

Nadi Pariksha

Root Cause Investigation and Evaluation

An Initiative of

NADICHIKITSA INSTITUTE FOR AYURVEDIC STUDIES



116/6, 3rd Floor, 11th Cross, Malleswaram
Bangalore 560003

Ph: 91-9900-045-199

email: admin@ncias.org | website: www.ncias.org

Registration No - MLS-4-00193-2023-24 Dated: 08-08-2023



Root Cause Investigation

A client came for a consultation from Mysore. He was a professor in an Engineering College. Upon investigating his condition, we narrowed down to his pain in the neck, jaw and lower ear. He concurred with our investigation and said that he had been to ENT doctors, orthopaedics and neurosurgeons but the pain persisted. When we told him that the root cause was his anger, he was in disbelief. We demonstrated Marma Chikitsa on him and within a few minutes, the pain had eased.



Investigating the root cause of any symptom is the key to proper treatment. Every system of medicine has its native method of investigation and evaluation. Traditional Systems of Medicine has what it calls Ashta Vidha Pariksha (eight ways of investigation). Of these, Nadi Pariksha is the method of investigation to evaluate the root cause.

In the current scope of medical education in traditional medicine (Ayurveda), Nadi Pariksha is introduced as a method of investigation but students are unable to experience this method due to lack of exposure and expertise amongst the teachers. Hence, this subject has been ignored altogether rendering the students that much weaker in their mastery.

वैद्यो नारायण हरिः (Vaidyo Narayana Harihi)

A Vaidya is one established in the Veda and shastras, one who is learned in, relating or belonging to the Vedas, conformable to the Vedas. upavedas, relating to Ayurveda.

Traditionally, a Vaidya goes through years of rigorous training in use of intellect, intention and practical training in Ayurveda and life skills.

Empowered and enlightened with such skills, the Vaidya's presence begins the healing.

Vikrti Pariksha

Vikrti, or the deviation from the natural course causes several health conditions to manifest. These deviations occur due to Manasa (deviations in thinking), Vacha (manipulated speech) and Kaya (by physical action which includes exercise, over-eating, eating wrong food, unhealthy lifestyle, habits such as, sleeping during the day, smoking, drinking, etc). The ability to investigate these variations can be found with Nadi Pariksha and without asking the client.



Vikrti gives us a bird's eye view of how the client's physical, mental and emotional health is. Based on Vikrti, we can treat the body and bring the dosha to balance with a proper line of treatment. It takes three days to learn Vikrti Pariksha. With regular practice, you can gain mastery in three years.

Dhatu Pariksha

The building blocks of the body are Dhatu (tissues). Rejuvenation of tissues helps the body stay healthy. Through Nadi Pariksha and Dosha-Dushya Sammurchana (pathogenesis of a disease), we can narrow down on the vitiated dosha and assess how the dosha have taken seat in the deficient spaces which weakens the body. With proper diagnosis, proper treatment can be carried out leading to a full and complete recovery.

The Problem

From the time Ayurvedic education has transformed from Gurukula into a collegiate education. The essence of its core has eroded leaving the undergraduate students with only verses to memorise but short of the actual experience that will make them Vaidyas. Several

concepts of identifying raw drugs in their natural environment, harvesting methods, preparation of drugs using mantras, methods of investigation and several such methods are lost due to lack of Gurus and a proper environment.

Unless Ayurveda education is imparted in an environment, it is highly probable that the graduating students will have a degree and no field exposure.



What we need!

Ayurveda education needs a revamp and renewed outlook to restore its lost glory. This can only be achieved when we bring the old teaching methods in a new environment.

Objective



The reason why a student chooses a BAMS course is because he or she did not go through the entrance test that qualifies the person to do a MBBS course.

Having completed the certificate course of BAMS, today's Ayurveda doctors come out with mediocre experience and very little exposure to what traditional Ayurveda is. This has tarnished their self-worth resulting in scores of Ayurveda doctors practicing modern medicine.

Our objective is to raise the bar of self-worth and

respect and acceptance of Ayurveda as a powerful and complete system of preventive and curative healing practice. The Vaidya must practice what the shastras profess so that the clients can benefit in totality.

The Vision

Nadichikitsa Institute For Ayurvedic Studies was started with a vision of creating a Gurukula that will impart the knowledge of Ayurveda to students in an environment that will support them to blossom into Vaidyas.



A Gurukula is where the students will learn the Vedas, Shastras, learn to identify medicinal plants in their natural environment, harvesting methods, preparation of medicines and the mantras that effect healing.

The Vaidya will be proficient in Yagnya, Puja, Marma Chikitsa, Ayurvedic Acupuncture, Ayurvedic surgery, Ayurvedic dentistry, Netra Chikitsa and such other techniques that restore health. Bharat must get its lost glory of being the capital of Ayurveda.

The Approach

Our approach is to begin with training current Vaidyas to become practitioners of Nadi Pariksha, Marma Chikitsa and Mano Chikitsa. We want to create practitioners who will, with practice, become Acharyas.

We need your participation

We are looking for students of Ayurveda who are keen to learn Nadi Pariksha, Marma Chikitsa and Mano Chikitsa. We want your support in spreading the message far and wide so that we and the interested students can connect for transfer of knowledge. Our moment has arrived.

Marma Chikitsa

For Quick Relief in Demanding Situations

An Initiative of

NADICHIKITSA INSTITUTE FOR AYURVEDIC STUDIES



116/6, 3rd Floor, 11th Cross, Malleswaram
Bangalore 560003

Ph: 91-9900-045-199

email: admin@ncias.org | website: www.ncias.org

Registration No - MLS-4-00193-2023-24 Dated: 08-08-2023



Body Aches and Stiffness

On an average, the world over, 8 out of 10 people have some kind of body ache.

Earlier, people in their seventies used to experience some kind of body ache. However, owing to stressful lives and lack of adequate physical activity, people in their mid forties have begun to experience body aches.

Do you experience body ache in the middle of the night?



Most people who experience body aches have increased intensity in the middle of the night and while turning in their bed. This is caused by gas formed from improper digestion of foods. Improper digestion causes hyperactivity in vessels, muscles, and other tissues.

Symptoms such as gas and bloating, lock jaw, Fibromyalgia, Multiple Sclerosis are aggravation of hyperactivity in the body.

The Ageing Community

As people age, back pain, body pain, constipation, sleep disorders and snoring become more common. Apparently, stressed middle-agers are also ailing with these symptoms.

The Problem

Your body influences the mind and mind influences your body. Hyperactivity in the mind is caused by restlessness and anxiety. This causes sleep disturbances, snoring and erratic dreams.

The small intestines produce gas, they bloat and there is hair fall, lower back pain, sciatica and disc bulge.

Mental Wellbeing

Sleep is an essential part of mental wellness. Inadequate sleep can become a cause of a host of illnesses such as hypertension, diabetes, obesity, depression, heart attack, and stroke. The mind is restless and anxious.



Thinking...

The mind is a web of thoughts that constantly keeps us occupied. The quality of thoughts can either enable us or disable us. Most often than not, the quality of thoughts we get attracted to from our day to day activities, work and from browsing social media, are stressful thoughts



Harmony is everything

Having harmony of thoughts and feelings amongst family members is a prime necessity for sound mental health. However, familiarity makes us take them for granted and we express without paying heed to how

our words, intonations and actions might affect our near and dear ones.

The Solution

Food



Food is an important part of our physical wellbeing. It helps our body stay healthy.

Pathya (appropriate diet) is an important part of wellness. Food heals. We can suggest the best diet for your health. Conveniences has led us to consuming readymade foods that fill our stomach, but do not provide any nutrition to the body. We have to get back to natural ways of eating to live healthy.



Marma Chikitsa

Marma Chikitsa reduces hyperactivity. This is a twenty minute procedure that provides quick relief from aches and pains, sprains, muscle spasms, bloating and normalises the flow of prana in the body.

Marma Chikitsa is a non-oil based therapy and hence does not require the person to take their clothes off.

Marma Chikitsa has the potential to delay the onset of

several other geriatric physical conditions such as dementia and alzheimer's disease. Apart from Marma Chikitsa there are other practices that can help mental wellbeing that we provide at Nadichikitsa.

Nirmukt Chikitsa is one such easy to do practice that reduces the intensity of the impression of thoughts upon us. This is required to prevent us from getting consumed in thought. It's effect is maximum among individuals under stress who are lonely, irritated, frustrated, feel rejected or have experienced some kind



of mental or physical abuse. Even senior citizens can benefit from this practice.

We are victims of our judgement. **Bandha Parichheda** or the practice of the figure of 8 is one such practice that helps you to stop judging others. It also stops you from getting affected by others' judging you. There are more uses of this practices which prevent us from living the past and suffering. The effect of this practice is profound in delivering mental peace and stability.

Emotional Wellbeing

Memories trigger various emotions in us. Most often, our past contains instances which we don't want to recollect. The thoughts of - we could have, should have, shouldn't have revisits us from time to time and takes a toll on our emotional health.

Did you know? Emotions are intense and their uprising with memories cause our cells to behave differently? Studies have shown how emotions trigger a host of illnesses including anxiety, depression and cancers.

Emotional breakdowns from separation from a partner, death of a loved one or trauma arising out of abuse, all take a toll on our mental and emotional health.

At Nadichikitsa, we have experience of working with individuals who are emotionally broken and bringing

Testimonials

Vinaya B - wanted to express my sincere gratitude To Sudha Mam & Dr.Mahesh of Nadi Chikitsa Wellness Pvt. Ltd.

I have been suffering with pain behind my ears since 15days, happen to consult various ENT, Dental Specialist, took many Scans and medications but there was no relief neither they were able to diagnose the problem. Today when my pain shot high i happened to visit my dentist and they suggested me to get my molar tooth removed. I luckily happen to call Sudha Mam with lot of hopes, inspite busy schedule of Dr.Mahesh, Sudha mam understood my agony and connected me instantly to Doctor. I wanted to express my sincere gratitude for your prompt assistance and invaluable guidance over the telephone earlier today. Your support during my moment of pain meant a great deal to me, and I am truly grateful for your expertise and dedication to your patients.

Your ability to assess the situation swiftly and provide me with a quick remedy by guiding my daughter with specific marma points not only eased my discomfort but also reassured me in a time of uncertainty. Your professionalism and compassion shine brightly, and I feel fortunate to have you as my doctor.

Your commitment to providing exceptional care, even over the phone, speaks volumes about your dedication to your patients' well-being. I am deeply thankful for your assistance and guidance during this challenging time. Once again, thank you for your invaluable support. Your kindness and expertise have made a significant difference.

Sharmila R - From the day I visited Nadichikista wellness life is never the same where my thoughts are stuck. Every day every morning is a new learning . Txs to Dr and the team for changing the perspective of life in a very simple and understandable way in our daily thoughts. The Free meditation sessions every Saturday is a bliss gift for life thank q Dr n Team again.

Sudha mam txs to all your support too and adding me to the wonderful group where I am learning and implementing a lot in my day to day life. Bounced back to normal life with the help of Dr and team after the big loss on my Dad where I was stuck with my emotional thoughts for more than a year.

Gratitude for life. Not a week passed by without medicines for me for almost 2 years. After Nadichikista, completed the course, and I must say, not taken a tablet for more than a month. This meditation group is a daily dose of energy for my thoughts when I get stuck or confused with my thoughts.

Txs a lot Dr n Team 🙏🙏 Gratitude 🙏🙏

Join our Mission

We cannot achieve it alone. Yes! Our mission is to help people heal and help each other heal. Much of the symptoms begin from our mind, emotion, lifestyle and food habits. Many of these conditions can be avoided or rectified and remedied with a little help. We are too few to assist such a large population.

This is why, we are wanting more people to learn Marma Chikitsa.

Learn | Practice | Certify | Share

There is a dire need for holistic health and there is no better time than now. There are so many health conditions which do not have an answer in the medical systems. However, there are ways to understand and heal many of the symptoms with traditional healing methods. These are backed by shastras (verses on health and wellbeing from ancient times).

At Nadichikitsa, we research on the shastras and their application on health, wellbeing and healing so we can share these practices with the larger population.

Primary Care must begin with You

We believe every individual has the capacity invested in him or her to overcome ailments in its initial stages. The only thing that stops a person from overcoming an illness is ignorance. Once the person is equipped with knowledge, there is nothing to stop the person from restoring health.

How you can benefit?

Marma Chikitsa, is easy to learn and practice so you can quickly bring healing to your community when needed the most.

Talk to us today!

We are eager to pass on this knowledge in our effort to revive it and make it common. So, let us engage and make it happen. A healthier community is a happier community.

Contribute
12A | 80G



Community Wellbeing

An Initiative of
NADICHIKITSA INSTITUTE FOR AYURVEDIC STUDIES



116/6, 3rd Floor, 11th Cross, Malleswaram
Bangalore 560003

Ph: 91-9900-045-199
email: admin@ncias.org | website: www.ncias.org

Registration No - MLS-4-00193-2023-2 Dated: 08-08-2023



Our Training Initiatives

In our endeavour to spread the knowledge of Ayurveda practices far and wide, we have embarked upon a project to train tribals in Marma Chikitsa. These people work in resorts located on the periphery of the forests of Karnataka and Tamilnadu. Performing Marma Chikitsa on clients helps them earn a little more than usual and at the same time, helps the guests restore their health.



Community Wellbeing

Apartment complexes are large volume residences which is occupied by hundreds of families. Many of these families have people including senior citizens who complain of health problems that include snoring, sleep apnoea and aches and pains in the body. Many of these symptoms do not have simple ways in modern medical system. Marma Chikitsa is a promising method to help remedy and in many cases, even reverse the health condition.



Nadichikitsa Institute For Ayurvedic Studies has launched a Community Wellbeing programme in South Bangalore and Hyderabad where we are teaching Marma Chikitsa to those persons who are willing to assist their neighbours. So far, we have five committed individuals who have helped hundreds of individuals.

Know more about Us

At Nadichikitsa Institute For Ayurvedic Studies, we research on simple and effective Ayurvedic healing methods that can be taught to professionals and individuals so that primary health concerns can be addressed immediately before going to the hospital.

Join our Mission

We cannot achieve it alone. Yes! Our mission is to help people heal and help each other heal. Much of the symptoms begin from our lifestyle and food habits. Many of these conditions can be avoided, rectified and remedied with a little help. We are too few to assist such a large population.

This is why, we are wanting more people to learn.

Learn | Practice | Certify | Share

There is a dire need for holistic health practitioners and promoters and there is no better time than now. Contrary to common belief, Ayurveda is not slow. There are so many practices and treatments that deliver faster healing than any other form of medicine. Furthermore, there are so many health conditions which do not have any remedy in the modern medical system. Employing Ayurvedic practices can help remedy as well as cure many of the symptoms. Several of these methods can be learnt easily and practiced in your neighbourhood.

Join Our Research Programme

We research on individuals with lifestyle illnesses to improve their health by employing simple and effective Ayurvedic interventions including pathya (appropriate diet) and improving the lifestyle. You can volunteer in our research programmes.

Talk to us today!

We are eager to pass on this knowledge in our effort to revive it and make it common. So, let us engage and make it happen. A healthier nation is a happier nation.

