



## The literature review of Naadi and its presentation

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### ABSTRACT

Naadi is the basic tool for diagnosis in one of the “8 kind of diagnostic tools” in siddha system of medicine. Definition of Naadi is “A basic vital energy which is present in living body which exerts the bodily functions ( Physiological & pathological function)in classified manner alone or combined with one another. Naadi is concern about the functional variations not about systematic variation. The variation from normal Naadi presentation denotes some illness present in our body. The Naadi pattern is palpate in radial artery as vadhham,pitham & kabam with responsible fingers”. The aim of the review is explanation of Naadi and its character to know about the normal presentation. Palpation the abnormal presentation of Naadi is the key point to diagnose a disease along with combination of two abnormal Naadi and its presentation. Presentation of a disease like symptoms and duration, localized presentation, character of illness are helps to find out the Naadi’s self developmental growth and other stage developmental growth. Naadi finding is not only a diagnostic tool but it can help to choose the right choice of medicine and its administration in a proper way.

### Keywords:

Naadi, palpation of Naadi, characters of Naadi, Naadi self growth ,Naadi other stage development growth.

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Table. 1 Origin the nature of moment farm force or energy of 3 humours.

Humour	Vital Air	Origin	Region	Moments	Finger	Degree of force
Vadha(wind)	Apana	Faces	Navel	Fowl	Fore finger	1
Pitham (Heat)	Prana	Water	Chest	Frog	Middle finger	Half
Kababm(mucus)	Samana	Seman	Head	Snake	Ring finger	Quarter

Table 1.2 Combination of naadi

NAADI	VADHAM	PITHAM	KABAM
VADHA PITHAM	8 hertz*	>2hertz ; < 4hertz	1 hertz
VADHA KABAM	8 hertz	2 hertz	>1 hertz ; <2hertz
PITHAVATAAM	>4 hertz ; <8hertz	4 hertz	1 hertz
PITHA KABAM	4hertz	4hertz	>1 hertz ; <2hertz
KABAVATAHAM	>4 hertz ; <8hertz	2 hertz	2 hertz
KABAPITHAM	4 hertz	>2hertz ; < 4hertz	2 hertz

Normal hertz : vadham -4 hertz ; pitham- 2 hertz ; kabam- 1 hertz\* Mathirai is the text reference for hertz. Hertz is not authorized term for the replacement of mathirai.it is purely author's opinion.

## MUKUTRA KALAPU

“The three principal Naadi mix together and it is called “Mukutram” or “Tritoda”.

### Equal state of Naadi

The normal state of Naadi or becomes normal from abnormal state known as “Equal”state

### Self development growth

“A Naadi character both physiological & pathological activities increased in its presentation areas in our body

Example : pain and cripitation present in knee joint.

Knee joint – vadha presentation area. Pain & drought vadha character ``.[4]

### Principle of self development growth

Dislike or hatred towards the causative agents which causes the abnormality of Naadi and desire to opposite agents.

### Other stage - development growth

The abnormal Naadi character is migrate to the region other than its presentation region

Knee joint vadha or kabha region . Pain vadha chrecter. Inflammation & burning sensation is character of pitham. so the pitham is migrate to vadha area and both characters of vadham and pitham, elicit in this region.

### Principle of other- stage development growth

Symptoms of the abnormal Nadies and illness.[5]

## CONCLUSION

### Vadham development and equal state

“ Hot agents mixed with vadha character it can stimulate self-development growth of vatha disease. Cold agents/ objects mixed with vadha charecter or vada region it can stimulate other stage development .Hot and fatty or creamy agents combined with vadha region it can make normal state of vadham from its abnormal state. this is the only way to cure the vadha disease.[6]

### Pitham development & equal state

pitham character is combined with cold agents pitta is increased in its presentation region of our body. pitha character is combined with hot agents it can develop the other presentation region. The pitham character is combined with heavy and cold agents ,they can change the abnormality into normal state.

## INTRODUCTION

In siddha system of medicine, this body is made up of 96 principles. "UYIRTHADHUKAL" (Humours) are the one the classification in '96' principles and they are called "NAADI". it is a basic diagnostic tool. In siddha system the word 'NAADI' is not just meant the pulse (but we can feel naadi through pulse only) profound sense it means the vital force or vital energy. A particular function of the body is never done by a single system what we classified in modern terms like CVS, RS CNS etc. Eg. In a respiration respiratory organs, muscles of thorax and diaphragm, lungs, heart, blood and nerves are involved but in siddha the whole process is the work of pranan as well as "pitham". Naadi is concern about the functional variations not about systematic variation. Naadi is deals with only the physiological functional variations.

Each and every function of our body is classified into three basic existence or vital force which has unique functional areas and methods are known as 'NAADI'. Definition of naadi is "A basic vital energy which is present in the living body which exerts the bodily functions ( physiological & pathological function) in classified manner alone or combined with one another".

Eg – flexion and extension is vadha work. Restricted moments in flexion or extension means vadham affected.

### Characters of Naadi (humour) :

The three humours are 1. Vadham 2. Pitham 3. Kabam.

"**Vadham** (wind) forms the vital force of the human body and is present everywhere in the system. It is believed to be self begotten in its origin and identical with the divine energy. It is unconditioned absolute and all prevailing in its nature. It forms the life force of all animated beings and is the cause of origin growth and destruction of all beings. Although it is invisible, its presence is manifest everywhere. it always takes transverse course and is known by its two attributes namely sound and touch. It is the root cause of all disease and the king of all sorts of ailments. It is very prompt in its action and it passes through the whole system in a rapid current.

**Pitham**(heat) is the human organism is nothing but heat as it processes all the characteristics of external fire, such as burning, boiling, heating etc...It produces the internal heat necessary to maintain the integrity of the human body and any increase or decrease in this, produces a simultaneous action in the organism.. it's derangement causes sleeplessness, indigestion, red boils, jaundice, ulcer, cholera, dropsy, acidity, erectile dysfunction, delirium respiration thirst bitter taste in mouth burning sensation in the body is especially palms and soles etc...

**Kabam**(mucus) supplies the body with moisture even as Pitham furnishes it with heat and imports stability and weight to the body. It gives strength of the body, increases the firmness of the limbs and knees. It helps digestion by moistening and disintegrating food with its humid essence. It sense the taste in tongue and helps the sense organs like the eyes, ears and nose in the performance of their respective functions. If derangements causes excess of thirst, dull appetite productive cough, goitre, urticaria etc. Meals taken before digestion, day- sleep, taking sweats molasses generally aggravate mucus."[1]

### Palpation of pulse

"Use the pads of your first three fingers to gently palpate the radial pulse (OER #1). The pads of the fingers are placed along the radius bone, which is on the lateral side of the wrist (the thumb side; the bone on the other side of the wrist is the ulnar bone). Place your fingers on the radius bone close to the flexor aspect of the wrist, where the wrist meets the hand and bends. for correct placement of fingers. Press down with your fingers until you can best feel the pulsation"[2]

If the beat is dominant in index finger it remarks the dominance of vadham, middle finger for pitham and ring finger for kabam. Formation of Naadi is not described in this article. the science behind the 3 classification in one artery is not well understood by authors from literatures.

Vadham is forcible about 1 mathirai (4 hertz) present generally navel and the region below thenavel like genitals, limbs (upper & lower). It's vital air is apana % felt by fore finger. Pitham is half force(2 hertz) vital air prana and present in thoracic region and abdomen, felt by middle finger. Kabam exerts quarter force (1 hertz) during feeling in ring finger, vital air is samana and present in neck and head predominantly. the presentation areas are only generally classified not detailed. force of the humours are compared with the moments of fowl for vatha, frog for pitham and snake for kabam. [1][3].

### Combination of two Naadi

Naadi mixed with another one and each of them increased or decreased in its scales/hertz is called mixed naadies or irukuthu kelappu.

For example vadha nadi is mixed with Pitham and vatha pitha irukutra kalappu occurred. In this mixxing vadha increased double of its scale(8 hertz\*) and pitha is increased in its normal scale(2 hertz) but below then the vadha(<4 hertz). In irukutra-kalappu the first naadi is increased twice in its normal scale but the second one is increased in its normal level but not exceeds twice the amount. Table 1.2.

### **Kabam development & equal state**

The kappa character is combined with fatty or Creamy material the Kaaba increases in its presentation region /self presentation regions. Kabam combined with pitha character agents, kabham will develop other than its presentation region /other development regions. Administration of drought with hot agents in this condition kapha will become normal from self development and others stage development abnormalities.”[7]

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None declared.

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