



A PILOT STUDY TO COMPARE THE ASSESSMENT OF PRAKRITI THROUGH QUESTIONNAIRE AND NAADI PAREEKSHA

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ABSTRACT

Naadi Pareeksha is considered an important assessment tool in Ayurveda. It helps in diagnosis by understanding the *Dosha* involved and also in the prognosis of a disease. It is a subjective parameter and is hard to quantify. In the human body, the most constant thing is *Prakriti*, through *Naadi Pareeksha* we can assess *Prakriti*. *Prakriti* is also an examining tool that needs to be understood before treating a diseased. In this study, an attempt was made to understand the relationship between a standard questionnaire assessed by *Prakriti* and *Naadi* assessed by two observers. Though there were few similarities, statistically they were insignificant. This study sheds light upon a need to train Ayurveda students in this unique examination technique of Ayurveda which would help them in their clinical practice.

Keywords: *Naadi, Prakriti, Ayurveda*

INTRODUCTION

Naadi Pareeksha is considered an important assessment tool in Ayurveda under the *Ashtasthana Pareeksha*¹. It helps in diagnosis by understanding the

Doshas involved and also in the prognosis of a disease². It is a subjective parameter and is hard to quantify. *Vata, Pitta, and Kapha Naadi* lie respectively

under the Index, Middle, and Ring finger of the examining physician which has to be placed in the same order from the root of the thumb³. In practice usually, the radial artery is assessed for examining the pulse whose site is at the lateral aspect of the wrist joint just at the root of the thumb; which is exactly the location explained in classics. *Prakriti* is the physical and psychological constitution of the human body that remains constant until death. In Ayurveda classics. All human beings are similar physiologically, and even though similar everyone is unique in this world because of one's own genetic constitution called *Prakriti*. It is formed during the time of conception depending upon the characters from male and female gametes, along with the influence of season, uterine environment, diet, and lifestyle of the mother at the time of pregnancy and attributes on *Panchamahabhoota*⁴. One of the tools for assessment of *Prakriti* is through *Naadi Pareeksha*. Also, *Naadi Pareeksha* helps in understanding the imbalanced *Doshas*, hence this knowledge will help one to bring the *Doshas* back to normalcy, thus treating the pathological condition. Hence an attempt is made to assess the *Naadi* and analyse the relation between *Prakriti* and *Naadi* of a healthy individual.

Aims and Objectives- To compare *Deha Prakriti*(assessed with a questionnaire) and *Naadi Pareeksha*.

Study Design- An Observational study.

Source of data- 50 healthy individuals are selected from 1st year UG of Alva's Ayurveda College randomly irrespective of gender, and religion.

Plan of the study-

PRAKRITI	No. OF SUBJECTS
<i>Vatapitta,</i>	6
<i>Vatakapha</i>	8
<i>Pittakapha</i>	9
<i>Kaphapitta</i>	13
<i>Pittavata</i>	7
<i>Kaphavata</i>	7

- There was an exact match in the *Prakriti* assessed [Standard questionnaire] and *Naadi* observed by

- The health of the individual is assessed by using WHO's Health assessment scale.
- The Prakriti* of the individual is assessed by using Kishor Patwardhan et al *Prakriti* assessment scale.
- Naadi pareeksha* is done as per the classical method in the evening.
- Obtained data are analysed statistically.

Inclusion criteria-

- Healthy individuals between the age group of 18-23.

Exclusion criteria-

- Individuals with acute or chronic illness.

Assessment criteria-

- The health of the individual is assessed by WHO'S health assessment scale
- Prakriti* is assessed by using Kishore Patwardhan et al *prakriti* assessment chart.
- Naadi* of females is assessed in the left wrist joint And *Naadi* of males is assessed in the right wrist leaving the distance of one *Angula* from *Angushtha moola*.
- The time period of assessment of *Naadi* is kept constant throughout the study ie. Evening

The statistical test applied- The chi-square test.

Observation and Result-

- The study was conducted among 50,1st year BAMS students.
- It was observed that among 50 students,14 were boys and 36 were girls.
- Prakriti* assessment done by using Kishore Patwardhan et al tool revealed that among 50 subjects-

both the observers in 8 subjects while variations in the other 42 subjects.

Since the p-value is not less than 0.05, the test is statistically insignificant.

DISCUSSION

Naadi Pareeksha is a technique that needs a lot of dedication and experience. It cannot be theoretically taught but needs to be practically experienced. There are lots of *Naadi Pareeksha Yantras* or software present in the market^{5,6} but still, the authenticity in understanding and analysing the *Naadi* by bare fingers has its own importance. Keeping this in mind, the present study was conducted. There was only 8 exact match, while 42 mismatches in the *Naadi* felt by the observers and the *Prakriti* obtained by Standard questionnaire. This might be because of the variation in the assessment of the *Naadi* by 2 different individuals since it is a subjective assessment and there is no standard reference.

CONCLUSION

There is no elaborative description of *Naadi Pareeksha* in Ayurveda classics but a book named *Naadi Pareeksha* by Ravana and Kanada has detailed it. *Naadi Pareeksha* is an important contribution by *Ayurveda* which is vanishing day by day, a need in

understanding the theoretical aspects and practically expert it is necessary to help in keeping it alive.

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