

Nadi Pariksha

Root Cause Investigation and Evaluation

By

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What is Nadi Pariksha?

Nadi Pariksha is a natural method of investigating the root cause of symptoms, whether they are mental, emotional or physical.

Its origin is attributed to Shiva, who taught Nandi and then to Ravana. This method of investigation is popularly called Ravana Krta Nadi Pariksha.



What is the purpose of doing Nadi Pariksha?

A person having a symptom such as a migraine or a lower back pain may not be able to understand the cause of his suffering. There are also symptoms which are not diagnosed with modern scanning equipments.

The client may not be in a position to explain the symptoms accurately. Therefore, each of these causes have to be identified and only then treated. The one method of identifying the root cause of illnesses is through Nadi Pariksha. Vaidya will perform Nadi Pariksha to investigate, evaluate and understand the client's symptoms and its root cause.

What are the different types of Nadi Pariksha?

There are three types of Nadi Pariksha. The most common method of Nadi Pariksha employed by Vaidyas is what we most often know of (see image on cover page).

Another method of Nadi Pariksha which was prevalent in the past but is rare to see, is Sutra Nadi Pariksha (see image above). This method of Nadi Pariksha was used to investigate and evaluate health of women. At Nadichikitsa we have an expertise in performing Sutra Nadi Pariksha.

The third method of Nadi Pariksha is called Doot Nadi Pariksha. Doot means messenger. In the ancient days, when a person is unwell, a member of the family would approach

the Vaidya. The Vaidya would feel the pulse of the messenger and find out the problems of the one who is suffering. At Nadichikitsa, we have improvised this technique. We use the internet as a messenger and focus on the client's forehead and feel our own pulse to investigate the root cause and the symptoms the clients are ailing with. Nadichikitsa is the only place where you can see all the three types of Nadi Pariksha in practice.



Who needs a Nadi Pariksha consultation?

We have sensory faculties of seeing, hearing, smelling, touching and tasting. Apart from these, we have legs that we can use to walk, arms to grab, reproductive organs for progeny, intellect, intelligence and memory. Locomotion is natural to us. However, we misused our intelligence to create conveniences which can help us stay awake much after the sky has become dark, transport us to lands far and across timezones and at speeds much faster than what is capable by us and eat whenever we want instead of eating



when hungry. Our natural rhythm has changed. Actually, none of our bodies work the way it is supposed to. Hence we all need periodical investigation and evaluation to reset our natural rhythm and that will make us healthy again.

Call +91-77600-30401
to book your appointment today