

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 % and
‘Stage of a Paratpar Guru’ denotes 90% and above.)



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

The art and science of examination of pulse was well developed in ancient India. Fortunately, some of the Ayurvedic literature is still available to us. A humble attempt is 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 the description of 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 last few decades because of development





of new diagnostic tools like - sphygmomanometer - blood pressure instrument, E.C.G., 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 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



Sanatan's Text on understanding teenagers



You and Your Teenager

- ❧ What are the problems of the teenagers and their parents ?
- ❧ What are problems of adolescence and how to deal with them ?
- ❧ How to overcome friction between teenagers & their parents ?
- ❧ What are the practical problems faced by the parents ?

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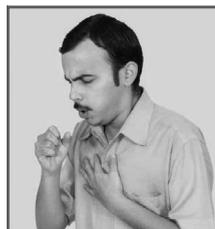
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Autohypnotherapy for physical ailments

- ❖ Control obesity by making subconscious mind aware of incorrect actions
- ❖ Giving the mind an autosuggestion so as to get a forewarning about the coming asthma attack
- ❖ Hypnotherapy for curing stammering



Asthma