



# A review Article of Nadi Parikshan – Prakrita and vikruta Nadi in Heart diseases

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## **ABSTRACT-**

The science of health and disease-free living is known as Ayurveda. It is knowledge that is replete with instructions that, if adhered to religiously and consistently, would avoid the suffering of illnesses. Ayurveda is founded on reliable diagnostic concepts. The most efficient diagnostic device now used in medicine is called Nadi Pariksha. It is affordable, precise, safe, and produces fast results. Because Ayurveda vaidyas lack the necessary training, experience, and expertise to perform this approach effectively today, it is not currently commonly used. In Ayurveda, Acharya Sharangdhara is known as "The Founder of Nadi Pariksha." By Acharya Sharangdhara and Acharya Yogaratnakara, respectively, Nadi Pariksha and Ashta Sthana Pariksha were given titles under the Pancha-Nidana. Acharya Yogaratnakara identified eight types of rogi pariksha for disease diagnosis: nadi, mutra, mala, jivha, shabda, sparsha, and drik. Among these, nadi pariksha is required to detect altered dosha conditions, such as lessened or excessive dosha function, mixed dosha function, or normal dosha function. The Nadi Pariksha sheds information on the state of all ailments. In the current work, efforts are made to examine the relationship between nadi pariksha (pulse examination) and ashtasthana pariksha in therapeutics, with a focus on its relevance in clinical practise. The human body's three most crucial organs- the head, heart, and kidney-are described in the Trpada of Life. The majority of fatalities nowadays are caused by heart attacks, making the detection of heart conditions crucial. Using Nadi pariksha, we can diagnose heart conditions quickly and easily.

**Keywords-** Ayurveda, Nadi pariksha, Prakrita and vikruta Nadi, Heart diseases.

## **Introduction-**

The science of health and disease-free living is known as Ayurveda. It is knowledge that is replete with instructions that, if adhered to religiously and consistently, would avoid the suffering of illnesses. It is well-known for its Nadi Pariksha, and traditional writings have underlined its importance in evaluating Tridoshas, which serve as the foundation for disease diagnosis and prognosis. Ayurveda is founded on reliable diagnostic concepts.<sup>1</sup> According to ayurveda, a balanced Tridosha represents good health, but a vitiated Tridosha results in disease. Yoga Ratnakara claimed that Nadi may be used to detect all illnesses, and he likened it to veena strings playing all the ragas to emphasise the significance of Nadi Pariksha.<sup>2</sup> The Vaidya may feel the way the blood rushes from the heart thanks to the Nadi, or pulse, a vital flow of energy or life that travels through the body as a

subtle channel. The presence of a pulse at the wrist indicates the presence of life, and a doctor should be able to tell if a patient is healthy or not based on their activities. The heart and blood arteries make up the cardiovascular system.<sup>3</sup> The cardiovascular system can experience a wide range of issues, such as endocarditis, rheumatic heart disease, irregularities in the conduction system, among others. Cardiovascular disease (CVD) or heart disease refers to the following 4 entities, which are the subject of this article.<sup>4</sup>

1. **Coronary artery disease (CAD):** Angina, myocardial infarction (MI), and/or heart failure are all caused by reduced myocardial perfusion, which is sometimes referred to as coronary heart disease (CHD). Between one-third and fifty percent of CVD cases are attributable to it.
2. **Cerebrovascular disease (CVD):** include transient ischemic attack and stroke.
3. **Peripheral artery disease (PAD):** especially arterial disease affecting the limbs, which can cause claudication.
4. **Aortic atherosclerosis:** Including thoracic and abdominal aneurysms.

### Diagnosis of diseases in Ayurveda-

In Ayurveda three main methods are mentioned for diagnosing.

A. **Darshana Pariksha:** by monitoring the patient's outward physical characteristics, such as complexion, hair, and eye colour as well as their behaviour and physical health.

B. **Sparshna Pariksha:** by contacting the sufferer. This approach includes pulse diagnosis, palpitation, percussion, and auscultation.

C. **Prashna Pariksha:** by posing inquiries about the equilibrium of each Dosha.<sup>5</sup>

### Nadi-

The body has a channel called a nadi that is made up of blood vessels. Nadi Pariksha is the name for the pulse check (Nadi). Nadi Pariksha, according to Ayurveda, is the foundation of Tridoshvijyana. Nadi Pariksha also aids in identifying patients' vitiated doshas. The vitiated doshas that cause ailments are their etiologies; each person's pulse varies from healthy to aturpariksha (diseased person).<sup>6</sup>

### Nadi Pariksha-

Nadi Pariksha is an ancient Ayurvedic diagnostic technique. The science of Nadi Pariksha involves taking your pulse while diagnosing your body, mind, and subconscious. It is frequently referred to as Nadi Pariksha (pulse diagnosis).<sup>7</sup>

### Method of Nadi Pariksha (Pulse Diagnosis)-

In Ayurveda Pulse diagnosis is made through two methods-

1. **Simple approach or simple pressure** - The doctor should place his three fingers just below the radial crust in order to assess the body's Dosha predominance. The movements of Vata, Pita, and Kapha are indicated when the finger is put on the wrist. Pulsation in the first finger is a sign of Vata Dosha in the body. The pulse of the middle finger is a sign of pita Dosha in the body. The pulsing of the third finger represents the Kapha Doshas in the body.
2. **Medium technique or medium pressure** - The Dosha preponderance in the body is ascertained by this method, which applies a moderate amount of pressure right below the radial crust. This strategy is essential from a therapeutic and diagnostic perspective. Each finger should be divided into three parts using an imaginary plane.<sup>8</sup>

**Nadipariksha Kala-** In the first three hours of the morning following Mala-Mutravisarjana, it should be done to Parikshaswabhavikgati of the Nadi. Anytime, day or night, Nadi Pariksha can be performed in an emergency.<sup>9</sup>

### **Site for Pariksha-**

Males should palpate their right hand, whereas females should look at their left hand. In napumsaka, the right or left hand should be checked depending on the male and female division. The Kurma Chakra, which influences the Nadi and is located at the level of the Nabhi, faces upward in women and downward in men.<sup>10</sup>

### **Nadi Pariksha in Heart disease-**

The heart is a very important organ. In a typical person, consciousness exits the body when the heart stops. However, a yogi's consciousness enters the deeper levels of life outside of birth and death when he stops his heart via yoga practise. Where there is no shadow of death, that is what is meant by samadhi. Samadhi is the practise of transcending life and death. That is a balanced state.<sup>11</sup>

The heart can be felt as a deep pulse near the seventh metacarpal beneath the index finger. It is made up of the endocardium, which is the inside lining of the heart, and the heart muscle. A kapha spike, which is frequent in older persons, reveals a slow heartbeat, a heart block, a bundle branch block, or cardiac hypertrophy along with essential hypertension, a type of malignant or chronic hypertension. High triglyceride and high cholesterol levels are indicators of a kapha surge.

Myocarditis, endocarditis, or systemic elevated pitta in the heart are all indicated by a prominent pitta spike under the index finger. One of the sadhaka pitta's seats is the heart. When sadhaka pitta is elevated, a person exhibits traits such as criticism, ambition, and competition. A weak heartbeat with a pitta spike is not usually indicative of endocarditis or myocarditis. It can be acute hypertension of the pitta type or a stressful condition brought on by a critical, ambitious, or competitive temperament. Pitta hypertension passes quickly. When a person calms down after becoming agitated, their blood pressure returns to normal.<sup>12</sup>

Ayurveda states that one of the duties of sadhaka pitta in the heart is to sustain self-esteem and translate feelings into emotions. Depression may be kapha, pitta, or vata in nature. Lack of sunshine may contribute to depression of the kapha type. One feels downhearted in the winter and on dreary days. Obesity, diabetes, hypertension, excessive sleep, or sluggishness can also contribute to the kapha kind of depression. Depression may result from an excess of pitta in the heart. This type of depression is linked to an addiction to achievement or a fear of failure and can result in suicidal thoughts. Pitta individuals frequently strive for perfection, and when they realise that their judgement was flawed, sadness may set in. Vata type of depression is associated with fear, anxiety, insecurity, and fear of the unknown, fear of tomorrow. Because of fear vata individuals get depressed. When loss of control leads to depression, it is fear.

Tachycardia, atrial flutter with fibrillation, repeated additional systoles, hypotension, or alternate pulses are examples of vata-type heart disorders. When vata is present in the heart, the pulse becomes quick during inhalation and slow during exhalation. The name of this condition is sinus arrhythmia. Vata in the heart frequently causes fictitious cardiac discomfort. Even if a person may experience palpitations, worry, uneasiness, or anxiousness, the ECG reading is completely normal. Palpitation is the term for excessive heartbeat awareness. Physical activity, excitement, and anxiety frequently cause palpitations. However, in a pathological state, the person can feel their heartbeat without having to work hard or exercise. This prana vata problem is referred to as anxiety tachycardia.

Some yogis use awareness and pranayama to halt their hearts. In profound meditation, we listen to the song of the heart, much as the unborn child does in the mother's womb. The heart sounds are seen as heavenly, spiritual music, like a drum without fingers or a flute without lips and fingers. One can hear various noises in their ears during meditation by focusing on the heart chakra, including the sound of the ocean, tabla music, drumming, and eventually, Krishna's flute. All the cows, which represent the senses, unite at the sound of a flute to form Krishna, the inner higher awareness. The ego dies every time someone listens to their heartbeat, because the ego hates to die. Then one will flow with the love, the inner sound, the primordial sound of his own prakruti. Die to the ego, to power, reputation, and position. The term "prakruti sound" refers to this sound. <sup>13</sup>

**Hridroga Nadi gati** - karkash, krish, drutagamini & nimna-madhya gamini nadi gati.

**Feeble Heart Pulse (Deep) Under the Index Finger on the Left Side-<sup>14</sup>**

<b>FEEBLE HEART PULSE (DEEP) UNDER THE INDEX FINGER ON THE LEFT SIDE</b>	
Feeble heart pulse with <i>Kapha</i> spike indicates:	
	Bradycardia Bundle branch block Myocardial hypertrophy Malignant hypertension High cholesterol
Feeble heart pulse with <i>Pitta</i> spike denotes:	
	Endocarditis Ambition Competitiveness Anger Hypertension
Feeble heart pulse with <i>Vāta</i> spike shows:	
	Depression Fear Anxiety Tachycardia Multiple extra systoles Sinus arrhythmia

## Discussion-

By locating the pulse at three locations along the radial artery and figuring out the doshas based on the pulse, Nadi Pariksha was conducted. The characteristics or traits of the Nadi are essential in evaluating doshas as part of Nadi Pariksha. We are fortunate that there are still a few people who are committed to this now. Knowing that the remedy is Samprapti Vighatana, which breaks down Dosha-Dushya Samurchhana, makes it simpler to address the pathological condition when we are aware of the Doha that Nadi has helped to vitiate. In addition, Nadi can be useful in determining a person's temperament in order to help with the main goal (Swasthya Swasthya Rakshanam). Heart disease is a relatively prevalent condition today, and it can occur when the entire or a portion of the heart is damaged, blood arteries leading to or from the heart have a problem, the heart doesn't get enough oxygen or nutrients, or the heart's rhythm is off. There may be a hereditary component in some situations. However, some lifestyle choices and health issues might also raise the risk. In modern science number of instruments using for diagnosis the heart problems, but in our Ayurveda sciences 5000 years ago Nadi pariksha used for any kind of problems in our body. And through nadi pariksha vaidyas diagnosis the Prakrit and vikrut nadi of the humen body.

## Conclusion-

The premise behind ayurvedic pulse diagnostics is that good health is something we should all strive for throughout our lives. Nadi Pariksha seeks to comprehend the following qualities in a person: enables one to determine their "Original Constitution at Conception" (Prakruti). The ancient metrics gati, vega, sthira, capala, and kathinya were used in the Ayurvedic books to explain the nature of nadi and its changes in a fairly qualitative manner. The current parameters, such as pulse wave velocity, pulse rate variability, and artery hardness, which were comprehensively covered in this study, are closely related to the old parameters. In order to reveal the Nadi Pariksha's well-kept secrets, it is crucial to examine these contemporary characteristics within the framework of ayurveda. It is urgently necessary to expand the most recent developments in pulse measurement methods and tools in order to create the framework for Nadi Pariksha and implement the scientific method of pulse-based diagnosis, which is currently required. In order for the knowledge of Nadi to achieve its pinnacle, we Ayurvedic academics must convert the knowledge of Nadi, which is dependent on the subjective knowledge and experience of the physician, to objective parameters using the tools of modern science. Additionally, Nadi pariksha is very beneficial for heart issues.

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