

ROLE OF NADI PARIKSA IN THE DIAGNOSIS OF UDAR ROGA

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ABSTRACT: *In clinical medicine no physical sign is more revealing than the Nadi Parkisa. The term “Nadi” has been used in several contexts in Ayurvedic classes but gradually this term has been restricted to the Nadi Parkisa i.e. radial pulse examination. Importance of Nadi Pariksha as a diagnostic measure in systemic diseases including cardio-vascular system, G.I.T. diseases (Udar Roga) and Manas Roga is described in Ayurvedic literature. In modern medical science the pulse examination has been given much stress but it is limited to only C.V.S. Nadi is the foremost among the Astasthana Pariksha described in medieval texts on Ayurveda as the main points of general examination of a patient. In Ayurveda Nadi Pariksha is described in Udar Roga and other Vyadhis also. The present paper describes the variations of Nadi in some important Udar Roga.*

INTRODUCTION

Ayurveda describes the physiology of human being in terms of Tridosh – Vata, Pitta, Kapha. Nadi is also read in relation to these three humours. Seeing the need of this science in Ayurveda, it was included by Sarangadhara (13th century AD) as a diagnostic method and then onward it was further described by Bhavprakash (16th Century) and Yoga Ratnakar. Though Sarangadha was the pioneer physician to adapt *Nadi Pariksha* but the full status was given by Yoga Ratnakar, i.e. why many scholar consider Nadi as an original contribution of Yoga Ratnakar.

Nadi is so important that from ancient time it has been recognized as the most fundamental sign of life. The early physician paid great attention to the characters of the pulse in healthy and changes which occurred in disease. Even today under emergency every physician examine the pulse as a vital sign of life

irrespective of their system of medicine. It is believed that the literacy source of Nadi in India hailed from Tantrik literature and practical aspect from the Greek – Arabis system of medicine and physicians who practiced in India. Though in India the knowledge of pulse examination was not prevalent as a means of diagnosis till as late as the period of Sarangadhara, yet some ancient races of India as Santhalas and Tantriks of India were aware of this knowledge.

The Arabic medicine is founded mostly on the physiology concept and principles of Greek medicine particularly galen’s medicine inheriting the humoral doctrine of the greek medicine. But the four humour of Arabic medicine i.e. Khoon, Balgam, Sopra and Sauda have neither been to the pulse signs and symptoms nor is the interpretation of the pulse sign and symptoms made in terms of impairment of the one or the other

or all of the four humours so far as prognosis and diagnosis is concerned. In Ayurvedic Nadi Vijnana, the three humours Vata, Pitta & Kapha are the pulse signs, symptoms and also there are descriptions of interpretation of pulse sign & symptom in term of Vata, Pitta & Kapha for the prognosis and diagnosis of diseases.

NORMS OF NADI PARIKSA

Examination of Nadi is an art. The skill of Nadi examination is learned by many ways and unless a physician has adequate expertise in Nadi examination the inferences from pulse examination can not be conclusive and diagnostic. There are certain norms for Nadi Pariksha as following.

1. Site of examination
2. Time of examination
3. Time prohibited for Nadi examination
4. Nature of Nadi at different places
5. Physician fit for feeling the pulse
6. Method of Nadi examination
7. Examination of pulse in women
8. Pulse of a healthy person
9. Movement of pulse according to time
10. Touch of pulse
11. Colour of the pulse
12. Prognostic value of pulse examination

These are some of the norms of Nadi examination which the physician should thoroughly learn before the Nadi examination of diseased person.

NADI PARIKSA IN UDAR ROGA (G.I.T. Disease)

Nadi pariksha has been given much emphasis in diseases of cardio vascular system. However Nadi is also significant in abdominal diseases. Amasaya and Grahani are the seat of Agni which play the key-role in Dhatu Posana and ultimately regulate the physiological homeostasis. Agni definitely has its impact on the Nadi movement and thus has its relevance in the G.I.T. disease.

The sympathetic and parasympathetic systems of the human body regulate the homeostasis. Homeostasis is the out come of normal physiological status of Agni. The seat of Agni is Amasaya and Grahani. Thus Agni has its control over the sympathetic and parasympathetic system of the body. The movement of Nadi is balanced by sympathetic and parasympathetic system. Therefore it is logical that Nadi is affected in the G.I.T. problems. Here we discuss the condition of pulse in some of the important disease of G.I.T.

NATURE OF PULSE IN AJIRNA (INDIGESTION)

In the cases of indigestion, the pulse becomes hard and cold in touch i.e. the pulse becomes hard beneath the all three fingers. And when the patients has been relieved of the indigestion, his pulse become mild, rapid and clear.

In the case of advanced stage of indigestion, the pulse becomes weak and beats slowly. If the pulse becomes full of blood at the stage, it becomes hot. And if the pulse is influenced by the existence of mucous, it becomes heavy.

NATURE OF PULSE IN FASTING AND AFTER EATING

The pulse of the man who has taken meal in mild with uniform movement and that of a man over fasting, the pulse is rapid.

After meal again, the change of pulse movement take place according to the quality of food consumed.

NATURE OF PULSE IN CASE OF AGNIMANDA AND DHATUKSINATA

In the case of chronic Mandagni, due to improper nourishment of Dhatus the Nadi moves very slowly. In case of subnormal indigestion (Mandagni) the pulse becomes cold and moves like a goose. When it is tiksagni the pulse becomes light and strong or forceful.

NATURE OF PULSE IN ATISAR (ACUTE DIARRHOEA)

The pulse of a patient in case of diarrhoea moves like leach in summer i.e. slow and curve like movement. In Vatatisar the pulse move crookedly due to the influence of Vata in Pittatisar the pulse moves rapidly where as in Kaphatisar the pulse moves slowly like the goose movement.

NATURE OF PULSE IN GRAHANI (CHRONIC DIARRHOEA)

The pulse of the foot in chronic diarrhoea due to loss of digestive power moves like a goose i.e. moves slowly but regular. Whereas the pulse in hand feels rapidly, like movement of frog. Due to the predominance of vata the pulse moves crookedly (curved), rapid pulse if pitta is predominant and mild & regular if Kapha is predominant.

NATURE OF PULSE IN SANGRAHAGRAHANI

In Sangraha grahani there remain constipation till the mala are accumulated and then diarrhoea takes place. This cycle repeats and depending upon the severity of disease some time in days and some time in months. When diarrhoea, the pulse becomes feeble and slow when constipation occurs.

NATURE OF PULSE IN CASE OF ANAHA

In Anaha there is usually vomiting, some time associated with intestinal obstruction and occasionally with loops strangulation. Therefore patient has constipation. In this case the pulse feels slow, forceful and regular, like the movement of goose or elephant.

NATURE OF PULSE IN CASE OF UDAWARTA

In Udawarta pulse becomes the almost extinct and always trembles.

NATURE OF PULSE IN CASE OF BISUCIKA (CHOLERA)

In case of cholera the pulse of a patient move like frog i.e rapid and feeble pulse. According to Bhudhar the radial pulse in imperceptible in cholera.

NATURE OF PULSE IN CASE OF SULA (COLICS)

In colic of vayu predominance the pulse becomes like curve or crookedly movement. In pitta predominant colic the pulse become very hot and rapid in movement. In kapha predominant colic the pulse become forceful and easily palpable. The pulse in case of Adh amana (tympanitis) pulse become forceful and palpable easily.

NATURE OF PULSE IN CASE OF KRMIROGA (WORMS INFECTION)

According to Nadi specialist, in worms infection, particularly in the large no. of roundworms (Gandupada) the pulse takes recourse to various ways. Some time it is scarcely felt. Sometime it beats very slowly and some time very quickly.

NATURE OF PULSE IN CASE OF PANDU & KAMALA

The pulse in anaemia is faintly perceptible and felt at intervals. The pulse in jaundice in acute stage becomes hot and rapid.

NATURE OF PULSE IN SPLEENOMEGALY (PLIHODARA)

In hepato spleenomegaly the pulse becomes mild, feeble dicrotic and dry.

NADI IN JALODARA (ASCITIS)

All the udar roga culminate in Jalodara. This statement shows the severity of Jalodara. In ascities, the pulse become slowly and crookedly (curved), a crocodile like movement. The patient belly swells up, till his hand, foot and throat.

CONCLUSION

It is obvious from the above description that Nadi Pariksha has significant role in the diagnosis of the diseases of Gastro intestinal tracts. Pulse examination in the diseases of Cardiovascular system has been well developed in the field of Western modern medicine but no attention has been paid to the use of Nadi Pariksha in GIT diseases. There is vast scope of Nadi Pariksha in the gastro intestinal diseases. It would be an original contribution of Ayurveda to the medical world. Although there are scarcity of literature on Nadi even then the available description looks logical and scientific. The literary evidences needs further clinical and experimental documentation to bring the Nadi Vijnana up dated.

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