



The Study On Nadi Pariksha to Evaluate the Influence of Prakrati in Nadi Gati and Characters

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ABSTRACT

Always this has been challenge for physicians of present era to get the information of unbalanced parameters and status of body, prior to occurrence of disease and to get the prognostic information. Nadi Pariksha is the tool for these challenges from time immemorial, which is not a magical art rather it is a science based on facts and findings. It is used as tool to diagnose the unbalanced state of Dosha, Dhatu and Mala. Among the Ashtasthana Pariksha (eight fold of examination) i.e. “Nadi Mutram Malam Jivha Shabda Sparsha Drik Aakriti”, Nadi Pariksha stands on top for examination in the Ashtasthana Pariksha (eight fold of examination) i.e. “Nadi Mutram Malam Jivha Shabda Sparsha Drik Aakriti”, Characters and variation in Nadi Gati is the means of diagnosis in Nadi Pariksha hence this stands on top for

Examination. Prakrati also indicates about persons physical and mental status which also reflects its characters in form of Dosa predominance hence influence of Prakrati in Nadi Pariksha is important to know the accurate results of Nadi Pariksha.

Keywords

Nadi Pariksha, Prakrati, Dosha Dhatu.

INTRODUCTION

The goal of life from Vedic age to Space age has been common for all living creatures on this planet to live healthy, happy and disease free life. Ayurveda is the holistic science which deals with the physical, psychological and spiritual well being of the human being, it is said that Arogya is the key to attain the prime goals of human life viz. Dharma, Artha, Kama and Moksha ^[1] It is a science with facts which has

emerged with experience and power of wisdom of our ancient sages and nadi pariksha is one of them. It is the first in the eight fold of examination i.e. Nadi, Mutra, Malam Jivha Shabd Sparsh Drik Aakriti.^[2] Nadi pariksha is tool to diagnose the imbalanced state of Sharirik, Mansik Doshas and Dhatus. As it is well known phenomena in Ayurveda that imbalanced state of Dosha and Dhatu leads to disease hence Nadi Pariksha is first examination in eight folds of examination. Prakrati is the basic entity in Ayurveda which indicate the predominance of Dosha in the body. Nadi Praiksha and Prakrati both examinations are based on Dosha involvement and predominance hence present study were conducted in healthy individuals to evaluate the influence of Prakrati in Nadi Gati and its characters. 48 subjects were recruited in present study irrespective of age and gender. All subjects were clinically examined and subjected to lab investigations to confirm the status of healthy individuals. On the basis of observations of subjective and objective parameters, it is found that, Prakriti has not had any influence in a person's Nadi Gati and its characters.

AIMS AND OBJECTIVES

- To find out the relation and influence of Prakriti in Nadi Gati.

MATERIALS AND METHODOLOGY

In this study following materials and methods were adopted. 48 healthy individuals were randomly selected from surrounding society. A clinical evaluation of patients was done by collecting information obtained by history, physical examination, investigation analysis in special designed proforma for the study. A clinical evaluation of healthy individuals (Volunteers) were done in

special designed proforma by collecting data through information obtained by questionnaire method, history taking, physical examination, analysis of investigation & other methods as per requirement. Nadi Pariksha was done by two ways; the first is classical methods as described in Ayurvedic texts and second by Nadi Tarangini (Nadi Pariksha Yantra) to make the diagnosis objective and more accurate. In Ayurveda, the preferred time of examination of Nadi is early morning and the place is Jeeva Sankshini Nadi (Radial artery); hence the decided time for Nadi Pariksha was between 7.00 AM to 10.00 AM and Jeevasankshini Nadi (Radial Artery) was selected for examination.^[3,4] and the subjects were examined empty stomach.

METHOD OF NADI PARIKSHA

Ancient Method

The Vaidya should examine Nadi from his Right hand, Right hand of males, and the left hand of the female should be selected for Nadi Pariksha and Vidya should support to the patient's elbow, with his left hand.^[3,4] Three fingers viz. Index, Middle, & Ring of physician Right hand should be placed at one Angula below to Angushtamoola of the patient to find out the Nadi Gati and its characters.^[3,4] To denote the characters of Nadi are expressed in terms of various movements of birds and animals for different Doshas viz. Vata – Sarpa Gati, Pitta – Maduka Gati, and Kapha – Hansa Gati. Many other characters were explained as Gunas viz. Sheeta, Ushana, Picchila etc. Finding these characters was difficult so some contemporary Nadi physicians have developed it and modified in such a way that the soul concept of Nadi Pariksha remains the same as ancient Nadi Pariksha but it could become easier to find all information. Dr. Sanjay P. Chhajed has developed it very well hence

the same we have used for Nadi Pariksha. Characters and findings of ancient Nadi Pariksha have been included under the following steps. [5]

Immediate Expression [5]

This provides us the gross happening in the pulse at the point of time. At this time we look for prominent pulsations of Vata, Pitta, and Kapha beneath Index, Middle, and Ring finger respectively. To detect the pressure level this has been graded as zero (0) one plus (+), two plus (++), and three-plus (+++). These grading represent the strength of the Dosha activity.

Superficial Expression [5]

In this step, we observe the Nadi Gati. There are three types of Gati for each Dosha. The movements are observed and categorized in distinctive movements these are

- ✓ Sarpa Gati (Snake like movement)
- ✓ Manduk Gati (Frog like Movement)
- ✓ Hansa Gati (Swan Like Movement)

To observe these movements following concepts were applied.

Sarpa Gati (Snake-Like Movement)

One should feel that a snake is moving beneath the fingertip. It is Irregular pulsations felt at various places under the fingertips generally it is denoted of water activity.

Manduk Gati (Frog Like Movement)

The frog has a very unique character of forwarding jumping because of his physical structure when we find the forward jumping movement in the Pulse it's called Manduk Gati and it is indicative of Pitta activity.

Hansa Gati (Swan Like Movement)

Hansa can move up to 80 nautical miles / hour but his movement will never disturb superficial water and

part of the body. In the same way, if the pulsation is linear it indicates the Kapha activity in the body.

Nadi Tatrangini Method

The Nadi Tarangini (NT) is a pressure sensor based instrument; sensors record the pressure of the pulse and the transmitter cum amplifier covert mechanical waves to electronic waveform and artificial intelligence-based digital analyzer represent it in the form of a graph with readings of pressure level at individual Dosha Sthana i.e. beneath the index middle and ring finger with pressure level at particular Dosha Stana in graphical amplitude form which can be seen on our computer or android device.

ANALYSIS OF DATA

Data assessment was done through following method

- i. To access the predominant Nadi Gati in manual Nadi Pariksha grading was done as (0,+, ++,+++) and the percentage of dominant pressure obtained. To analyze predominant pressure in nadi , nadi tarangini instrument were used. reading of the highest level of pressure amplitude of Vata, Pitta, and Kapha was taken for consideration.
- ii. To find the relation of Prakriti and Nadi Gati, Prakriti Pariksha was done in specially designed proforma. Findings were compared with the predominant Nadi Gati.

The concept of comparison as follows, if the trends of Nadi predominance in Subjective and objective Nadi Pariksha are similar to respective Prakriti then this proves the relation in Prakriti and Nadi Gati. But if trends of Nadi Gati do not support Prakriti then it proves that there is no relation between Nadi Gati and Prakriti.

OBSERVATION AND RESUL

The concept of comparison between Nadi Gati and Prakriti was made to find out that, the influence of Prakriti in Nadi Gati.

Based on subjective and objective findings following observation and results were obtained.

To prove the relation Nadi pressure level and Dosha should support the respective Prakriti.

PRAKRITI WISE DISTRIBUTION

Among all 48 subjects following Prakarati were observed

Table No. 1

Prakriti	Healthy individuals	
	No. of Subject	Percentage
Vata Paittik	11	22.92
Vata Kaphaja	3	6.25
Pitta Kaphaja	13	27.08
Pitta Vataja	14	29.17
Kapha Vataja	1	2.08
Kapha Pittaja	6	12.5
Samdoshaja	0	0

In healthy individuals 29.17 % (n –14) subjects were of Pitta Vataja Prakriti followed by 27.08 % (n – 13) Pitta Kaphaja, 22.92 % (n – 11) Vata Pittaja, and 12.5 % (n – 6) were of Kapha Pittaja Prakriti whereas remaining 6.25% (n – 3) and 2.08% (n –1) were of Vata Kaphaj and Kapha Vataj Prakriti respectively.

- PRAKRITI WISE ANALYSIS OF NADI (SUBJECTIVE):
 - VATA PITTAJA PRAKRITI

Table No. 2 Prakriti Wise Analysis of Nadi (Subjective)

VP Prakriti	Healthy individuals Total- 11			
	+++	++	+	0
VATA	5	6	0	0
PITTA	8	3	0	0
KAPHA	0	8	3	0

➤ VATA KAPHAJA PRAKRITI

Table No. 3 Prakriti Wise Analysis of Nadi (Subjective)

VK Prakriti	Healthy group - B Total- 3			
	+++	++	+	0
VATA	2	1	0	0
PITTA	1	2	0	0
KAPHA	0	3	0	0

➤ PITTA KAPHAJA PRAKRITI

Table No. 4 Prakriti Wise Analysis of Nadi (Subjective)

PK Prakriti	Healthy group - B Total- 13			
	+++	++	+	0
VATA	6	7	0	0
PITTA	7	6	0	0
KAPHA	0	11	2	0

➤ PITTA VATAJA PRAKRITI

Table No. 5 Prakriti Wise Analysis of Nadi (Subjective)

PV Prakriti	Healthy group - B Total- 14			
	+++	++	+	0
VATA	8	6	0	0
PITTA	9	5	0	0
KAPHA	3	9	2	0

➤ KAPHA VATAJA PRAKRITI

Table No. 6 Prakriti Wise Analysis of Nadi (Subjective)

KV Prakriti	Healthy group - B Total- 01			
	+++	++	+	0
VATA	1	0	0	0
PITTA	0	1	0	0
KAPHA	0	1	0	0

➤ KAPHA PITTAJA PRAKRITI

Table No. 7 Prakriti Wise Analysis of Nadi (Subjective)

KP Prakriti	Healthy group - B Total- 06			
	+++	++	+	0
VATA	2	4	0	0
PITTA	4	2	0	0
KAPHA	0	5	1	0

➤ PRAKRITI WISE ANALYSIS OF NADI (OBJECTIVE)

Table No. 8 Prakriti Wise Analysis of Nadi (Nadi Tarangini)

Prakriti	Healthy group - B		
	Mean Ht of Amp. Vata	Mean Ht of Amp. Pitta	Mean Ht of Amp. Kapha
VP	2233.19	2427.73	2013.37
VK	2348	2336.34	1930.67
PK	2590	2601.69	2277.69
PV	2646.71	2605.92	2383.57
KV	3056	2282	2414
KP	3955.67	4095.67	3677

On the basis of above subjective & objective parameters of Prakriti & Nadi Gati it was observed that in subjective Nadi Pariksha out of six Prakriti five were not following the trend of their prakrati Similarly in objective parameters out of six prakriti, Six out of six were not following the trends of their prakrati .

By observing subjective and objective parameters it was evident that Prakriti was not having influence in Nadi Gati.

DISCUSSION

- ✓ Vata Pittaja Prakriti:
- ✓ Total 11 subjects was of Vata Pittaja Prakriti out of which a 5 subjects was having 3+ pressure levelat vata sthana , and 6 subjects were of 2+

pressure level at Vata Sthana. Similarly in Pitta Sthana 8 persons were having 3+ pressure level while 3 subjects were of 2+ pressure level

- ✓ To prove the relation between Prakriti and Nadi Gati in Vata Pittaja Prakriti Subjects, trends of all subjects must have high-pressure levels at Vata and Pitta Sthan of Nadi and should have a maximum number of the subject. But subjects were not following the trend Hence Vata Pitta Prakriti is not having relation with Nadi Gati.
- ✓ Vata Kaphaja Prakriti:
- ✓ In this observation out of 3 subjects of this Prakrati 2 subjects were having 3+ pressure level at Vata Sthana and 1 person were having at 2+

pressure level while in Kapha Sthana no subjectas were of 3+ pressure level whereas 3 subjects were at 2+ pressure level this also proves that trends are not in fever of Prakrati.

✓ Pitta Kaphaja Prakriti:

In Pitta Kaphaja Prakrati out of 13 subjects maximum 7 were having 3+ pressure level at Pitta Sthana and maximum 11 were having 2+ pressure level at Kapha Sthana this data support the relation Of Prakrati and Nadi Gati.

✓ Pitta Vataja Prakriti:

Out of 14 of Pitta Vataja Prakriti. Maximum 9 were having 3+ pressure level at Pitta Sthana but maximum 9 subjects were having pressure level at 2 + in Kapha Sthana this also don't follow the trends of Prakrati of Pitta Kaphaja

✓ Kapha Vataja Prakriti:

Only one subject were from this Praktati where he was having 3+ pressure level at Vata Sthana and 2+ pressure level at Pitta and Kapha Sthana . This also not follows to the Prakrati

✓ Kapha Pittaja Prakriti:

Out of 6 subjects of this Prakrati 4 subjects were at 3+ pressure level at Pitta Sthana whereas 5 subjects were at 2+ pressure level in Kapha Sthana this also not following the trends of its Prakrati.

The mean amplitude of Vata, Pitta and Kapha Sthana were obtained and analyzed.

✓ Vata Pittaja Prakriti:

Mean of pressure amplitude level of Nadi at Vata and Pitta Sthana were not following the trend of Vata and Pitta Dosa for Vata Pittaja Prakriti .

✓ Vata Kaphaja Prakriti:

Mean of pressure amplitude level of Nadi at Vata and Kapha Sthana was not following the trend of Vata Kaphaja Prakriti .

✓ Pitta Kaphaja Prakriti:

Mean of pressure amplitude level of Nadi at Pitta and Kapha Sthana was not following the trend of Pitta and Kapha Dosa for Pitta Kaphaja Prakriti in both groups.

✓ Pitta Vataja Prakriti:

Mean of pressure amplitude level of Nadi at Pitta and Vata Sthana was not following the trend of Pitta and Vata Dosa for Pitta Vataja Prakriti .

✓ Kapha Vataja Prakriti:

Mean of pressure amplitude level of Nadi at Kapha and Vata Sthana was not following the trend of Kapha and Vata Dosha for Kapha Vataja Prakriti .

✓ Kapha Pittaja Prakriti:

Mean of pressure amplitude level of Nadi at Kapha and Pitta Sthana was not following the trend of Kapha and Pitta Dosha .

CONCLUSION

Vata, Pitta, and Kapha are considered as the basic pillars which regulate the whole physiology of the human body. The Concept of Nadi Pariksha has incorporated the findings of these Tridosha as a means of diagnosis for various pathological states. The present study consists of healthy individual Group, 48 subjects were recruited in this category.

✓ On the basis of observations of subjective and objective parameters, it is found that, Prakriti has not had any influence in a person's Nadi Gati and its characters.

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