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A Review of Current Pulse Recording Parameters and Its Possible Association in the Nadi Pariksha as Mentioned in the Classical Text of Ayurved

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Abstract-

Pulse diagnosis is the first step to assess patient condition but due to lack of practice in modern era today it is difficult to master such efficient way of diagnosis. but it can be re established as the observation of nadi pariksha is already recorded in ancient text like yogaratnakara, bhavprakash, ravan krit nadi vigyan etc. the main problem here is that it totally a subjective technique and it is based on the tactile perception which makes the results highly variable, to avoid this problem parameters must be decided so as to standardise such variables in a certain range and can be recorded on every individual basis. this article reviews and discusses about the possible parameters of nadi pariksha which can be compared to modern scientific parameters and how it can be used to record the results of nadi pariksha in modern era so as to re-establish the authenticity of already recorded observations in ancient classical text. The examinations of Nadi Pariksha (Pulse examination) are evidence of many diseases as per Yogaratnakara.

It was a popular diagnostic tool in the past but nowadays they are not specifically used, so there is need to re-establish their results so that they can be used in future for preventive, prognosis and research purposes.

Keywords: Ayurveda, Nadi Pariksha, pulse examination

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