



Review Article

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IMPORTANCE OF NADI PARIKSHA

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Abstract

In *Ayurveda*, establishing a precise diagnosis is a prerequisite for effective management of disease. *Ashtavidha Rogi Pariksha* constitutes an important diagnostic framework employed for clinical evaluation. *Acharya Yogaratnakara* has described eight distinct parameters of patient examination, namely ***Nadi, Mutra, Mala, Jivha, Shabda, Sparsha, Drikka***, and ***Akriti***, which collectively aid in disease identification. Among these parameters, *Nadi Pariksha* is especially significant for assessing variations in *Dosha* activity, including decreased, increased, combined, or balanced functional states. Due to its ability to reflect the physiological and pathological status of the *Doshas*, *Nadi Pariksha* is considered a primary method of examination in *Ayurvedic* diagnostics. Among *Ashtavidha Rog Pariksha*, *Acharyas* have clearly mentioned to examine the *Nadi* first of an individual which indicates its importance.

Any ailment in the body brings about a change in the constitution of *Vata, Pitta* and *Kapha* transmits through *Nadi* and it may felt by the fingers of an examiner varying pressure.

Keywords: *Ayurveda, Ashtavidha Rogi Pariksha, Nadi Pariksha, Doshas.*

Introduction:

Ayurveda emphasizes the importance of accurate diagnosis prior to the initiation of therapeutic measures. *Acharya Charak*, in *Sutra Sthana (20/20)*, states “*Rogamadau pariksheta tatoanantaram aushadham*”, highlighting that thorough examination and identification of disease should precede the selection of treatment. Accordingly, clinical examination (*Pariksha*) forms the foundation of disease diagnosis in *Ayurvedic* practice. Classical texts describe several methods of examination, including *Trividha*, *Shadvidha*, *Ashtavidha*, *Dashavidha*, and *Dwadashavidha Pariksha*. Among these, *Nadi Pariksha* is an integral component of *Ashtavidha Pariksha*. In the early *Ayurvedic* literature, particularly the *Brihatrayi*, detailed references of *Nadi Pariksha* are limited. The earliest comprehensive description is found in the *Sharangadhara Samhita*, where *Acharya Sharangadhara*, in *Poorva Khanda*, Chapter 3, outlines the technique of pulse examination. He advises that the physician should examine the pulse at the wrist using the right hand. The pulse palpated at the wrist is considered indicative of the patient’s vital status and is useful in the assessment of disease. Traditional *Ayurvedic* authorities recommend performing *Nadi Pariksha* on the right hand in males and on the left hand in females. In *Ayurveda*, the *Nadi* is considered a reflection of the overall condition of the body, representing the functional state of the entire system. Similarly, in modern medicine, the pulse is viewed as an important indicator that reveals the nature, extent, and vitality of life processes.

Further elaboration of *Ashtavidha Pariksha* is provided in *Yogaratanakara*, wherein it includes *Nadi* (pulse), *Mutra* (urine), *Mala* (stool), *Jivha* (tongue), *Shabda* (speech), *Sparsha* (touch), *Drikka* (eyes), and *Akriti* (general appearance). *Nadi Pariksha* is classified under *Sparshendriya Pariksha*, as it is conducted through tactile perception and plays a significant role in clinical assessment.

Aims and Objective:

1. To conduct a conceptual study of *Nadi Pariksha*.
2. To understand the concept of *Dosha Vaishamy* through *Nadi* for accurate disease diagnosis.

This conceptual study aims to aid in understanding the pathogenesis of various diseases at an early stage through *Nadi Pariksha*.

Material and Method:

An extensive review of ancient *Nadi* and *Ayurvedic* literature was undertaken to comprehensively elucidate the concept of *Nadi Pariksha*. Various classical texts, journals, research papers, and scholarly articles were critically reviewed to develop a conceptual understanding of *Nadi*, its clinical relevance, and its role in the manifestation and progression of diseases.

Synonyms of Nadi:

Nadi, Dhamani, Dharani, Dhara, Tantuki, Snayu, Jeevangyana, Hansi, Vasa and Sira.

Site of Nadi:

Vata, Pitta, and Kapha Nadi are assessed respectively beneath the *Tarjini* (index finger), *Madhyama* (middle finger), and *Anamika* (ring finger) of the examining *Vaidya* (physician). When three fingers are placed to assess the *Nadi*, they indicate the state of the *Tridoshas* and their movement—whether *manda*, *madhyama*, or *tikshna*. The index finger represents *Vata*, the middle finger represents *Pitta*, and the ring finger represents *Kapha*.

Importance of Nadi Pariksha:

According to *Ayurveda*, just as the strings of a *Veena* produce all musical ragas, the *Nadi* (pulse) in the hand reveals the presence of all diseases. A *Vaidya* who lacks knowledge of *Nadi Pariksha* is said to cause harm to the patient and fails to attain professional recognition, whereas one who is well skilled in *Nadi Pariksha* gains both success and fame. *Nadi Pariksha* provides essential diagnostic clues for various diseases, even in situations where history taking is not possible, such as in unconscious patients, individuals with mental disabilities, deafness, insanity, or in infants.

Site of Nadi Pariksha:

In routine clinical practice, the radial pulse at the wrist is most commonly examined. However, pulse assessment can also be performed at several other anatomical sites when required. These include the wrist, elbow, arm, axilla, ankle, dorsum of the foot, neck, anterior to the ear, above the eye, near the nose, as well as over the tongue, lips, penis, and perineum. Examination at these sites may provide additional diagnostic insights depending on the clinical context. Physician should performed *Nadi Pariksha* of patients in right hand by using his right hand. *Nadi* felt in the wrist region signifies the life of the

patient and helps to diagnose the diseases. According to *Acharyas*, *Nadi Pariksha* should be performed in the right hand of males and in the left hand of females.

“Karasyangushtha moole ya dhamani jeevasakshini.

Tachcheshtaya sukham dukham jneyam kayasya panditaih.” (SH.S.P.3)

Methods of Examination of Nadi Pariksha:

The prime time for *Nadi Pariksha* is in the morning hour for one *Prahar*. The Physician and the patient should be seated comfortably. Physician should hold the patient's hand and feel pulse with the right index, middle and ring finger.

By gently palpating, pressing, tapping the radial artery under fingers, *Nadi* should be examined. Identify the *Vata*, *Pitta* and *Kapha* pulsation at the index, middle and ring finger respectively and elicit its characters like feeble, moderate and fast along with the characters of *Doshas*.

Pulse examination shed light on the involvement of *Vata*, *Pitta* and *Kapha*, mixing of two or three *Doshas* or curable and incurable diseases.

Normal pulse is regular, steady and well felt at normal expected site and its movement like earthworm.

For a comprehensive assessment of *Nadi*, careful attention must be given to several specific characteristics of the pulse. These include **Gati** (movement), **Vega** (rate), **Tala** (rhythm), **Bala** (force), **Akriti** (tension and volume), **Tapamana** (temperature), and **Kathinya** (consistency or hardness of the vessel wall). Systematic evaluation of these parameters enables accurate interpretation and meaningful clinical conclusions.

Contraindication of Nadi Pariksha:

For Patients: *Nadi Pariksha* (pulse examination) should not be performed in following conditions like:

- Immediate after taking bath
- Immediate after having meal
- After massage (Snehavagahana)
- In hungry or thirsty state
- During sleep
- Immediately after sleep or after awakening.

For Physician:

- Who has consumed alcohol
- Who feels natural reflexes of defecation or urination

Nadi Gati: For analysis of *Nadi*, we have to focus on following characters:

Gati (movement)

Vega (rate)

Tala (rhythm)

Akriti (tension and volume)

Tapamana (temperature)

Kathinya (consistency of vessel wall)

Nadi Gati is of three types i.e. *Manda Gati* (slow movement of pulse), *Madhyama Gati* (moderate movement) and *Tikshna Gati* (sharp or swift movement). *Nadi* in its *Prakrita* state is assessed by applying deep pressure over the radial artery on either the left or right side until the pulsation is temporarily occluded, and then gradually releasing the pressure just enough for the pulse to reappear for evaluation of *Prakriti*.

The pulse movements are broadly classified into three main types, each compared to the movements of different animals or birds. This classification makes the assessment of the pulse simpler and easier to understand. *Nadi Gati* according to *Doshas* are shown in Table No.1.

Table No.1:

<i>Vataja Nadi</i>	<i>Pittaja Nadi</i>	<i>Kaphaja Nadi</i>	<i>Dwandaja Nadi</i>	<i>Sannipataja Nadi</i>
<i>Jalauka-Sarpayogati</i> (Leech & Snake like movement)	<i>Kullinga-kakamanduka gati</i> (Sparrow, crow & frog like movement)	<i>Hansa-paravata gati</i> (Swan, Pigeon like movement)	Sometimes slow and sometimes fast	<i>Lava- Tittira Varti Gamanam</i> (Bustard quail, grey partridge and button quail like movement)

Nadi Gati in Different Pathological Conditions: The pathological conditions according to *Nadi Gati* are shown in Table No.2.

S.No.	Conditions	Nadi Gati
1.	<i>Jwara</i> (Fever)	<i>Gambhira, ushna, vegavati</i> (rapid and hot pulse)
2.	<i>Kama</i> and <i>Krodha</i> (Lust and anger)	<i>Vegavati</i> (rapid)
3.	<i>Chinta</i> and <i>Bhaya</i> (Worry and fear)	<i>Ksheena</i> (weak)
4.	<i>Mandagni</i> and <i>Ksheena Dhatu</i> (Indigestion or poor metabolism and decreased tissue elements)	<i>Manda</i> (slow and feeble)
5.	<i>Ama</i> (decreased metabolism)	<i>Gurvi</i> and <i>Gariyasi</i> (heavy and tensed)
6.	<i>Diptagni</i> (Increased digestion)	<i>Laghu</i> and <i>Vegavati</i> (Light and fast)
7.	<i>Kshuda</i> (Hunger)	<i>Chapala</i> (unsteady)
8.	<i>Tripta</i>	<i>Sthira</i> (stable)
9.	<i>Asadhya Vyadhi</i>	<i>Kampate</i> and (Vibration and pulsation)

Swastha Nadi: Normal pulse in a healthy person is regular, steady and well felt at normal expected site and its movement like earthworm.

Asadhya Nadi:

“Asadhya nadi lakshanam hanti cha sthanavichyutaa

Sthitvaa sthitvaa chalati yaa saa smrita prana nashinaa

Ati ksheenaa cha sheetaa cha jeevitam hanti asanshayam.” (SH.S.P.3)

Displacement of the *Nadi* from its normal anatomical position, along with sluggish movement, signifies a poor prognosis. A pulsation that is feeble and cold is considered a definite indicator of impending death.

When the *Nadi* initially exhibits ***Pittaja gati***, subsequently shifts to ***Vataja gati***, and finally converts into ***Kaphaja gati***, showing a cyclical, wheel-like (chakra) movement with alternating phases of rapid and slow pulsation, it is classified as ***Asadhya Nadi***.

A *Nadi* that resembles a **Damaru** (musical instrument)—characterized by strong pulsations at the beginning and end, with markedly diminished pulsation in the middle—is termed **Mrityu Suchaka Nadi** and is regarded as an indicator of death within one day.

Clinical Importance

Nadi Pariksha is a vital diagnostic technique in *Ayurveda* that helps detect subtle imbalances in the body before clear clinical symptoms appear. It provides valuable insights into an individual's **Prakriti** (innate constitution) and **Vikriti** (current pathological deviations), allowing for a personalized understanding of health. Additionally, it assesses the strength of **Agni** (digestive and metabolic capacity) and overall vitality, which are crucial indicators of well-being. Beyond diagnosis, *Nadi Pariksha* is also instrumental in predicting disease progression, determining prognosis, and monitoring the response to treatment. By offering a comprehensive view of both physiological and pathological states, it enables early intervention and supports the formulation of tailored therapeutic strategies, enhancing the effectiveness of *Ayurvedic* care.

Discussion:

The concept of *Ashtavidha Pariksha*, including *Nadi Pariksha*, is not described in the *Brihatrayi*—namely *Charak Samhita*, *Sushruta Samhita*, and *Ashtanga Sangraha*. The earliest detailed reference to *Nadi Pariksha* is found in the works of Acharya *Sharangdhar*; however, he did not elaborate on the concept of *Ashtavidha Pariksha* as a complete diagnostic framework. A comprehensive description of *Ashtavidha Pariksha* was later provided by Acharya *Yogratnakara*. Among its eight components, *Nadi Pariksha* holds particular significance and is regarded as one of the most vital tools for both diagnosis and prognosis in *Ayurveda*.

Acharya *Yogratnakara* states that the pulse reflects the status of *Vata*, *Pitta*, and *Kapha*, including their dual and *Tridoshika* imbalances, and also indicates the prognosis of a disease. Through *Nadi Pariksha*, a physician can assess the condition of the *Doshas* within the body and evaluate the likely course and outcome of an illness, thereby facilitating appropriate treatment planning.

Nadi Vigyana enables the detection of subtle or early-stage disturbances even before clear clinical symptoms manifest. Furthermore, specific imbalances of *Doshas* and *Dhatus* can

be identified through careful pulse examination, making it a valuable tool in *Ayurvedic* diagnosis.

Conclusion:

Diagnosis is the cornerstone of effective treatment, as no therapeutic intervention can be appropriately planned without a proper understanding of the disease and the patient's condition. In Ayurveda, several diagnostic methods are described to evaluate the nature, stage, and severity of a disorder. Among these, *Ashtavidha Pariksha* (the eightfold examination) occupies a central position. It provides a comprehensive assessment of both *Rog Bala*, which denotes the strength or intensity of the disease, and *Rogi Bala*, which reflects the patient's physical and mental resilience. This dual evaluation enables the physician to design a personalized and balanced treatment strategy.

Based on the present study, *Nadi Pariksha* emerges as a particularly significant diagnostic tool within the *Ashtavidha Pariksha* framework. It not only assists in identifying diseases at an early stage but also offers valuable insights into the progression and prognosis of the condition, thereby supporting effective clinical decision-making.

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