

# An Ancient Ayurvedic Method of Diagnosis and Health Prediction-Nadi Pariksha

Dr. Muzaffar Badshah Mulla

MD(Ayu) Rognidan and Vikruti Vidnyan, Principal, Sawkar Ayurvedic Medical College  
and Sawkar Ayurvedic Hospital, Panmalewadi, Satara, Maharashtra, India

## ABSTRACT

Nadi Pariksha, an ancient Ayurvedic technique, is a non-invasive diagnostic and health prediction method that relies on the examination of a patient's pulse to gather insights into their physiological, mental, and emotional state. We review the historical and philosophical context of this technique and explore its significance in contemporary Ayurvedic medicine. We discuss the methodology of Nadi Pariksha, including the identification and interpretation of pulse characteristics, and provide examples of its use in diagnosing and managing various health conditions. Additionally, we examine the scientific literature to evaluate the efficacy and reliability of Nadi Pariksha as a diagnostic tool, highlighting its potential benefits and limitations. This survey offers a holistic understanding of Nadi Pariksha, emphasizing its value as a complementary diagnostic and health prediction approach in the modern healthcare landscape. In Ayurveda we find the mention of a very important diagnostic tool referred to as the Ashtvidhpariksha. Nadi pariksha forms an inevitable part of this Ashtvidha Pariksha. The purpose of the present study is, to impoverish the cognition, a little attempt is made to put.

**KEYWORDS:** Nadi Pariksha, Pulse, Nadi Gati, Tri Dosha, Astavidha Pariksha, Nerve Plexus.

## INTRODUCTION

Nadi Pariksha, a feature of Ayurveda that is well-known, has been highlighted in classical writings for its importance in determining the Tridoshas, which provide the basis for disease diagnosis and prediction. A doctor's first responsibility is to examine the patient; through Nadi, the level of Tri-Dosha vitiation should be assessed. For Vata, Pitta, and Kapha disorders, the doctor should carefully monitor the patient's pulse at the onset and conclusion of the illness. In Ayurveda, the pulse examination is an essential part of the conventional diagnostic process that entails monitoring the circulation of wrist vessels. Since several decades ago, Nadi has been acknowledged as the most basic life sign. A doctor can identify the pathology and physiology of the Sharira by using an appropriate NadiPariksha. The Ayurvedic word Nadi Pariksha is well recognized, and traditional writings have highlighted its importance in evaluating Tridoshas, which serve as the foundation for prediction and diagnosis of disease. Yoga Ratnakara asserts that Nadi is the source of all

ailments and compares it to veena strings playing all the Ragas, indicating the significance of Nadi Pariksha. Through Nadi we can determine the Prakruti-Vikruti, the status of Doshas in each organ and effects on Dhatus, Manas and Sukshma Sharira. Vata-Pitta-Kapha which forms the base of diagnosis and treatment in Ayurveda; their effect and their current status in the body can be determined only through Nadi Pariksha. Also Bhutpreta Badha mentioned in Ayurveda can also be known through Nadi Pariksha. The information about Nadi is available in the form of Shlokas in our ancient books. The information in the Shlokas is not very clearly written and is mentioned in a very decorative language. Thus, it can be understood only with the proper guidance of a guru. There is evidently no reference about Nadi vijnana in our ancient books like Brihatrayi. Sharangdhara Samhita of 13<sup>th</sup> century was the first such book which establishes the authentication of Nadi Pariksha. Then in 16<sup>th</sup> century 'Bhavprakasha' also provides proof of some

**How to cite this paper:** Dr. Muzaffar Badshah Mulla "An Ancient Ayurvedic Method of Diagnosis and Health Prediction-Nadi Pariksha" Published in International

Journal of Trend in Scientific Research and Development (ijtsrd), ISSN: 2456-6470,

Volume-10 | Issue-2, April 2026, pp.668-672,

URL: [www.ijtsrd.com/papers/ijtsrd101394.pdf](http://www.ijtsrd.com/papers/ijtsrd101394.pdf)



IJTSRD101394

Copyright © 2026 by author (s) and International Journal of Trend in Scientific Research and Development Journal. This is an Open Access article distributed under the terms of the Creative Commons Attribution License (CC BY 4.0) (<http://creativecommons.org/licenses/by/4.0>)



development in the field of Nadi Vijnana. In Yogratnakara of 17<sup>th</sup> century, complete details and information about Nadi Pariksha can be found.

Nadi-Pariksha.<sup>[1]</sup> Even in today's hectic lifestyle, under emergency clinical conditions, modern physicians seek help by the Pariksha of Nadi, as it is thought to present the latest picture of the working efficacy of heart, and the rate, rhythm, volume and character of the pulse indicate clearly the condition of the patient in various aspects.<sup>[2]</sup>

Nadi is the most crucial of these limbs. The oldest records of Nadi Pariksha may be found in the following texts: Bhela Samhita, Harit Samhita, Angivin Nadi Shastra, Bharadwaja Samhita; subsequently, they are mentioned in the works of Kanada, Markandeya, [www.wjpmr.com](http://www.wjpmr.com) | Vol 10, Issue 11, 2024. Ravana, Bhudharbhatta, and others. Important data like rate, rhythm, pressure, and force are obtained by physicians practicing contemporary medicine. However, Nadi Parkisha is crucial to understanding etiology, diagnosing disease, and providing a realistic prognosis and forecast of the illness in Ayurveda. According to Yogaratnakar, pulse expresses prediction of ailments and signifies Vata Pitta Kapha, their dual and triple problem. The assessment of Prakruti, Vikruti, Doshic dysfunction, and even the prediction of sickness is mostly dependent on Nadi Pariksha in Asthavidh Prakisha.

#### AIMS AND OBJECTIVES –

1. A review study of nadi pariksha.
2. To study the role of nadi pariksha in diagnosis of the disease.

#### MATERIAL AND METHODS-

##### Synonyms of nadi

Following are the synonyms of nadi –

Nadi, snayu, hinsra, hansi, dhamani, dhara, tantuki, jivitajnya, jivanjnayna, vasa, and sira.

##### Location of nadi

1. Vata, pitta, and kapha nadi are situated beneath the tarjini (index finger), madhyama (middle finger), and anamika (ring finger), respectively, while assessing a vaidya (physician).
2. The patient's pulse should be examined by the doctor using his right hand.
3. A patient's pulse, which is felt at the wrist, is a vital sign, and a physician should be able to identify diseases and well-being based on the pulse's features
4. Use the left hand for female patients and the right hand for male patients since it feels better in that hand. Relation b/w tridoshas and nadi the

physician should palpate the patient's pulse with three fingers during Nadi Pariksha. Positioning the index, middle, and ring fingers one finger's distance apart from Angushtamula, the doctor should apply pressure to Karangushtamula (the forearm) three times, switching between applying and releasing pressure. The doshaprablya is represented by the finger pulse pressure, where the ring denotes Kaphavahanadi, the middle by Pittavahanadi, and the index by Vataavahanadi.

#### Review Literature:

**Method of examination of pulse** <sup>[3]</sup>: Generally left-hand pulse for females and right-hand pulse for males is palpated. The hand should be free, slightly fixed at the forearm and should be comfortably in his position. A physician should gently palpate pulse of patient with the three fingers of the physician of the right hand, namely index finger, middle finger and right finger in central area located at the base of the thumb. The index finger is comfortably placed nearest the thumb and other two fingers are placed next to it. In this way pulse should be examined for three hours in early morning.<sup>[4]</sup>

With the full of concentration, a physician should analyse observation in context to Dosagati and examine patient's pulse by holding palpating again and again after short intervals.

#### Description of radial pulse –

waveform The radial pulse wave and PPG pulse wave each represent the pressure and flow within blood vessels, and their relationship forms critical cardiovascular blood parameters, including peripheral resistance and arterial compliance. Both radial pulse wave and PPG pulse wave provide insights into the pressure and flow of blood vessels.

#### Characters of pulse:

**Feature of natural pulse** <sup>[5]</sup>: Pulse is palpated clearly, faultlessly, in its own position or location. It is steady means it is neither too fast nor too slow; it pulsates at its own place in physiological status of the body.

**Which pulse should be examined** <sup>[6]</sup>: A physician should touch right wrist of the patient (left hand for female) with right hand of examiner and observe the pulse.

**Uses of left hand for female:** The famous Ayurvedic text (yogaratnakara) for Nadi Vijnana explained regarding this concept, Nadi Chakra (nerve plexus) differs in male and female. The Chakra lies at the level of Nabhi (upwards in female and downwards in male) known as Kurma Chakra influence the pulse of an individual.

**Other location of Pulsative vessels for Nadi**

**Pariksha:** The locations of pulsating vessels easily accessible for palpation are;

- Root of thumb of hand (*Angusta moole karayo*)
- At ankle joint (*Paadayo gulpha deso*)
- At temporal region (*Kapaala parsho*)
- At neck (*Kantha*)
- At nose (*Nasa*)
- At eye (*Akshi*)
- At tounge (*Jihwa*)
- At penis (*Medhra*), and all these locations at both sides. These count sixteen sites of palpation of pulse (*Shodasa Pranabhodhaka*).

**Significance of pulse in relation to Dosha:**

**Finger palpation:** First finger or fore finger feels *Vatanadi*, middle finger feels *Pittanadi*, and third or last finger i.e. ring finger feels *Kaphanadi*.

**Nadigati (propagation of pulse) in relation to Dosa:**

- **Vata:** Serpentine or leech like propagation, in zigzag fashion, is palpated in case of *Vatadosa* predominance.<sup>[8]</sup>
- **Pitta:** Crow or frog like propagation, in hopping fashion is palpated in case of *Pitta dosha* predominance.<sup>[9]</sup>
- **Kapha:** Swan, cock, peacock, pigeon like propagation, in regular steady strides is palpated in *Kapha dosha* predominance<sup>[10]</sup> **Dwandvaja<sup>[11]</sup> and Sannipataja pulse<sup>[12]</sup>:**
- Pulse, which propagates like a snake for some time and shift to one like frog is *Vata - Pitta* predominant pulse (*Muhur Sarpa gati and Muhur Beka gati*).
- Pulse, which propagates like a snake for some time and shift to one like swan is *Vata - Kapha* predominant pulse (*Sarpahamsa gati*).
- Pulse, which propagates like a monkey for some time and shift to one like swan is *Pitta - Kapha* predominant pulse (*Harihamsa gati*).
- Pulse, which propagates very fast, stops in between and again propagates fast, is *Sannipata* pulse.

**Code of conduct for pulse examination: Nadi Jnanahina Vaidhya Dosha<sup>[13]</sup>:**

The physician who wants to treat the patient without the knowledge of Nadi gati

For Physician: will fail in the treatment as a blind that tries to climb a mountain.

- Should be calm
- Calculative
- Concentrating on pulse

**Factors are affecting the Nadi:**

- **Effect of temperature on pulse:** Pulse rate rise and falls with rise and fall of temperature.

**Season and pulse:****Table 4: relation between Season and pulse:**

Season	Character of pulse
<i>Sisisra</i> (January/February)	Leech /Elephant
<i>Vasanta</i> (March/April)	Swan/Peacock
<i>Grishma</i> (May/June)	Swan/ Serpent
<i>Varsha</i> (July/August)	Rabbit/ Fish
<i>Sharad</i> (September/October)	Swan
<i>Hemanta</i> (November/December)	Frog/Leech/Crow

**Time and pulse:****Table 5: Relation between Time and pulse**

Time	Character of Pulse
Morning	Snigdha(unctuous)
Afternoon	Usna(hot)
Evening	Tikshna(Fast or rapid)
Night	Manda (Slow)

**Age and pulse:** The pulse decreases in rate with increasing age.

**Table 6: Relation between age and pulse**

Age	Rate in pala	Rate in minute
Fetus just delivered	56 pala	140/ min.
Neonatal child	44 pala	120/min
Young	36 pala	90/min
Adult	29 pala	73/min
Old	28 pala	70/min
Oldest	31 pala	78/min

**Rhythm:**

- Rhythm is regularity of pulse; regular under normal conditions and irregular in the conditions like atrial fibrillation, extra systole and other types of arrhythmias.

**Character:**

- Character of the pulse is best assessed by palpating carotid artery.
- Character denotes the tension on the vessel wall produced by the waves of the pulse.
- Normal condition- not possible to detect.
- Abnormal condition- more prominent. Example water hammers pulse, pulses paradoxes.

**Volume:**

- Volume is the determination of movement of blood vessel wall, produced by the transmission of pulse wave.

**Contraindications in nadi pariksha –**

The following circumstances should prevent nadi pariksha (pulse examination) from being performed: When you are hungry, □ when you are thirsty, just after taking a bath, right after eating, right after receiving internal and external anointing therapy (snehavagahana), right before going to sleep, □ or right after waking up illnesses

**Swastha nadi** Good health is indicated by a strong, regular, and symmetrical heartbeat. It is said that Hansagamana, Gajagamini, and those with a happy, youthful appearance have a good pulse. **Asadhya nadi** Very irregular. Each artery pulses incorrectly, gradually becoming weaker and thinner until it quits entirely. Nadi's slow and erratic movement indicates a poor prognosis for the patient. The patient will definitely die from weak and cold pulsation. When a nadi pulsates like pittaja gati at first, then like vata gati, then converting to kapha gati and moving like chakra (wheel), sometimes it is rapid and sometimes it is mand (slow), such a nadi should be considered asadhya nadi. The nadi that resembles a damaru (a musical instrument), which is strong at opening and ending but very slow in between, is a mrityu suchaka nadi, and it indicates death in a day.

**NADI BALA IN MODERN MEDICINE**

Nadi Pariksha (pulse examination) should be done by rate, rhythm, volume, character; all these are explained in ayurveda as bala of nadi or power of the pulsation. Gati of Nadi is directly proportional to doshaprabalyata in body [8].

1. Gurunadi: Where volume of blood is full or doshas are powerful.
2. Laghunadi: Where volume is disturbed due to any etiology of diseases or doshas are weak as per acharyas, laghunadi found in Jwara, dhamnipraticay (high blood pressure), vrikkaroga (renal diseases), vishvikara (toxicity), krodha (anger), yakrutroga (liver disease).

**DISCUSSION -**

As Acharya says in various upamas for distinguishing gati of doshas or prabalya of doshas, nadi gati in nadi pariksha is appropriate pressure at various degrees of touch to three fingers, i.e., each finger felt varied pressure owing to doshaprabalyata. "Pulse denotes Vata Pitta Kapha's dual and triple disorder as well as the express prognosis of the disease," as Yogaratnakar once stated. Nadi Pariksha helps doctors determine the best course of treatment by providing insights into our body's Dosh state and prognosis. A doctor can use Nadi Vigyana to identify minor symptoms even at an early stage through pulse monitoring. Further research and standardization are

necessary to optimize the potential benefits of Nadi Pariksha and to better integrate it into the global healthcare system.

**CONCLUSION:**

Nadi Pariksha, as an ancient Ayurvedic diagnostic and health prediction method, has the potential to contribute significantly to the modern healthcare landscape. By examining the pulse characteristics, practitioners can gain insights into a patient's physiological, mental, and emotional well-being, providing valuable information for diagnosis and treatment.

*Nadi Vijnana* is a science perfected over time and has been the most accurate diagnostic procedure even today. It is our good fortune that we have, even to this day, a handful of people who are following this. As we know treatment is Samprapti Vighatana means breakdown of Dosha-Dushya Samurchhana, so when we have an idea about the Doha which is vitiated by the help of Nadi it becomes easier to deal with that pathological condition. At the same time Nadi can play an important role to find out an individual's temperament so that help to achieve the prime objective (Swasthya Swasthya Rakshanam). Mind plays a very important role in pulse investigation as we have to control its notoriousness. This nature of mind causes great difficulty in assessing the three *Dosha* i.e. *Vata*, *Pitta* and *Kapha* with one finger. It has been observed that it becomes much easier to evaluate a pulse of a person with three fingers than by one. One thing can be said that *Vata* vitiation is the most dangerous of all the situations. *Vata* is the king that leads the other two *Doshas* i.e. *Pitta* and *Kapha*, either for good or bad purpose.

**REFERENCES:**

- [1] Yogaratnakara by Tripathi Indradeva and Tripathi Dayashankara, Chaukhambha Ayurveda Prakashana, Varanasi, page no - 4.
- [2] Physical diagnosis, A text book of symptoms and physiological signs by Aspi F. Golwala and Sharukh, reprint 2006, Media performance and publishers, Delhi, 11 th edition, Page no 78.
- [3] Yogaratnakara by Tripathi Indradeva and Tripathi Dayashankara, Chaukhambha Ayurveda Prakashana, Varanasi, page no - 8.
- [4] Sharangdhara Samhita of Sharangdhara, Jvanprada hindi vyakhaya, edited by Dr shailja shrivastava, published by chaukhamba orientalla, reprint 2011, purvakhanda, chapter no. 3/1 page no -25
- [5] Sharangdhara Samhita of Sharangdhara, Jvanprada hindi vyakhaya, edited by Dr shailja

- shrivastava, published by chaukhamba orientalla, reprint 2011, purvakhand, chapter no. 3/11 page no - 26
- [6] Yogaratnakara by Tripathi Indradeva and Tripathi Dayashankara, Chaukhambha Ayurveda Prakashana, Varanasi, page no - 6.
- [7] Basava rajeeyam by Basavaraju, edited by Puvvada Surya narayana Rao, Published by A.B.S publication, Rajahmundry, A.P. (1999).
- [8] Sharangdhara Samhita of Sharangdhar,Jivanprada hindi vyakhaya, edited by Dr shailja shrivastava, published by chaukhamba orientalla, reprint 2011, purvakhand, chapter no. 3/2 page no – 24.
- [9] Sharangdhara Samhita of Sharangdhar,Jivanprada hindi vyakhaya, edited by Dr shailja shrivastava, published by chaukhamba orientalla, reprint 2011, purvakhand, chapter no. 3/3 page no – 24.

