

## Analysis of Radial Pulse Using Nadi-Parikshan Yantra

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**Abstract :** Diagnosis according to Ayurveda is to find the root cause of a disease. Out of the eight different kinds of examinations, Nadi-Pariksha (pulse examination) is important. Nadi-Pariksha is done at the root of the thumb by examining the radial artery using three fingers. Ancient Ayurveda identifies the health status by observing the wrist pulses in terms of 'Vata', 'Pitta' and 'Kapha', collectively called as tridosha, as the basic elements of human body and in their combinations. Diagnosis by traditional pulse analysis - NadiPariksha - requires a long experience in pulse examination and a high level of skill. The interpretation tends to be subjective, depending on the expertise of the practitioner. Present work is part of the efforts carried out in making Nadi-Parikshan objective. Nadi Parikshan Yantra (three point pulse examination system) is developed in our laboratory by using three pressure sensors (one each for the Vata, Pitta and Kapha points on radial artery). The radial pulse data was collected of a large number of subjects. The radial pulse data collected is analyzed on the basis of relative amplitudes of the three point pulses as well as in frequency and time domains. The same subjects were examined by Ayurvedic physician (Nadi Vaidya) and the dominant Dosha - Vata, Pitta or Kapha - was identified. The results are discussed in details in the paper.

**Keywords :** Nadi Parikshan Yantra, Tridosha, Nadi Pariksha, human pulse data analysis

**Conference Title :** ICDMCME 2018 : International Conference on Data Mining, Civil and Mechanical Engineering

**Conference Location :** Bangkok, Thailand

**Conference Dates :** January 18-19, 2018