulse it should be remembered that the pulse has the tendency to change its pulsation activities, which is precipitated by following factors mentioned below:-

1. *Shudha* (hunger)
2. *Pipasa* (thirst)
3. *Nidra* (sleep)
4. *Guru Aahar* (heavy meals)
5. *Ratri Bhraman* (waking in night)
6. Comfortable lifestyle
7. Sitting & standing postures
8. *Bhraman* (walking)
9. Physical activities
10. Exposure to sun
11. Mental conditions such as sexual excitement.
12. Time like morning, mid day and evening.
13. Seasons like *Grisham Ritu* (summers), etc
14. Environments & habits to which a human being is subjected [1]

The Seven Levels of the Pulse

It is convenient to divide the reading of the radial pulse into seven levels. According to the *Ayurvedic* system of medicine, there are seven *Dhatus*. If we take a cross-section of any extremity, from the superficial layer to the inner core, the seven *Dhatus* are present. For instance, the superficial layer is *Rasa*, the capillary layer is *Rakta*, and so forth. Likewise, in the pulse, the superficial level can be called the first level, and if we go to the deepest level, after which the pulse is obliterated, we feel the seventh level. In between the superficial and deep pulse there are another five levels, to make seven in total. As we press down on the radial artery, we can feel the spikes of the pulse change as we move deeper or shallower from one level to another. [5]

Result & Discussion

Asthavidha Pariksha (eight fold examination) in *Ayurveda* is one of the important examinations to find the various causes behind the diseases. This can be demonstrated in an example like *Pitta* is aggravated in case of anger, greed etc. *Vata* pulse is prominent in fear & sorrow and *Kapha* pulse is present when a person is in comforts, happy and in joyous mood. With the Eight factors in *Ashtavidh Pariksha*, *Nadi pariksha* plays very important role in diagnosis of the disease & it is the key to the cure & with the help of *Nadi Pariksha* & *Ayurveda* doctor can detect the imbalance in the body & prescribe an effective treatment with best medicine.

CONCLUSION

Nadi Pariksha is very useful for the analysis of various diseases. *Nadi Pariksha* gives a new direction for the doctors, for the detection of diseases in early stages. If it is properly applied for the detection of various diseases, the detection accuracy improves and as a result most of the people who sufferings from various diseases are diagnoses and cured in earlier stages.

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Cite this article as:

Tekade Anand, Watkar Deepali, Daulatkar Kavita, Dive Mukund. Review of Ashtavidha Pariksha w.s.r. to Nadi Pariksha. International Journal of Ayurveda and Pharma Research. 2018;6(1):40-43.

Source of support: Nil, Conflict of interest: None Declared

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