



# E - NEWS LETTER

## Jay Jalaram Ayu Pariwar



Visit – [www.jjamcollege.com](http://www.jjamcollege.com)

Also follow us on Facebook and Instagram



**Patron :** Dr. Vijay Patel; M.D. ( Hom), President Prerna Charitable Trust.

**Editor :** Dr. Datatraya Kharoskher ; M.D. (Ayu), Principal, J.J.A.M.C.

**Co-Editor :** Dr. Deepak Rathi ; M.D. (Ayu), Associate Professor , J.J.A.M.C.  
Dr. Alpesh Patel ; M.D. (Ayu), Assistant Professor , J.J.A.M.C

### Editorial Advisory Board-

Dr. Komal Jani MS (Ayu) Professor, Shalakyatantra  
Dr. Suryakant Patil ; M.D. (Ayu) Asso. Professor, Dept. Agadtantra  
Dr. Monali Chandak M.S(Ayu.), Asso.Professor, Dept. of P.T.S.R  
Dr. Supriya Bankar MD (Ayu) Asso. Professor Dept. Kriya Sharir  
Dr. Priyanka Verma MD (Ayu) Asso. Professor, Dept.RSBK

### Patron Message-

Examination of university is just completed in last month end, all students are entered in new academic term, wishing best of luck to all students who are coming in new academic year. This is new opportunity for you take it as a challenge make day wise academic goal and make it complete.

Welcome to newly appointed Principal Dr. Dattatraya Kharosekar sir at Jay Jalaram Ayurvedic Medical College, Shivpuri, Godhra.

**Dr. Vijay Patel, M.D(Hom.)**

**President**

### From Editors Desk:

#### Introduction

The World Health Organization (WHO) was established on 7 April 1948. Realizing the importance of health for successful life all over the world, World Health Day is celebrated on 7 April on the day of the establishment of the World Health Organization (WHO). World Health Day is a globally celebrated

Health Awareness Day. It is said that health is life, but in today's busy and stressed life, humans are not able to pay full attention to their health. Human health is being adversely affected due to a hectic lifestyle, work and stress. World Health Day is celebrated every year to create awareness of the importance of health. On this day, a message is given to make people aware of their health and the government is motivated to formulate healthy policies.

#### Aim of Celebrating

The World Health Organization celebrates World Health Day on 7 April every year to improve the level of health of people around the world. The idea is that every human being gets good health facilities at an affordable rate. Millions of people around the world are prey to many terrible diseases. Hence, discussions and awareness on the topics like prevention and proper arrangement of the diseases etc. are also included as the main objective of Health Day. According to the World Health Organization, being physically, mentally and socially healthy is the definition of human health.

Anti-larvae and pesticides are sprayed in different areas to prevent outbreaks of mosquitoes. People are made aware of the prevention of infectious diseases. Awareness campaigns are organized at the district and block levels on this day to prevent vector-borne diseases.

**Awareness:**

A theme is set each year for World Health Day. The subject includes a special health concern. World Health Day activities revolve around the chosen topic. In general, activities are organized to indicate the importance of health. People are encouraged to change their unhealthy lifestyles and choose a healthy lifestyle that includes a healthy diet and exercise. The World Health Assembly sets a specific theme for World Health Day each year. Various activities are organized on World Health Day to make people aware of the specific subject covered that year and the importance of health in general. As a part of the World Health Day celebrations, various events and activities are organized to help people understand how to avoid various health issues and live a healthy life. Demonstrations and speeches are given to honour those fighting against various diseases. The theme for World Health Day 2020 is to support nurses and midwives. T Speeches are given to motivate and encourage the patients and members of their families to know that they are not alone in their fight. Various skits are organized and games are played to make these points understandable to the people in an interesting way. Children are our future and they should be specially made aware to lead a healthy lifestyle.

**School Celebrations:**

Many schools and colleges around the world make it a point to celebrate World Health Day. Speech, sports, quiz competitions and other activities are organized in the school to help children learn about the importance of keeping them healthy in a simple and easy way. Essay writing and debate competitions are also held. Students actively participate in these events.

**History:**

The history of World Day goes back to 1948. The World Health Organization felt the need to involve leading physicians from all over the world to make important decisions related to various health matters. It organized the World Health Assembly in 1948 for this purpose. It was the first World Health

Assembly and had 194 member nations. The WHO is governed by its member states which have been elected to form the world's highest health policy-setting body.

The Health Minister of the member states is a part of this body. It was for the first time during the World Health Assembly that it was proposed to dedicate a special day for world health. All member states agreed that it was a good idea and April 7 was declared as World Health Day. The need for World Health Day was felt due to the increasing number of diseases worldwide. Many infectious diseases spread all the time in different parts of the world and lead to epidemics. This causes panic among people. Through the activities organized on World Health Day, people are made aware of various diseases and ways to avoid them.

**Conclusion**

In today's time, the biggest reason for people not to be healthy is consuming junk food. Many people prefer readymade food and outdoor food because they are tasty and easily available. Junk food is made of many types of chemicals. This is the biggest reason that so many diseases are introduced. If we want to stay healthy, then we should always eat healthy food and live a healthy lifestyle.

Today everyone's jobs are such that they need to sit in front of the laptop for hours. Even after returning home, they are stuck to television screens or mobile phones. Children are seen watching TV or phones for a long time. This is the root cause of various diseases. Children should take part in outdoor sports like cricket, football and badminton instead of sitting at home. They should be involved in physical activities like walking, running, cycling etc. It is good for our physical and mental health. People these days are so engrossed in their work that they have taken their health as secondary.

- **Dr. Dattatraya Kharosekar M.D(Ayu.)**  
**Principal, JJAMC**

## ARTICLE

BY FACULTY

### **Brief Review On Concept Of Nadi Pariksha**

**Author-** Dr. Deepak Rathi M.D.(Ayu);

Asso. Professor Rog Nidana Avum Vikriti Vigyana Department, JJAMC.

**Abstract :** Ayurveda is the Science of health and diseases free life. Ayurveda is based on sound of principles of diagnosis. It is not requires clinical or costly investigation. Which are beyond reach of common and less privileged person. Ashtavidha Pariksha (eight fold of examination) in Ayurveda is one of the important examinations to find the various causes behind the diseases. *Acharya* Yogaratnakara described eight varieties of *rogi pariksha*, namely *nadi, mutra, mala, jivha, shabda, sparsha* and *drik* for the diagnosis of diseases. Among them, *nadi pariksha* is necessary to diagnose altered condition of *doshas* like diminished functions or hyper functions or mixed or normal function of *doshas*. *Nadi pariksha* throw light to entire condition of diseases.

**Keywords:** *Ayurveda, Ashtasthana pariksha, Nadi pariksha, Pulse examination, Diagnose.*

#### **Introduction:**

Health is a state of equilibrium of the *Dosha, Agni* function of *Dhatu*, mala along with proper functioning of *Janendriya, Mans* and *Atma*. The presence of disease in our system indicates an imbalance in our “*Doshas*”. Bringing our system back into balance is the key to the cure. *Ayurveda* had

effective tools for the diagnosis of disease. There are various keys to treat the diseases like *Rog* and *Rogi Pariksha*. In *Rog Pariksha* use “*Nidan Panchak*” and in *Rogi Pariksha* use “*Dashavidh Pariksha, Trividh* and *Asthavidh pariksha*”

Among them *ashtavidha rogi pariksha* was described by *Acharya* yogaratnakara.

1. *Nadi*-examination of pulse
2. *Mutra*- examination of urine
3. *Mala*- examination of stool
4. *Jivha*- examination of tongue
5. *Shabda*- examination by organ of hearing
6. *Sparsha*- palpation
7. *Drik*- direct observation or inspection
8. *Akriti*- examination of whole body.

Above all these *Nadi Pariksha* (pulse examination) is one of the most important key in *Ayurveda* to diagnose the diseases. So, this article explains how to diagnose the disease of patients through *Nadi Pariksha*

#### **Aims and Objective**

1. The conceptual study of *nadi pariksha*.
2. To review its clinical significance.

#### **MATERIAL AND METHOD**

Different *Ayurveda* texts, journals, research papers, articles are referred to study the conceptual understanding of *nadi*, its clinical significance and its

usefulness in manifestation and sequelae of the diseases.

**Alternative word of nadi**

*Nadi, dhamani, dharani, dhara, tantuki, snayu, jeevangyana, hanshi.*

**Nadi location**

*Vata, pitta and kapha nadi* lies respectively under *tarjini* (index finger), *madhyama* (middle finger) and *anamika* (ring finger) of examining *vaidya* (physician).



- Physician should be performed pulse examination of patient in right hand by using his right hand.
- Pulse felt at the wrist region signifies the life of the patient and physician should be able to diagnose the diseases and healthy condition by observing the nature of the pulse.
- Use right hand for male patients and left hand for female patients because it is best felt in respective hands.

**Procedure of nadi pariksha (pulse examination) :-**

- 1.The best time for nadi pariksha is in the morning hour for one prahara.
- 2.Physician should be seated in comfortable position and in a healthy composed mood and rogi (patient) should have calm and cool mind also.
- 3.They must sit in comfortable place facing each other.
- 4.Vaidya must hold the rogi elbow gently with left hand and feel the pulse with his right index, middle and ring finger kept in close opposition near wrist region.

- 5.The nadi of the right hand will be clear in males while in female that of left hand.
- 6.Examine the pulse thrice by pressing and releasing technique and diagnose the diseases by using his intelligent power.
- 7.Identify the vata, pitta and kapha pulsation at the index, middle and ring finger respectively and elicit its characters like feeble, moderate and fast along with identify the character of various doshik pulse.
- 8.Examination of pulse shed light on the involvement of vata, pitta, kapha, mixing of two doshas or mixing of three doshas or curable or incurable diseases.

**Contraindications for nadi pariksha**

Nadi pariksha (pulse examination) should not be examined in following conditions-

- Just after taking bath
- Just after taking food
- After internal and external anointing therapy (snehavagahana)
- During hunger
- During thirst

•During sleep or just after awakening.

**.Nadi gati of doshas**<sup>l</sup>-The three main division made for the movement of the pulse, which resembles with the movements of various animals or birds, make the study easier and understandable.

**Vataja nadi** - *Jalauka sarpayogati* (leech and snake like movement)

**Pittaja nadi** - *Kulinga-kaka- mandukagati* (sparrow, crow and frog like movement)

**Kaphaja nadi**- *Hansa-paravatagati*(swan, pigeon like movement)

**Sannipataja nadi**- *Lava tittira varti gamanam* (bustard quail, grey partridge and button quail like movement)

#### Nadigati according to Pathological condition –

Sr. No.	Pathological conditions	Nadi gati (Pulse movement)
1.	<i>Jwara</i> (fever)	<i>Gambhira, ushna, vagavati</i> (rapid and hot)
2.	<i>Kama</i> (lust), <i>krodha</i> (anger)	<i>Vegavaha</i> (rapid)
3.	<i>Chinta</i> (worry) & <i>bhaya</i> (fear)	<i>Kshina</i> (weak)
4.	<i>Mandagni</i> (decreased digestion and metabolism) and <i>kshina dhatu</i> (decreased <i>dhatu</i> s)	<i>Mand</i> (slow and feeble)
5.	<i>Asrikpurna</i> (full of blood in excess in vessels)	<i>Ushna</i> (warm)
6.	<i>Ama</i>	<i>Gurvi</i> and <i>gariyasi</i> (heavy and tense)
7.	<i>Diptagni</i> (powerful digestive capacity)	<i>Laghu</i> and <i>vegavati</i> (light and fast)
8.	<i>Kshudhita</i> (hunger)	<i>Chapala</i> (unsteady)
9.	<i>Tripta</i> (thirst)	<i>Sthira</i> (stable)
10.	<i>Asadhya vyadhi</i>	<i>Kampate</i> (vibration) and <i>spandate</i> (pulsation)

#### Swastha nadi:

•Pulse of healthy individual is steady and forceful (with normal rate and rhythm character and symmetry).

•Hansagamana (swan like walk) and gajagamini (elephant like walk) and who is having happiness and freshness in face is considered to be a healthy pulse.

#### Asadhya nadi:

•Displacement of nadi from its own place and moves slowly and slowly, this indicates, patient's poor

prognosis and patient will die.

•Feeble and cold pulsation definitely kills the patient.

•When nadi firstly pulsates like pittaja gati, afterwards it becomes like vata gati then converting to kapha gati and moves like chakra (wheel), sometimes it is rapid and sometimes mand (slow), such nadi should be considered as asadhya nadi. The nadi which resembles damaru (a musical instrument), which is strong at opening and ending but in between which is very slow, is a mrityu suchaka nadi and it

indicates death in a day.

## DISCUSSION

Nadi gati in nadi pariksha is appropriate pressure at various levels of touch to three fingers, i.e. each finger felt different pressure due to doshaprabalyata, as acharya explains it in various upamas for identifying gati of doshas or prabalya of doshas

Ashtavidha pariksha including Nadi pariksha has not been mentioned in brihatrayi i.e. Charaka, Sushuta and Ashtanga Samgraha, Earliest, nadi pariksha is described by Acharya Sharangdhara but did not mention ashtavidha pariksha. Acharya Yogaratnakara gave a detailed description about ashtavidha pariksha. Among them nadi pariksha is one of the most important method for diagnosis as well as prognosis of diseases in ayurveda.

## CONCLUSION

Diagnosis is the primary step before starting treatment of any disease. In our ancient Ayurveda, there are various types of diagnostic methods. Ashtasthana pariksha is an important tool to assess the roga and rogi bala. Nadi pariksha is one of the most significant methods of diagnosis in Ayurveda. On the basis of nadi pariksha one can draw a conclusion on diagnosis of particular disease and can start management consequently. In present age also, there are many successful physicians which diagnose the diseases only on nadi basis.

## REFERENCES:

- 1) Dr, soni s - clinical importance of *nadi pariksha* (pulse examination): an *ayurvedic* diagnostic method world journal of pharmaceutical and medical research, *wjpmr*, 2020,6(5),

150-154, issn 2455-3301

- 2) Tekade a, watkar d, daulatkar k, et al review of ashtavidha pariksha w.s.r. to nadi pariksha, international journal of ayurveda and pharma research, issn: 2322 - 0902 (p) issn: 2322 - 0910 (o)
- 3) Vaidya shri lakshampati shastri ayurveda charya, yogratnakara elaborated vidyotini hindi commentary, reprint, chaukhamba bharti academy varanasi, 2015; 5.
- 4) Vaidya shri lakshampati shastri ayurveda charya, yogratnakara elaborated vidyotini hindi commentary, reprint, chaukhamba bharti academy varanasi, 2015.
- 5) Agnivesha, charaka samhita elaborated by charaka & dridhabala, ayurved dipika commentary of chakrapani data edited by trikamji yadavji, varanasi, chaukhamba surbharti prakashana, sutra sthana 20/20, 2008; 115
- 6) *Nadi pariksha ayurveda amrutatum*, ayurveda4all.weebly.com/nadi-pariksha
- 7) Method of diagnosis in *ayurveda*. Dr. Vikram chauhan, 6 june 2016 <http://www.blog.Drvikram.com/methods-of-diagnosis-in-ayurveda>
- 8) Pulse diagnosis *ayurveda*, the art of living. <https://www.artofliving.org/pulse-diagnosis>
- 9) R.k.sharma, *charaka samhitha*, volume – ii, published by chaukambha sanskrit series office, varanasi, reprint year 2007, vimanasthana, chapter-8, sloka- 94, page no. 260

Glimpses.....

## Transitional Curriculum - Inauguration



# Transitional Curriculum - Felicitation





# Transitional Curriculum - Shishyopanayan

