

Pulse Examination (*Naadi Pariksha*) – A Literature Review

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Ayurveda has bestowed the Miraculous Science in diagnosing the health and diseased state of the body with the help of *Nadi pariksha* (Pulse diagnosis). *Nadi pariksha* forms an inevitable part of *Ashtavidha Pariksha* (Eight fold of examination) of Ayurveda. The aim of research is to review the *nadi pariksha* described in Ayurveda. 10 texts which describes Ayurveda *naadi pariksha* was selected from the Gampaha Wickramarachchi Ayurveda Institute's library. Then among their contents, 10 most important topics were selected. Then those 10 topics were reviewed. *Sharangadhara Samhita' Purana nadi potha*, *Ashta pariksha potha' Pancha pariksha potha' Sinhala nadi vaidya vidyava*, *Vara yoga rathnakaraya' Rogi roga pariksha* , *Pancha nidana* , *Papuva saha detha* and *Nadi vingnana* are the selected texts. Pulse movement (*Nadi gathi*), Site of palpation (*Nadi sthana*), Method of palpation (*Nadi parikska vidhi*), Gender different methods (*Sthri / purusha nadi pariksha*), Time for pulse diagnosis (*Nadi pariksha kala*), Characteristics of pulse (*Nadi gathi lakshana*), Facts which effects on pulse, Pulse in various diseases, Characteristics of curable / incurable pulse (*Sadya / Asadya nadi*), Characteristics of messenger's pulse (*Dhuta nadi*) were the selected topics. All texts revealed the facts about pulse rate, rhythm and volume. Only *Sharangadhara samhita* has mentioned about Characteristics of messenger's pulse (*Dhuta nadi*). It is concluded that Ayurveda texts has well defined the effectiveness of ancient *Nadi pariksha*.

Key words: *Nadi pariksha*, Pulse diagnosis, Ayurveda