

Ayurveda - Vol. 11

# Diagnosis through Pulse Examination (Nadi-pareeksha)

(English)

Author

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(‘Sainthood’ or ‘Stage of a Guru’ denotes 70-79 % spiritual level, ‘Stage of a Sadguru’ denotes 80-89 %, ‘Stage of a Paratpar Guru’ denotes 90% and above, whereas ‘God’ denotes 100% spiritual level.)



**Sanatan Sanstha**

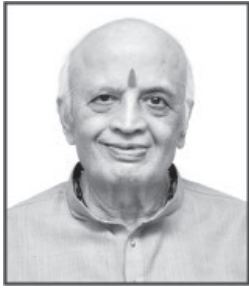
**Sanatan's Texts on Ayurveda**

Read, put into practice and get rid of any disease from its source !

## Introduction to Authors

### Sanatan Sanstha's Sadguru, Doctor & Vaidyacharya Vasant Balaji Athavale

[M.D. (Paediatrics), D.C.H., F.A.M.S.]



Sadguru (Dr) Vasant Balaji Athavale was a renowned Paediatrician. He founded the Paediatrics Department in 1959 in Lokmanya Tilak Mahanagarpalika Hospital, Mumbai. He was Professor and Head of this Department from 1960 to 1990. He was the Chairman of the 'International Conference on Alternative Medicine' in Bangkok in 1980. In 1996, He received the international honour for the 'Best author of books on Ayurveda'. In 2001 and in 2012 respectively, He was honoured with the 'Lifetime Achievement Award' in an International conference on 'Ayurveda and Hepatic Disorders' and by the Indian Academy of Paediatrics.

#### 1. The journey from being a seeker to becoming a disciple

**A. Selflessness and the attitude of sacrifice, which are essential for spiritual practice :** He started noting down higher level philosophical thoughts on Spirituality in 1980. He toiled day and night to create a vast treasure of knowledge on Spirituality. Very altruistically, He donated this treasure to Sanatan Sanstha in 1990, soon after it was established. This sacrifice, before He became a Saint, indicates the level of His spiritual practice and seekership. Due to His writings, Sanatan's Texts are now becoming inclusive in the true sense.

**B.** In 2004, He became a disciple of Sachchidananda Parabrahman (Dr) Athavale (A great Saint who is also His younger brother and the Founder of Sanatan Sanstha, the world-renowned spiritual organisation).

## **2. Attaining Sainthood**

On 16.12.2012, He reached Sainthood due to His spiritual emotion, intense yearning, inquisitive nature and humility.

**A.** He attained Sainthood by performing spiritual practice through various Paths of Spirituality : Every person performs spiritual practice as per some path of Spirituality, becomes introverted, progresses spiritually and thus moves towards Sainthood. However, Dr Vasant Athavale attained Sainthood by performing spiritual practice as per Karmayoga (Path of action) by serving His patients, Jnanyoga (Path of knowledge) by writing Texts, Bhaktiyoga (Path of devotion) and Gurukrupayoga (Path of Guru's grace).

## **3. Active in seva for**

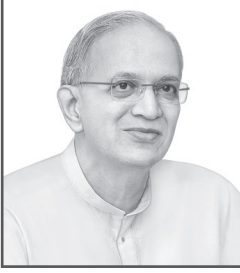
### **Sanatan's mission until His last breath**

He kept performing satseva for Sanatan's mission until His last breath. When He came to know of Divine particles found in Sanatan's Ashram, He inquisitively studied the subject, contemplated on how to conduct research on this topic from a scientific perspective and gave His own suggestions.

He renounced His body on 9.11.2013 at the age of 80.

**Sanatan's Text useful for teenagers & married couples**  
**Autohypnotherapy for sexual problems**

## Brief introduction to the unique mission of Sachchidananda Parabrahman (Dr) Athavale, Founder of Sanatan Sanstha



1. Established 'Sanatan Sanstha' to propagate Spirituality.
2. Proponent of 'Hindu Rashtra' (Divine Rule) <sup>(Note)</sup> and commencement of its mission (Year 1998).
3. Propounder of 'Gurukrupayoga' for faster God-realisation : By performing spiritual practice as per 'Gurukrupayoga', 127 seekers have become Saints and 1,047 seekers are progressing towards Sainthood as of 21.11.2023.
  4. Creation of unique Spiritual texts on various topics.
  5. Research on spiritual remedies for physical, psychological distress and that caused by negative energies.
  6. Research using scientific instruments on religious rituals and events that are beyond the comprehension of the intellect.
  7. Presenting the research conducted on sattvik Art-forms.
  8. Founder-Editor of fiery Hindu Periodical 'Sanatan Prabhat'.
  9. Uniting and guiding Saints, Sects, devout Hindus, etc. so as to establish the 'Hindu Rashtra'.
  10. Recognising the coming dreadful times, guiding and preparing Texts to protect lives.

**(Note :** हीनञ्च दूषयत्येव हिन्दुरित्युच्यते प्रिये ।, meaning - One who eliminates the inferior *Raja-Tama* components in himself is a Hindu. A Nation of such *sattvik* people is called 'Hindu Rashtra'.)

**(For complete introduction, visit - [www.Sanatan.org](http://www.Sanatan.org))**

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## Reverence

O' incomparable physician !  
Thou art indeed a magician !!  
All ailments, of all kinds,  
at all ages, and in different minds,  
You know the how, what and why ...  
By mere touch of the pulse, it's no lie  
O' what science is this,  
that you have mastered so ?  
That you can reach both the high and low ?  
You must indeed be some kind of God !  
The wrist is your magical rod !  
By just holding on to that throbbing beat,  
You accomplish undoubtedly a remarkable feat !!  
If only our country had  
More sons like you...  
Our morale would be high  
and problem few  
But it is indeed sad to see...  
Some doctors forget this completely  
So I thank the Lord, for men like you  
Or we would be lost - for ever - its true !!

- Mrs Padmini Raghavan



रुग्णस्य मुग्धस्य विमोहितस्य दीपः पदार्थानिव जीवनाडी ।  
प्रदर्शयेद्दोषजनिस्वरूपं व्यस्तं समस्तं युगलीकृतं च ॥ - रावण

‘Pulse, like a lamp, throws light on all the physiological and pathological states encountered in man’. - Ravana

From time immemorial, examining the pulse has been one of the most important diagnostic tools, relied on by all systems of medicine. We have heard anecdotes of an accurate diagnosis made by eminent Ayurvedic physicians by examining the pulse alone. Are these statements exaggerated ? What is the scope and what are the limitations of knowledge gained by examining the pulse ?

The art and science of examining the pulse was well-developed in ancient India. Fortunately, some Ayurvedic literature is still available to us. A humble attempt has been made here to present most of the literature on pulse in a systematic manner. The literal meaning of the Texts as far as possible has been adhered to and the basic concepts are presented in the original form. The relevant Sanskrit Verses together with references are also given. Ayurvedic literature on pulse includes describing the condition of the vessel wall, flow of blood and the impulse which depend on the characteristics of the blood and other factors. For example, when the pulse is described as hard, tremulous, fast and hot, it implies that the vessel wall is hard, the impulse is tremulous, the rate is fast and the blood flowing through it is warm.

The importance of pulse examination has diminished tremendously in the past few decades because of

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development of new diagnostic tools such as - sphygmomanometer - blood pressure instrument, ECG, 2D Echo, Cardiac catheterisation, CT scan, MRI, PET Scan, etc.

On the other hand Nadi Pareeksha centers - centers which give you mainly your Ayurvedic constitution and advise diet, etc to improve your constitution - are opening in different cities.

It is important to realise that to diagnose several diseases just by examination of the pulse is a Herculean task. It can be done only by a few experienced Ayurvedic physicians who have dedicated their life to study the correlation between the pulse and various disease states.

This Text gives us an idea about the magnitude of information which could be gained by an experienced physician trained for years by an experienced teacher. I am certain that this monograph will be useful to all physicians, cardiologists, as well as those interested in medical history.

- Dr Vasant Balaji Athavale

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### **The reason for the honorific Sachchidananda Parabrahman for Dr Jayant Athavale**

As per the instructions of Saptarshi through Saptarshi Jeevanadipatti, Paratpar Guru (Dr) Athavale is being addressed as Sachchidananda Parabrahman (Dr) Jayant Athavale since 13.6.2022. The intent in the instruction is that everyone benefits from the Divine Principle in Him. - **H.H. Sandeep Alshi, Compiler of Sanatan's Texts (24.7.2022)**