



A Review Study of Pulse in Numerous Asian Medical Systems

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Abstract:

In Ayurveda, making an accurate diagnosis of a patient's condition is very necessary before beginning any kind of treatment for them. An examination is necessary in order to arrive at an accurate diagnosis for these conditions. A broad variety of Rog Rogi Pariksha preparations are described in Ayurveda writings. Some examples of these are the Trividha Pariksha, Saptavidha Pariksha, Ashtavidha Pariksha, and Dashavidha Pariksha, amongst others. Using the concept of Nadi Pariksha, Yogratnakar explains what is known as Ashatavidhya Pariksha. Nadi Pariksha was called as Rog Pariksha by Yogratnakara. The Ayurveda Sutra may be understood via the use of inquisitiveness and critical thinking. Prakruti Vikruti, the Doshas, the Dhatus, the Manas, and the circumstances of the Suskma Sharira all contribute to our ability to pinpoint the position of the Nadi. In the piece that came after that one, we made an attempt to investigate the relationship between Nadi Pariksha and the ways in which it might be put to use in the real world in a broad variety of contexts.

Keywords: Review, Pulse, Asian Medical Systems, *Dosha* and *Nadi Pariksha*.

Introduction

In Ayurveda, taking a patient's pulse to find out how healthy they are is called *Nadi pariksha*. It can find and diagnose mental, emotional, and physical health problems. It is a non-invasive field of study that helps doctors find the cause of a disease and treat it instead of just the symptoms. *Nadi Pariksha* can find out where along the radial artery the pulse is vibrating and how fast it is moving. Seven layers of vibrations that can't be seen or felt are used to figure out how the body works. By taking the patient's pulse, you can learn about their body and mind. Based on the patient's symptoms, this information is then used to figure out what's wrong. So, *Nadi Pariksha* is the starting point for treating any illness. It's the medical tool that lets you pay for things like massage therapy, special diets, fitness plans, detoxification programmes, and deep personal growth opportunities ^[1-5]. Ayurveda, an old form of Indian medicine, has said for a long time that all illness is caused by an internal "*Dosha*" (or "humour") imbalance. The key to getting better and staying healthy is to restore the body's natural balance and keep the doshas in balance. Ayurveda is a type of medicine that looks at health and illness as a whole. In Ayurveda, Traditional Chinese Medicine, Traditional Mongolian Medicine, Siddha Medicine, Traditional Tibetan Medicine, and Unani, pulse diagnosis is used to figure out what's wrong with a person. Still, study goes on, even though it is subjective and isn't defined well enough in some books, even though it has historically led to a lot of promising results. Practitioners of Ayurveda believe that the pulse can show which of the three Doshas (Vata, Pitta, or Kapha) is most dominant. Ayurveda says that the pulse also shows the state of a person's *Prana*, *Tejas*, and *Ojas*. The Ayurveda pulse is measured by putting the index, middle, and ring fingers on the wrist. The index finger is on the side of the hand opposite the thumb, below the wrist bone (radial styloid). This index finger is a sign of the *Vata Dosha*. Because they are close to the index finger, the middle and ring fingers stand in for the patient's *Pitta and*

Kapha doshas. If you watch the pulse at different depths, you may be able to tell if a patient's energy is out of balance [6-8].

1 Pulse in Asian Medical Systems

The Ayurveda pulse reading, also known as Nadi Pareeksha or "Nadi chikitsa," is a reliable method for identifying Dosha imbalances and a wide range of physical and mental disorders. While diagnosing a patient's condition, Ayurvedic practitioners use a battery of diagnostic procedures. Nadi Pareeksha has been widely utilised to diagnose illness and determine whether the Doshas are out of whack for over 5,000 years. Nadi Pareeksha, or pulse diagnosis, involves gathering information from the radial artery in the wrist using the index, middle, and ring fingers. These are the Vata, Pitta, and Kapha points. The contraction and relaxation of blood arteries also contribute to the signals from these locations, in addition to the flow of blood via the artery. The Nadi Vaidyas are experts in deciphering signals and putting that knowledge to good use. Any deviations in signal reception may be used to diagnose an illness [9-11].

The vata, pitta, and kapha Nadis all produce distinctive waveforms that resemble the slithering, leaping, and gliding of snakes, frogs, and swans, respectively. Nadi may also be a metaphor for the flow of biological and physiological information, since it may be associated with the pulse, neurons, capillaries, arteries, and other similar structures. It's a holistic method that looks beyond only the symptoms to address the underlying causes of illness. Nadi Pareeksha and other pulse diagnostics might help you figure out whether you have any underlying health issues. Improving your health becomes second nature as you become aware of the patterns that underlie your condition. It provides an accurate and customised diagnostic. Long-term diseases like as diabetes, infertility, obesity, high blood pressure, paralysis, mental issues, severe joint pain, and skin disorders may all be diagnosed with the use of this Nadi Pareeksha [12-15].

The doctor's subjective opinion is the sole factor considered in the conventional approach, which might be influenced by factors such as the patient's sensitivity to their surroundings.

Reading the patient's pulse is central to the majority of traditional Asian medical practises. It takes a lot of practise to pick up on the subtle shifts and pulsing of the body. The wrist is a convenient location to check for a pulse since it is accessible, has thin skin, and the patient will not feel self-conscious about having their wrist examined. If the patient is a guy, read from his left hand; if she is a woman, read from her right. Both the examiner and the patient should be relaxed and have not eaten or exercised in the preceding hour. The pulse may be altered by a number of non-essential factors. The passage of time, the effects of the seasons, one's mental state, one's physical condition, and one's level of suffering, one's level of secrecy, one's routines, and one's state of putrefaction are just a few instances ^[15-18].

2 Types of Nadi Pareeksha in Asian Medical Systems

The phrase "Nadi Pariksha" is well-known in Ayurveda, and its significance in determining the Tridoshas used in illness diagnosis and prognosis has been emphasised in classic writings. To emphasise the significance of the nada pariksha and its use in diagnosing all ailments, Yoga Ratnakara drew an analogy between the nada and the veena strings that play all ragas. In contemporary medicine, a patient's pulse reveals the essence, breadth, and purpose of their existence. Nadi are used in Ayurveda to gauge the health of the whole body. The skin, body, tongue, eyes, facial characteristics, and urine are only some of the eight clinical aspects of Ayurveda. The Nadi is the most crucial of these components. Manuscripts of the Bhela Samhita, Harit Samhita, Angivin Nadi Shastra, and Bharadwaja Samhita include the first references to Nadi Pariksha. Kanada, Markandeya, Ravana, and Bhudharbhatta are only few of the later contributors to this canon. Information such as the patient's heart rate, blood pressure, force, and rhythm are all readily available to contemporary medical practitioners. But, in Ayurveda, Nadi Parkisha is crucial for determining the root of an illness, naming its symptoms, and providing a precise diagnosis and outlook. According to Yogaratnakar, the pulse reveals the three doshas (Vata, Pitta, and Kapha), their double and triple dysfunctions, and the

definitive diagnosis of maladies. Asthavidh Prakisha relies on the Nadi Pariksha to determine Prakruti, Vikruti, Doshic dysfunction, and the prognosis of a sickness [19-21].

- **Vata Naadi:** The heartbeat is fast, yet the rhythm is steady. The pulse beats have a snake-like quality to them. It often occurs in mitral stenosis.
- **Pitta Naadi:** There is a little elevation in the percussion wave and an increase in cardiac output. Aortic incompetence is often characterised by pulse movement that is snake-like in appearance.
- **Kapha Naadi:** Low heart rate and reduced cardiac output. Aortic stenosis often causes pulse motions that mimic a swan's flight. Many illnesses may be accurately identified based just on pulse monitoring.

2.1 Traditional Chinese Medicine

One of the four major assessments in a traditional Chinese medicine (TCM) consultation is a pulse diagnostic. The Cun, Guan, and Chi are three points on each wrist that may be palpated to get insight into a person's general health and the functioning of a particular organ. Figure 2.1 depicts the important sites and body parts [22-24].

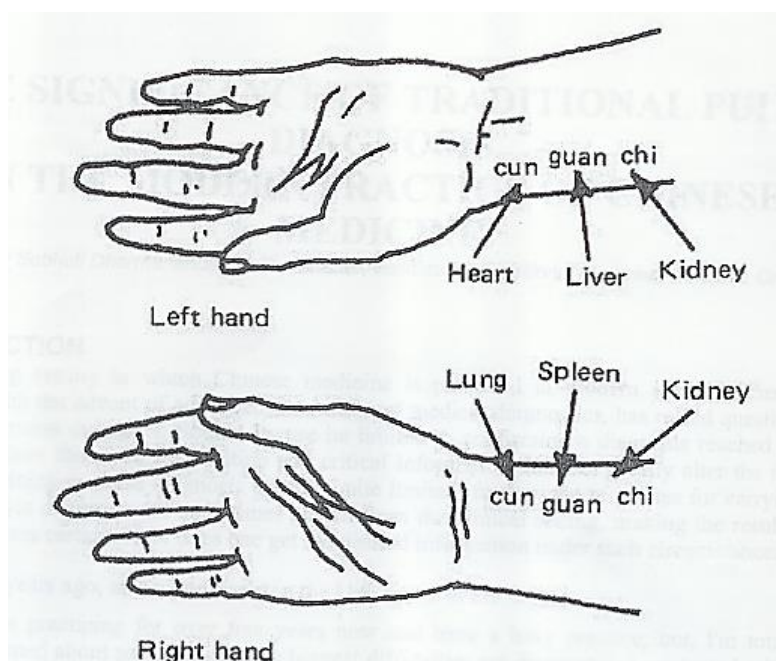


Figure No: I Distribution of organs at the six locations

Traditional Chinese Medicine (TCM) practitioners rely on clinical data gleaned through pulse measurement and other clinical assessments when making treatment recommendations and keeping tabs on patients' progress. Third-century A.D. Chinese physician Wang Shu he pioneered the systematic presentation of a discussion of pulse diagnostics (just after the fall of the Han Dynasty). Wang found the Huangdi Neijing, although the first three chapters may have been changed. The Mai Jing, a book on taking pulses, is named for him (Pulse Classic). Despite its long history of being replaced by easier, more derivative works, it has lately been recognised as a classic worthy of preservation. "If the pulse is bowstring, tight, turbulent, slippery, floating, or deep, these six correspond to homicidal illnesses that are capable of generating sickness via numerous channels," it reads as an illustration of aetiology and disease progression. Voice loss is a common symptom of a high fever, often appearing on the seventh or eighth day of the illness. After three days, sweating is to be expected. On the fourth day, if nothing is done, death will ensue [25-27].

2.1.1 Method

- **Timing:** Early in the morning, when Yang is dormant and Yin is tranquil, is best.
- **Position:** The arm of the patient should be horizontal and should not be raised beyond the level of the heart. The wrists of the patient are often placed on a tiny cushion by the practitioner on a table.
- **Radial Artery Finger Placement:** It appears best to keep all of the fingers in place and simply elevate them slightly to feel various levels.
- **Breathing:** In order to be more responsive, the practitioner must control his or her breathing. Typically, the practitioner's respiration cycle is coupled to the patient's pulse in order to determine whether the patient's pulse is lethargic or rapid.
- **Normal pulse:** four to five pulses per inhalation.
- **Weak Pulse:** Less than three pulses per breath for the practitioner.

- **Rapid Pulse:** greater than five heartbeats per inhalation.

When the pulse is regular, the heart's Qi and blood are strong. Calm, smooth, and gentle (but not too soft) is preferred over quick, frenetic, abrasive, or laborious. The expectation is that this will become the norm. Its quality shouldn't swiftly or noticeably change. The kidneys, if healthy, will be felt deeply and at the back of the body [28-30].

Details of different types of Pulse are as follows: -

Table No: II TCM: Types of Pulse

Pulse Type	Interpretation	Comments
Scattered pulse [<i>sanmai</i>]	A weak, erratic pulse that becomes noticeable only in extreme circumstances indicates depleted.	Dangerously unwell situations when the patient may be on the verge of death. A pulse that diffuses under modest pressure and becomes feeble with strong pressure denotes significant disability.
Intermittent pulse [<i>daimai</i>]	Slow pulse halting at regular intervals -commonly seen with severe trauma, zangfu organ fatigue, or being overcome by fear.	Scattered pulse is often only seen in hospitalised patients or in late disease stages, and it frequently occurs in those with severe cardiac disease.
Swift pulse [<i>jimai</i>]	Pulse feeling quick and rapid, 120-140 beats per minute -commonly seen in consumptive or severe acute febrile illnesses.	pulse is quick (twice the normal speed) Acute febrile illness is characterised by a readily measurable high fever, which is often the topic of pathogen

		testing. Patients with such high pulse rates are typically treated in an emergency room.
Hollow pulse [koumai]	- A huge loss of blood occurs along with a pulse that feels floating, big, soft, and hollow, like a scallion stalk.	Massive blood loss is clearly detectable; the pulse is gently felt at the superficial and deep levels, but scarcely perceptible at the intermediate level. -light pulse has a hollow centre and is flexible like scallion material. - There is not much blood present, yet there is still some qi flow at the vessel surface.
Faint pulse [weimai]	Pulse seemed thin and hardly felt - extreme weariness was evident.	Weaker than the thread (faint) pulse, which lacks substance, volume, and strength, indicates weariness of the bodily essences.
Surging pulse [hongmai]	Intense heat is indicated by a pulse that beats rapidly upward and then gradually down.	-excess heat syndromes are seldom difficult to identify and contribute nothing to the picture. Force denotes a pathologically excessive state; progressive decrease reveals that the syndrome is predominantly one of heat production (qi excess) rather than

		fluid excess; and sometimes, a "full pulse" is used to denote an excessive condition.
Hidden pulse [fumai]	Only felt by pushing on the bone; much deeper than the sinking pulse; often present in syncope or excruciating pain.	It provides the impression that the pulse is concealed in the muscles. - Syncope (fainting) and intense pain are common conditions that may be readily diagnosed without measuring the pulse. -Pulse is fairly extreme, in that one can scarcely feel it unless by exerting deep pressure.
Knotted pulse [jiemai]	-Slow pulse halting at random intervals -often associated with blood and qi stagnation.	Blood stasis and -qi reflect a common diagnostic category. - Obstruction causes irregularity and slowness of the pulse.
Hurried pulse [cumai]	-Rapid pulse with erratic intermittencies -often brought on by extreme heat with qi and blood stagnation or retention of phlegm or undigested meals.	It is frequently referred to as the "running" or "abrupt" pulse and is the overextended form of the knotted pulse. - Rapidity denotes heat, whereas irregularity denotes a bottleneck brought on by build-up and/or stagnation.
Long pulse [changmai]	-pulse with prolonged extent and stroke	Prolonged stroke demonstrates the veins' strength and flexibility.

	<p>Normal people may have a lengthy pulse with mild stress, but a long and stringy pulse suggests excess yang, particularly liver yang.</p> <p>The lengthy pulse, which is typical of young individuals, can be felt very readily across all three finger locations.</p>	<p>A liver syndrome is associated with a certain degree of tension, which is indicated by a "stringy" character.</p> <p>When there is a substantial conflict between the body's resistance and the pathogenic element, an acute illness will manifest as a lengthy pulse.</p>
<p>Short pulse [duanmai]</p>	<p>Short and powerful pulses are often detected in qi stagnation, whereas short and weak pulses indicate qi consumption.</p>	<p>From the centre pulse location to the two neighbouring pulse positions, the brief pulse seems to deteriorate.</p> <p>-it soon dissipates after striking the middle finger forcefully. -this may indicate qi constriction, liver qi stasis, or qi insufficiency.</p>
<p>Fine pulse or Thready pulse [ximai]</p>	<p>Pulse felt like a tiny thread, but always clearly audible -indicates qi and blood shortage or other deficient situations.</p>	<p>This pulse pattern may develop as a consequence of a chronic illness-related essential nutrient shortage.</p>
<p>Hesitant pulse or Uneven pulse or Choppy</p>	<p>Small-fine, slowly jogging pulse that changes direction choppily, like a knife scraping bamboo. The knife vibrates and advances in an erratic manner as it scrapes against the bamboo, producing a choppy</p>	<p>-has a more erratic rhythm than the knotted pulse, which also demonstrates blood and qi stagnation.</p> <p>-signifying slow blood flow caused by a blood shortage or qi and blood</p>

<p>pulse [semai]</p>	<p>feeling with momentary pauses or stoppage in motion.</p>	<p>stagnation. The blood condition is more severe.</p>
<p>Slippery pulse [huamai]</p>	<p>slippery and quick pulse may suggest pregnancy. pulse like beads rolling on a plate. - found in individuals with phlegm-damp or food stagnation. Also in normal people.</p>	<p>This pulse is frequently normal, especially in people who are a little bit heavy. -it is sometimes referred to as a "smooth pulse" and is a good confirmation of the diagnosis of phlegm-damp accumulation.</p>
<p>Relaxed pulse or Loose pulse [huanmai]</p>	<p>Pulse less forcefully occur when the spleen is too wet or insufficient.</p>	<p>Due to the weakened qi and the blocking effects of moisture, the pulse exhibits a softness or looseness. Phlegm-damp is distinct from -damp in that it lacks solidity.</p>
<p>Moderate pulse [huanmai]</p>	<p>Similar to the loose pulse, but with better tension, suggesting that the qi is sufficient. Pulse with regular rhythm and mild tension -representing a normal state.</p>	<p>If the pulse is normal, it means that the problem being treated is limited, has not been disturbed, and wasn't brought on by a disruption of the viscera.</p>
<p>Tense pulse or Tight pulse [jinmai]</p>	<p>Similar to the wiry pulse but shorter; -feels like a tightly stretched rope; -indicates cold or discomfort.</p>	<p>Localized heat sensations may sometimes mask a cold condition, which may signify an interior or outside chill.</p>

<p>Stringy pulse or Wiry pulse [xianmai]</p>	<p>Similar to the tight pulse, but longer and more trembling; a pulse that seems straight and lengthy, like a string of a musical instrument.</p>	<p>The liver and/or gallbladder are the site of the internal discord, as confirmed by an erratic pulse. -typically present with extreme pain or conditions affecting the liver and gallbladder.</p>
<p>Replete pulse or Forceful pulse [shimai]</p>	<p>Pulse felt strongly and violently under mild and heavy pressure, suggesting excess.</p>	<p>-it provides just the fact that the state is one of excess as the main piece of information. -rejects the use of tonification techniques in general since it suggests that the body's resistance is unharmed.</p>
<p>Weak pulse [ruomai]</p>	<p>Pulse feeling gentle and deep, frequently caused by a qi and blood shortage; similar to the fine pulse but with a softer character.</p>	<p>-typically denotes a weakening of the spleen's qi, which results in a lack of both qi and blood. -it acts as the replete pulse's opposite.</p>
<p>Soggy pulse [rumai]</p>	<p>A superficial, thin, and delicate pulse that feels like a thread floating on water when lightly touched; this pulse becomes weak when heavy pressure is applied, indicating deficient conditions or damp retention.</p>	<p>When lightly touched, the already pulse feeling provides the sense of being readily moved, as if floating on water. The "soft pulse" is another name for it. -tends to signify spleen-qi deficit with moisture build-up.</p>

	Comparable to the weak and fine pulses.	
Feeble pulse [xumai]	A weak, empty sensation in the pulse, which denotes a lack of qi, blood, or bodily fluid.	-occurs when there is a more severe blood shortage than with weak or fine pulses, but not as much as with the faint pulse.
Rapid pulse [shoumai]	Pulse more often (more than 90 beats per minute), which typically denotes heat. Comparable to weak, fine, and faint pulses	A quick pulse is noticeably faster than a normal pulse and is often associated with severe sickness, particularly fever. -Activity before measuring a pulse might cause the heartbeat to become fast.
Slow pulse [chimai]	Pulse more slowly (less than 60 beats per minute), which often indicates an endogenous cold.	Slow pulse should be read in the context of other diagnostic data since it might also point to someone who is ordinarily quite active at rest.
Sinking pulse [chenmai]	Pulse that can only be felt by applying intense pressure; -usually a sign that the sickness is buried deep within the body.	The body attempts to cope with a significant ailment that threatens the viscera by weakening the circulation of qi and blood from the internal viscera to the surface. This condition is often referred to as the "deep pulse."

<p>Floating pulse [fumai]</p>	<p>A pulse that is noticeable with modest pressure but becomes weak with strong pressure often indicates that the sickness is in the body's outermost layer.</p>	<p>The inability to keep qi and yang in the interior owing to the absence of the essential organs is indicated by debilitated patients' weak floating pulses.</p>
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2.2 Kampo (Japanese Medicine)

Pulse diagnosis is central to the clinical examination in Kampo, the Japanese medical system. Both traditional Chinese medicine and Japanese medicine use a similar method for taking the patient's pulse. A physician will do a palpation to feel the patient's pulse by pressing the hands together [31, 32].

➤ Divisions of the Pulse -

Each burner's Qi status may be gauged from its pulse (triple burner). The three fingers that make up a person's forearm are the distal finger, the middle finger, and the proximal finger. Different parts of the belly are highlighted by the touch of various fingers.

- **Distal:** Upper Burner (Digestion in upper part) called *Cun*.
- **Middle:** Middle Burner (Digestion in middle part) called *Guan*.
- **Proximal:** Lower Burner (Digestion in lower part) called *Chi*.

The location of the Yin Organs is often indicated by their pulses. When the Yang Organs are where they should be, understanding what's going on is more challenging. Korean medicine relies heavily on pulse diagnosis to determine a patient's general health. Pulse diagnosis is used in both TCM and traditional Korean medicine. One typical justification with this notion is because one might get insight about the health of the heart, lungs, and other organs located in the chest by feeling the pulse at Sternum [33-35]. The lower abdominal cavity, which contains the pancreas, spleen, and liver, is defined by the pulse at Gwan, while the upper abdominal

cavity is defined by the pulse at Chi (urinary and reproductive organs). Rate, rhythm, depth, length, breadth, force, tension, occlusion, and form may all be measured with a pulse. It is possible to characterise a pulse as slow, quick, moderate, skipping, bound, intermittent, floating, sinking, concealed, long, short, fine, replete, firm, void, weak, spongy, string-like, tight, scallion, drum skin, scattered, slick, or scratchy. The heart is associated with the left Chun position. The gall bladder and liver are linked at the same site on the left forearm. There is a connection between the organs and the chi point in the left wrist. The right forearm guan represents the digestive organs, including the stomach and spleen. The chi position on the right wrist is known as "The Gate of Life." The superficial approach is used to determine whether an external ailment is the result of an external assault. If you want to know whether your spleen and stomach are unwell, you should utilise the intermediate method. The internal organs are carefully inspected for signs of sickness or damage ^[36-38].

Table No II: Pulse position

Left	Area	Right
Chun	Diaphragm to crown	chun
Guan	Naval to diaphragm	Guan
Chi	Naval to feet	chi

Table No: III Pulse depth

Left	Area	Right
Superficial	Upper body	Superficial
Middle	Middle body	Middle
Deep	Lower body	Deep

2.3 Tibetan Medicine

Tibetan physicians use a patient's pulse as an indicator of the severity of their ailment. All of the vital life force nerve, brain, and muscle is sent via the radial artery, where the pulse is measured. While a good fisherman can interpret the language of the ocean's waves, a doctor can decipher the messages being sent by a patient's organs and heartbeats to diagnose the underlying cause of illness. The radial artery may be used to transmit data to the patient's surface. Because to the nature of the pulse, the data may be retrieved. There is a wealth of evidence showing that Tibetan physicians have been reading pulses for centuries, including several case studies. The pulse and any abnormalities in skin temperature or texture may be detected during a diagnosis by touch ^[39-42]. In Tibetan medicine, diagnosing by taking a patient's pulse has received the greatest study. Despite appearances, learning to discern the Tibetan pulse is a complex technique that needs years of practise under a master. Taking a person's pulse has always been done first thing in the morning. Both the patient and the doctor should exercise caution the day before the pulse is taken. It's challenging in the current world to find 30 minutes of peace and quiet for a doctor and patient before measuring a pulse. The health care provider evaluates the radial artery's rhythm as a whole to learn more about the artery's power, tempo, personality, depth, stiffness, etc. They may be fast, sluggish, tight, or loose, as well as strong, weak, recessed, shallow, rapid, and so on. Each of these characteristics is dissected, defined, and classified according to the kind of dysfunction and its impact on the three primary energy systems. How the pulse is interpreted and classified varies with the seasons. A strong hepatic pulse in the spring is an example of a thin, firm spring pulse ^[43-45].

2.4 Siddha Medicine

Naadi diagnosis has been supported by two of the most well-known Siddhas, Tirumoolar and Agastya. According to Tirumoolar, there are 72 thousand naadies in every human being. In line

with the concept of tridoshas, it is essential to highlight the fact that male and female pulse rates vary. Pulse is also described in the novel *Laughutrayee* [46, 47].

2.4.1 Method-

Vata, Pitta, and Kapha are all represented by the pulses on the index, middle, and ring fingers. The procedure for Naadi's examination must adhere to all guidelines. Men use the right hand to summon the Naadi, while women use the left. Medical professionals use their index, middle, and ring fingers to take a patient's pulse. The properties of the pulse, such as its kind and the differences between the pulses in the three numbers, are just as significant as the pulse rate itself. According to Siddha, there are 4,448 distinct ailments that may strike human beings. Once again, we classify these conditions according to their vata, pitta, or kapha qualities. According to reports, the classic Siddha scriptures include the Nadi version for each disease. Using one finger, Siddha presses on the wrist a centimetre below the hand to feel for a pulse. Some animals' behaviour demonstrates that each digit has the capacity to appreciate humour [48-50].

- **The windy humour (vayu)**, which is symbolised by the movement of a frog, a rooster, or a peacock, is felt by the index finger.
- **The movement of a snake or a leach** is a representation of the bilious humour (pitta), which is felt by the middle finger.
- **Ring finger experiences the phlegmatic humour (kapha)**, which is symbolised by deep, sluggish movement, such as that of an elephant or swan.

Any deviation from these normal movements is indicative of the disturbance of a particular humor. If all humors are affected, then the pulse is unusually rapid and voluminous [51-53].

2.5 Unani medicine

Al-Razi and Ibn Sina, two experts in unani medicine, looked at how illness and the pulse are related. In Unani, this idea of the essential life force is called nafas. Nafas is also the word for

"breathe," "soul," "spirit," and "essence." The nafas, which is also called the breath or the thread of life, is a property that all living things need and share. When measuring pulse, two things are taken into account: We separate the first and second parts of the pulse to find out. The first part is about sizes, like length, width, and depth. As a natural reference point for the second part, the patient's pulse is compared to that of a bird or other animal. Pulse: a look at it from three different angles. It puts together information from the wrist, the forefinger, and the tips of the other four fingers to make an overall assessment of the body's health ^[54-56].

2.5.1 Types of Irregular Pulse

1. Gazelle pulse: an abnormally lengthy period of no or slow growth, followed by a period of remaining the same height, followed by rapid growth to adulthood. The transition to the second rhythm occurs before the first is complete. The high temperature caused by the fever. In pericarditis, this is a common occurrence ^[57-60].

2. Waving pulse: Like waves, the rhythms just keep rolling in one after another. Size, rate of ascent, and breadth are not uniform on either side of the beat. The energy appears feeble, and it either doesn't arrive in time or arrives too early. The most common reason is a reduction in the driving power. Sweating or diarrheal crisis is imminent if this pulse is present.

3. Saw-like pulse: Rapid, consecutive, and alternating stiff and soft moisture content characterise this. The irregularity arises from differences in the expansion's rigidity, malleability, and size. It's brought on by an excess of water and yellow bile, mucus, or blood humour. A swollen nerve, which causes the perspiration to clump, might also be to blame.

4. Ant-like pulse (formic ant pulse): The pulse of a formic ant is similar to the pulse of a wave in that it is most powerful when it is slow and consistent. Its pulse is little, feeble, and lightning rapid. As the peristaltic motion slows, this occurs ^[61-64].

5. Rat-tail pulse: The rat-tail pulse is a fluctuating wave of energy that begins too high and ends too low. It tends to begin in an extreme state, transition to an insufficient one, pause for a

while, and then return to an extreme one. It's a symptom of cancer and a result of having a weak vitality ^[65-68].

6. Flickering pulse: the pulse is weak when you feel it with your first finger. With your middle finger, you can feel how bloated it is. And now when you're down to your final finger, it's little once again. This indicates damage to the arterial wall and tissue loss in the area. Extreme impairment is the root reason, and untreated chronic inflammation is a common contributor.

7. Cordlike pulse (twisted pulse): This sensation is similar to the sensation of a twisted cable or thread in your pulse. There is undeniably stress in the air. It's likely that you're only seeing a "twisted" sensation on the first beat of the pulse. A lack of moisture in one's mind-set is to blame for the issue ^[69-71].

2.6 Ayurvedic Medicine

The ancient Indian medicinal practise known as Ayurveda. It's based on ancient literature that advocate for a "natural" and "holistic" method of treating both physical and mental illness. Traditional Ayurveda medicine is still practised in India, making it one of the world's oldest medical systems. Products (often derived from plants, but also from animals, metals, and minerals), nutrition, physical exercise, and style of life all contribute to Ayurveda treatment. Naadi is one of Ayurveda's eight primary diagnostic tools. The accuracy of the Pulse Diagnose is examined across many testing methods. Put your thumb, middle finger, and ring finger on your wrist to feel your Ayurveda pulse. Located directly across from the thumb, the index finger rests just below the wrist (radial styloid) ^[72-75]. The Vata Dosha corresponds to this particular number. The Pitta and Kapha doshas are represented by the middle and ring fingers, respectively, which are located adjacent to the index finger. The patient's energy imbalance may be determined by monitoring their pulse at the surface, intermediate, and deep levels. Our bodies are made up of trillions of cells, each of which is very intelligent. Naadi Pariksha investigates the transmission of such wisdom through vibrations. The location and velocity of

the pulse's vibrations along the radial artery may be determined with the use of Naadi Pariksha. Seven unseen layers of vibrations assist identify certain physiological processes when read vertically and below. The state of a person's physical and mental health may be determined by measuring their pulse [76-78].



Figure No: II Ayurvedic pulse measurement

This is interpreted in the form of symptoms along with their prognosis.

- **Vata**-The feel of the pulse of Vata is like that of the creeping of a snake which has a fast and unstable gait.
- **Pitta**- The feel of Pitta is like the gait of a frog which is jumping in force. Similarly, Pitta Naadi is hot; strong and forceful.
- **Kapha**-The feel of Kapha is like a graceful swan who is calm and quiet. The Kapha Naadi flows with regular speed and slowly.

Table No: IV Characteristics of Pulse

	<i>Vata Pulse</i>	<i>Pitta Pulse</i>	<i>Kapha Pulse</i>
Characteristics	Fast, feeble, cold, light, thin, disappears on pressure.	Prominent, strong, high amplitude, hot, forceful, lifts up the palpating fingers.	Deep, slow, broad, wavy, thick, cool, warm, regular.

Location	Best felt under the index finger.	Best felt under the middle finger.	Best felt under the ring finger.
Gati	Moves like a cobra.	Moves like a frog.	Moves like a swimming swan.

2.6.1 Rules for Nadi Pariksha

- Pulse readings shouldn't be taken right after strenuous activity or manual labour.
- Pulse reading shouldn't be performed on individuals who are famished, irate, or aroused.
- Patients shouldn't eat just before getting their pulse read.
- Before taking their pulse, the patient shouldn't be offered an oil bath.
- Neither the patient's wet nor their sun-exposed bodies should be present [64-66].

2.6.2 Seasonal Variations

One's pulse rate varies depending on the season and the time of day. Changes in daytime temperature, air conditions, and seasonal shifts may all affect the pulse measurement by increasing or decreasing the doshas (humours) [79, 80].

The disparity between the two pulse rates is indicative of a Dosha imbalance. A trained Siddha can sense the slightest changes in the pulse's volume, pace, and flow with only the tips of their three fingers. Identifying these variations is important since they are associated with certain illnesses or malfunctions in physiological function [81-83].

2.6.3 Interpretation of Nadi Pariksha for Disease

- Vata Naadi increases are associated with a number of symptoms, including recurrent headaches, joint discomfort, arthritis, a lack of appetite, and incontinence. Vata Naadi may also be to blame for additional symptoms, such as dizziness, imbalance, incontinence, fever, vocal changes, hoarse cough, and skin discoloration.

- When Pitta Naadi rises to unhealthy levels, it may cause headaches, insomnia, dizziness, and even mental illness. Eye and urine yellowing, fever, headache, indigestion, thirst, dry lips, disorientation, and diarrhoea are further symptoms of imbalance ^[84-86].
- High levels of Kapha Naadi are indicative of respiratory and urinary issues. Physical and mental fatigue, a sweet taste in the tongue, a chilly sensation, loss of appetite, flatulence, a cough with mucus production, and difficulty breathing are all symptoms of a chemical imbalance.
- The pulse changes when the three doshas are out of balance. It's possible that this sickness may become fatal. Some Siddha practitioners have honed their ability to sense pulses to the point that they can make predictions without any direct input from the patient ^[87-89].

3 Conclusion

Nadi Pariksha allows us to learn about our Doshas and the future so that our physicians may make informed decisions about how to treat us. Nadi Vigyana allows a physician to detect early warning signals of sickness. Nadi can determine the stage of pathogenesis by pinpointing the organ tissue and Dosh involved. A disease's Origin may be traced back to a certain Dosha or Dhatus ^[90, 91]. We are drawn to this ancient practise as we re-examine its role as the primary diagnostic tool for a variety of ailments, and although there are many lectures on Nadi to be found in various publications, it is this one that has caught our interest. Nadi was the primary diagnostic tool utilised when modern laboratories were unavailable many thousand years ago. We may need to make a temporary adjustment to this method now that our facilities have been renovated ^[92]. When it comes to evaluating Rog and Rogi Bala, Ashatasthana Pariksha is a crucial instrument. According to the aforementioned studies, Nadi Pariksha is an effective method for diagnosing illness and predicting its consequences for the body.

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