

NADI SWARA

sound of your health

<https://www.nadiswara.com>



Agenda

- What is Nadi Pariksha or Pulse Diagnosis.
- Importance of pulse diagnosis.
- Understanding Nadi Pariksha from Ayurveda prospective.
- Understanding Five Elements (Panchabhutas) from pulse diagnosis.
- Need of Nadiswara.
- Analyzing root cause of the disease from NADISWARA report.
- Treatment and food suggestions from NADISWARA.



Nadi Pariksha or Pulse Diagnosis

The most powerful Diagnostic Tool for understanding the connection between body, mind and life style behaviors.

Pulse diagnosis is a tool that practitioners use to assess the health of the major organ systems of the body. It is like “**MRI**” of traditional medical systems.



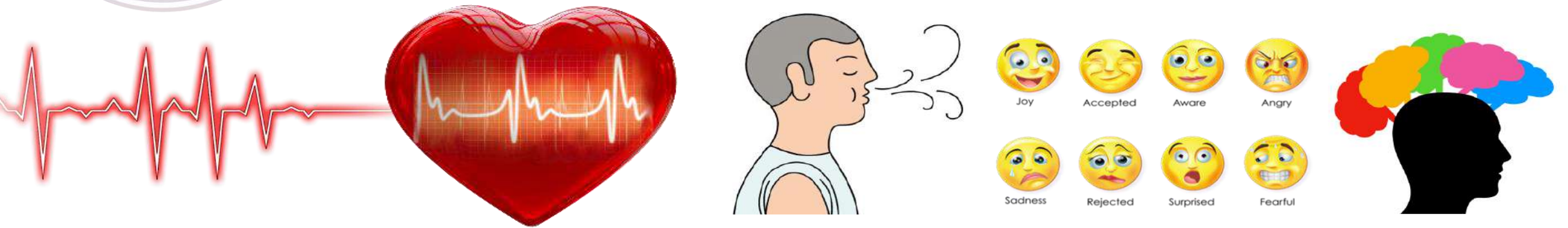
How Pulse Generates?



THOUGHT -> EMOTIONS -> BREATH(SWARA) -> HEART BEAT -> PULSE



HOW NADISWARA WORKS - PULSE COMBINATIONS, REVERSE ENGINEERING



PULSE -> HEART BEAT -> BREATH (SWARA) -> EMOTIONS



Ayurveda

Index finger – **Vata** – Movement resembles **Snake**.

Middle finger – **Pitta** – Movement resembles **Frog**.

Ring finger – **Kapha** – movement resembles **Swan**.



Ref:<https://www.lybrate.com/topic/ayurvedic-pulse-diagnosis/24fbe9fd80a5f5fb96ffab65a35aad2b>

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v

vata

- thin build
- does not gain weight easily
- quick to learn, quick to forget
- enthusiastic & vivacious
- becomes cold easily

vata in balance:

- energetic... vivacious
- learns easily
- clear & alert mind
- falls asleep easily at bedtime
- balanced digestion & elimination
- good circulation & even body temperature

vata out of balance

- tired and/or fatigued
- forgetful, or spaced out
- lack of focus
- difficulty falling asleep
- occasional constipation
- poor circulation (cold feet & hands)
- feelings of anxiousness & worry

p

pitta

- medium build
- balanced weight
- sharp intellect
- goal oriented
- becomes hot easily

pitta in balance

- perfectionist (type A personality)
- strong intellect
- strong digestion
- radiant, glowing skin
- sleeps through the night
- inner peace & happiness

pitta out balance

- controlling, fiery personality
- workaholic tendencies
- overheated, excess stomach acid
- skin rashes & acne
- interrupted sleep
- loose bowel movements

k

kapha

- larger build
- tendency for weight gain
- slow to learn, slow to forget
- sweet & even tempered
- dislikes cold & damp weather

kapha in balance

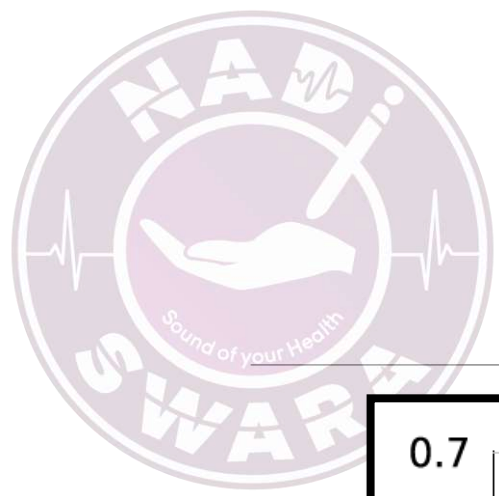
- stable temperament
- good long-term memory
- healthy robust physiology
- strength & stamina
- compassionate & affectionate
- sound sleep

kapha out of balance

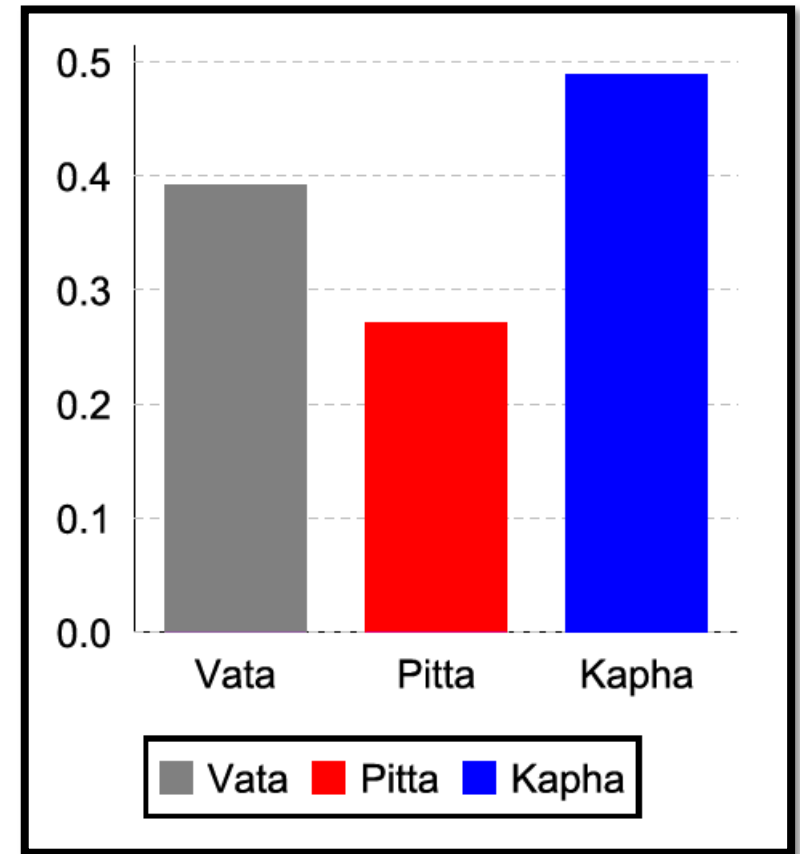
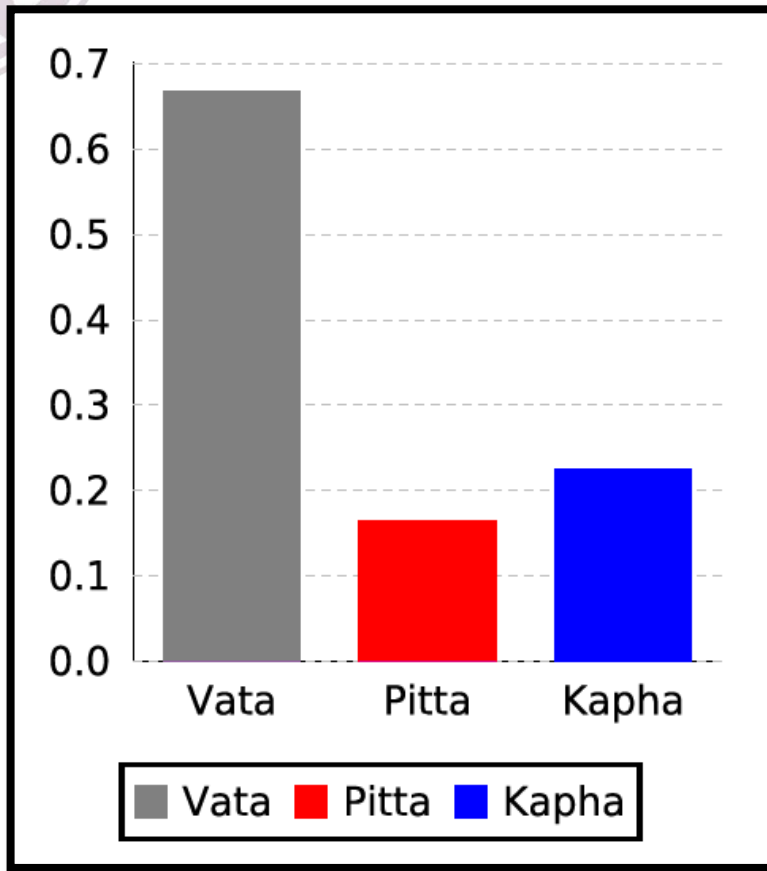
- gains weight easily
- sluggish digestion
- prone to sinus & respiratory issues
- lethargy
- feelings of sadness
- difficulty waking up
- food cravings



S. No.		Vata	V	Pitta	P	Kapha	K
1	Frame	I am thin, lanky, and slender with prominent joints and thin muscles.		I have a medium, symmetrical build with good muscle development		I have a large, round or stocky build. My frame is broad, stout or thick.	
2	Weight	Low; I may forget to eat or have a tendency to lose weight.		Moderate; it is easy for me to gain or lose weight if I put my mind to it.		Heavy; I gain weight easily and have difficulty losing it.	
3	Eyes	My eyes are small and active.		I have a penetrating gaze.		I have large pleasant eyes.	
4	Complexion	My skin is dry, rough or thin.		My skin is warm, reddish in color and prone to irritation..		My skin is, thick, moist and smooth.	
5	Hair	My hair is dry, brittle or frizzy.		My hair is fine with a tendency towards early thinning or graying		I have abundant, thick and oily hair	
6	Joints	My joints are thin and prominent and have a tendency to crack		My joints are loose and flexible.		My joints are large, well knit and padded	
7	Sleep Pattern	I am a light sleeper with a tendency to awaken easily.		I am a moderately sound sleeper, usually needing less than eight hours to feel rested.		My sleep is deep and long. I tend to awaken slowly in the morning.	
8	Body Temperature	My hands and feet are usually cold and I prefer warm environments.		I am usually warm, regardless of the season, and prefer cooler environments.		I am adaptable to most temperatures but do not like cold, wet days.	
9	Temperament	I am lively and enthusiastic by nature. I like to change.		I am purposeful and intense. I like to convince.		I am easy going and accepting. I like to support.	
10	Under Stress	I become anxious and/or worried.		I become irritable and / or aggressive.		I become withdrawn and/or reclusive.	
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Tridosha (Balanced and imbalanced)





Food Suggestion

Food Which Creates VATA

- Milk
- Dry Fruits
- Refined Oil
- Preserved Foods
- Pulses
- Cold Drinks
- Coffee
- New Rice
- Nuts
- Beer



Food Which Creates PITTA

- Sour and Salty foods
- Refined Sugar
- Hybrid Wheat
- Tea
- Pepper, Garlic, Ginger
- Chicken and Egg
- Spices
- Millets
- Alcohol (Hot Drinks)
- Nuts and Seeds



Food Which Creates KAPHA

- Refined Sugar
- Milk
- Oil and Salty food
- Cheese
- Creeper Vegetables
- Large quantity of food
- Ice creams
- Banana, Custard apple, melons
- Cold Drinks
- Frozen or Canned foods





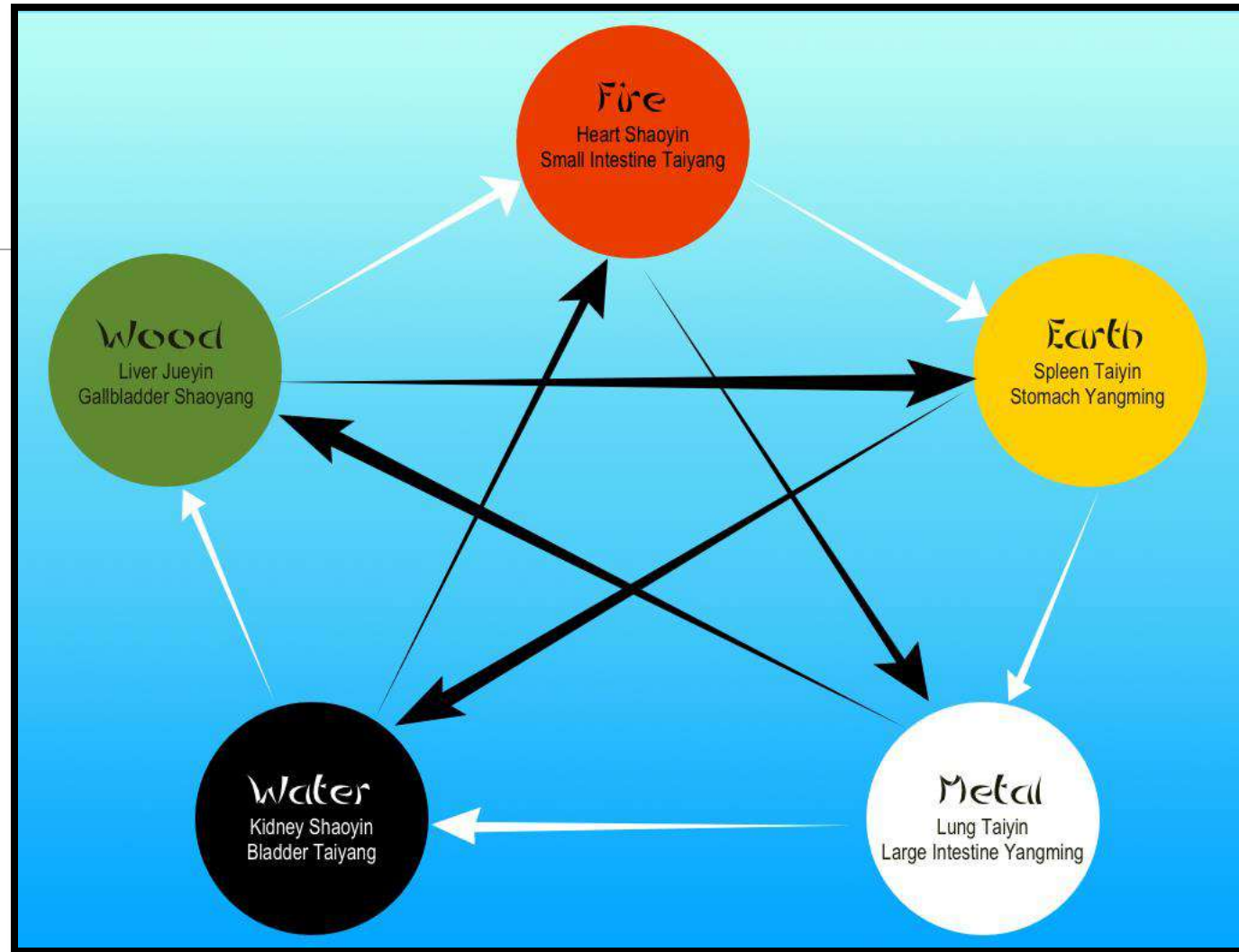
Five Elements



<https://hanumanacademy.com/five-elements/>



Ref: <https://www.saatwika.in/best-ayurvedic-hospital-in-kerala-3/nadi-pariksha-pulse-diagnosis-an-ayurvedic-tool/>



Creation Cycle of Five Elements

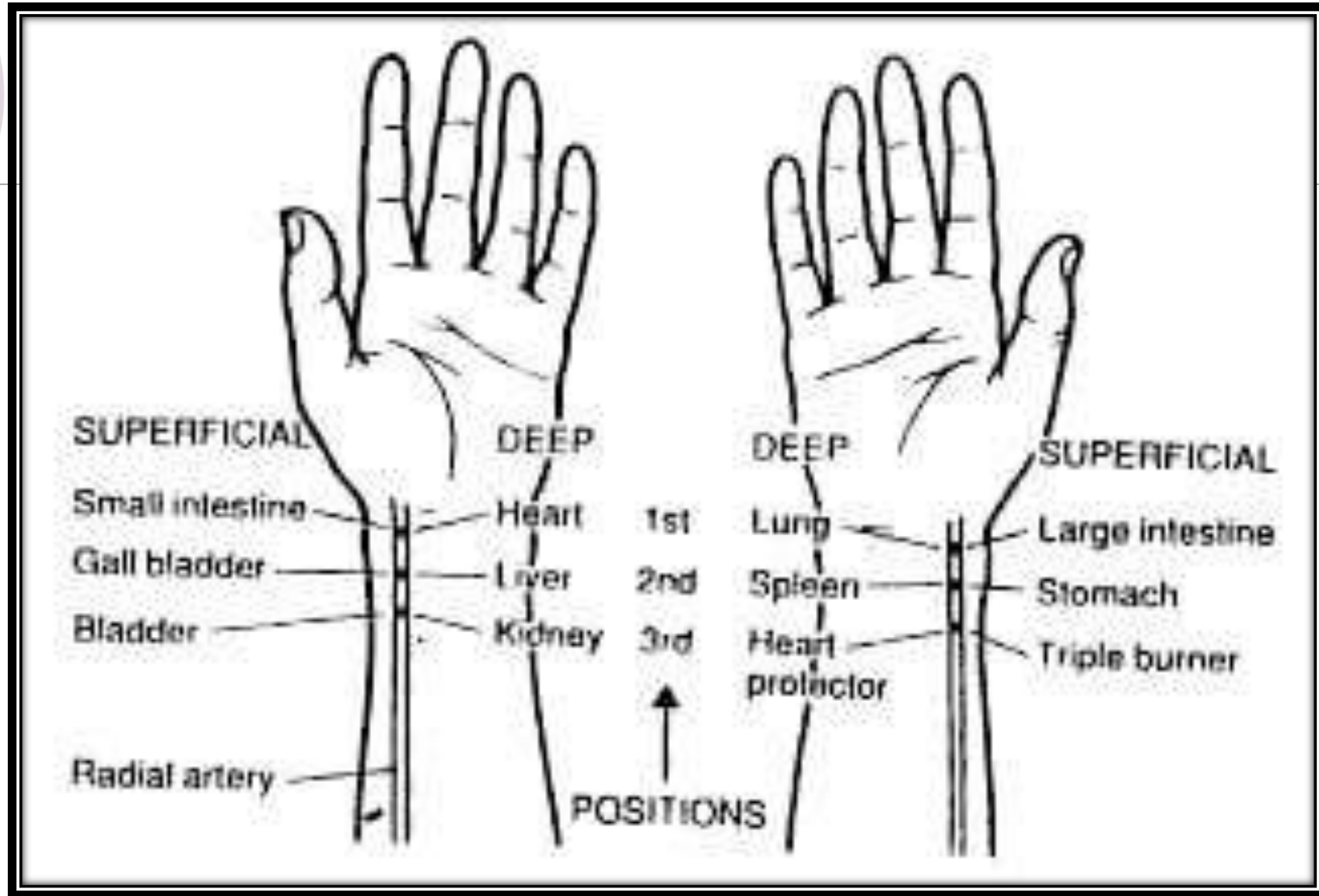
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[ref: https://www.shutterstock.com/ru/video/clip-3810125-campfire-smoking-pacific-northwest-oregon](https://www.shutterstock.com/ru/video/clip-3810125-campfire-smoking-pacific-northwest-oregon)





Agni-Fire-Heat

**Fire: Heart and small intestine
Pericardium and Triple
warmer.**

Energy: Heat / Hotness.

Emotion: Love and joy.

System: Circulatory System.

Nature: Fire responsible for the change in
shape like joints, spinal cord etc

Circulation System: Controls circulation in
the body like circulation of food, fluids,
blood, hormones.

Metabolism: Fire determines the extent of
digestion and assimilation of the various com-
ponents in our food.

Passion: Fire brings passion in your life.

Harmones/Chemicals: Fire governs the
chemical reaction in our body.



Water-Jala-Cold

Water: kidney and urinary bladder

Energy: Cold.

Emotion: Fear.

System: Reproductive System.

Nature: Rhythmic actions by its flowing nature.

Kidney Essence: Water element creates vital energy (Kidney essence) in the body. It helps in cooling, rest and rejuvenation of body cells.

Reproduction: Kidney responsible for reproduction, growth and development of body cells, and controlling of gynecological functions.

Fluids: Kidney play a vital role in regulating secretion of body fluids like urine, sexual fluids and blood.



Air-Vayu-Dryness

Air/Metal: Lungs and large intestine

Energy: Dryness.

Emotion: Sadness, grief.

System: Respiratory System.

Nature: Let it go.

Elimination: Responsible for receiving pure energy from the nature and eliminates unwanted waste or toxins from body and mind.

Respiration: Governs respiration. Imbalance of this element leads to respiratory and skin disorders.

Let it go: Air element is responsible for let go the thought out of the mind. Imbalance in this element leads to residing of the thoughts results in OCD, fear and anxiety, and negative thought.

Immunity: Air element creates PRANA or CHI energy in the body which is responsible for body immunity.



Akash-Wood-Wind

WOOD (Akash): Liver and Gallblader

Energy: Wind.

Emotion: Governs emotions like irritation, mood swings, anger.

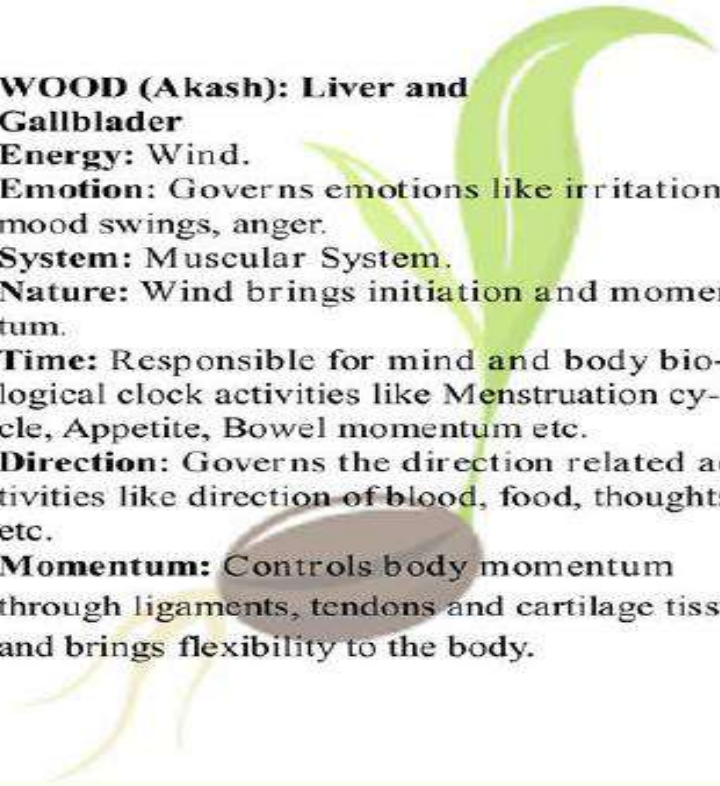
System: Muscular System.

Nature: Wind brings initiation and momentum.

Time: Responsible for mind and body biological clock activities like Menstruation cycle, Appetite, Bowel momentum etc.

Direction: Governs the direction related activities like direction of blood, food, thoughts etc.

Momentum: Controls body momentum through ligaments, tendons and cartilage tissue and brings flexibility to the body.





Earth-Humidity

Earth: spleen and stomach

Energy: Humidity.

Emotion: Thinking and Worry.

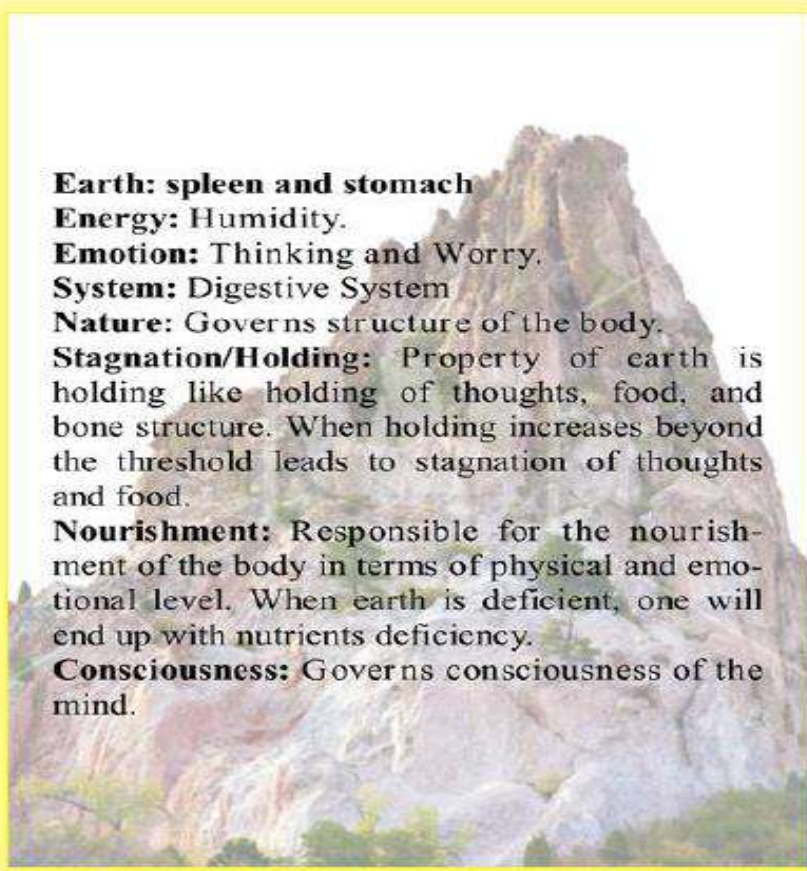
System: Digestive System

Nature: Governs structure of the body.

Stagnation/Holding: Property of earth is holding like holding of thoughts, food, and bone structure. When holding increases beyond the threshold leads to stagnation of thoughts and food.

Nourishment: Responsible for the nourishment of the body in terms of physical and emotional level. When earth is deficient, one will end up with nutrients deficiency.

Consciousness: Governs consciousness of the mind.





Wind-Heat : Liver Heat Blazing :

Symptoms :

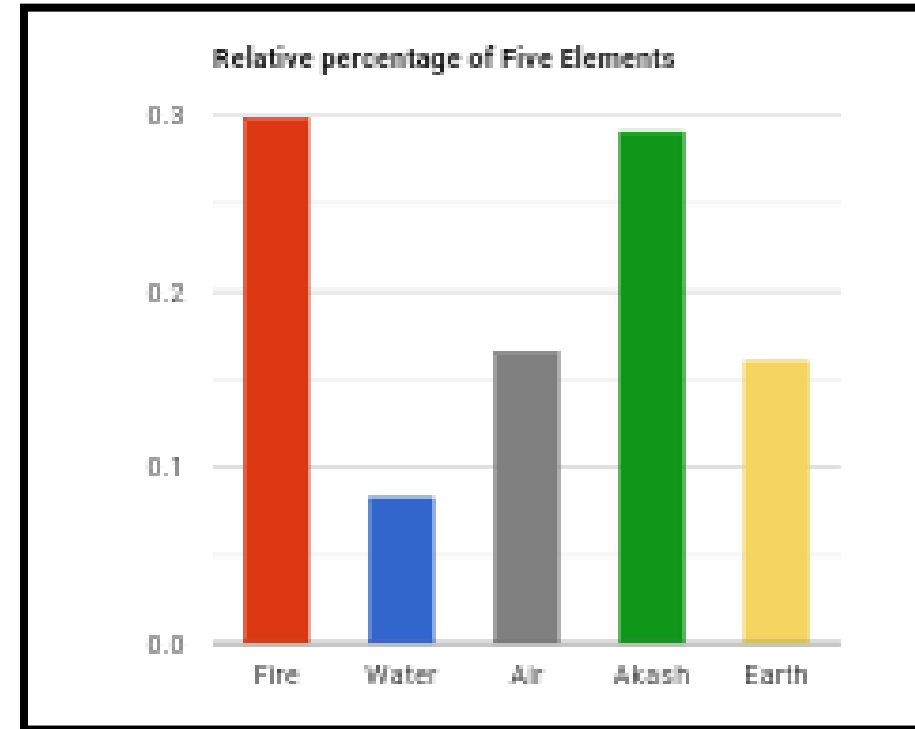
- Irritability
- Outbursts of anger
- Dizziness
- Headache
- Constipation

Acupuncture points :

LIV-2,LIV-3,GB-20,GB 13, GB43,GB38,LIV8,K3,UB23,UB18

Nadiswara points :

LIV2,SP5





Cold-Heat : Kidney Yin Deficiency:

Symptoms :

- Poor skeletal development
- Weakness in the lumbar, knees.
- Low sex drive, infertility
- Premature aging and senility
- Arthritis

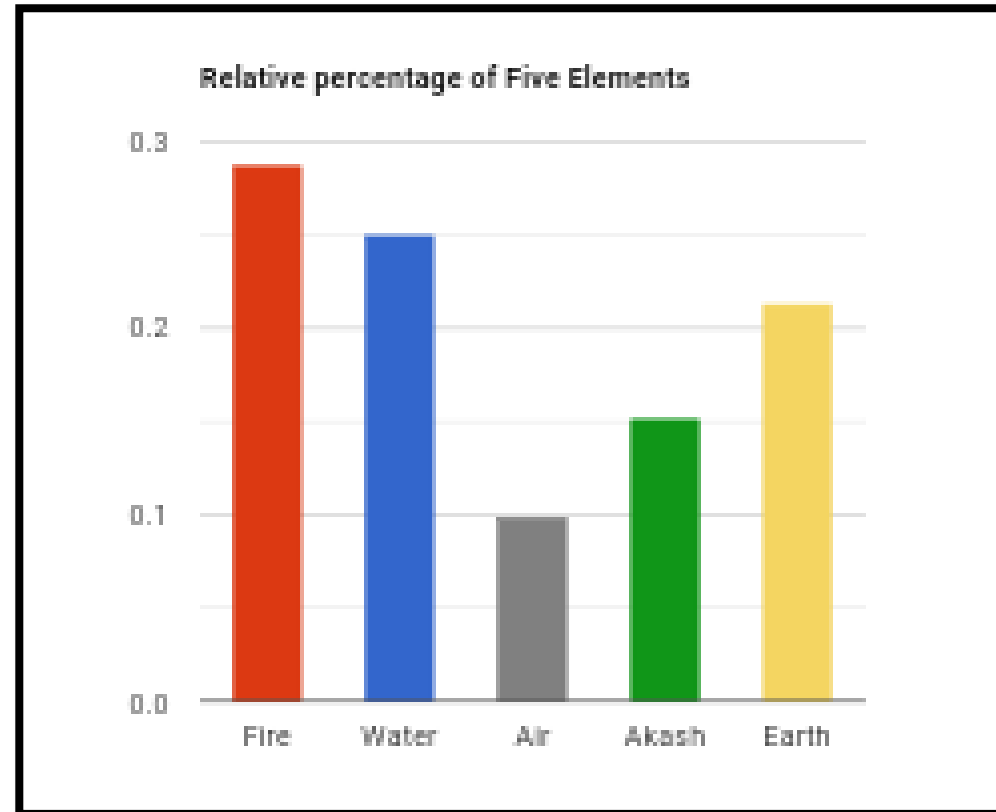
Acupuncture points :

K3,SP6,K10,Liv-3,Lu7,K2,KI-6,

Du-20,St-36, Sp-6,H7 ,He-6,P-6 , Ren14 and Ren15, Ren-4

Nadiswara points :

K2,SP6





Dry-Cold : Invading the Lungs:

Symptoms :

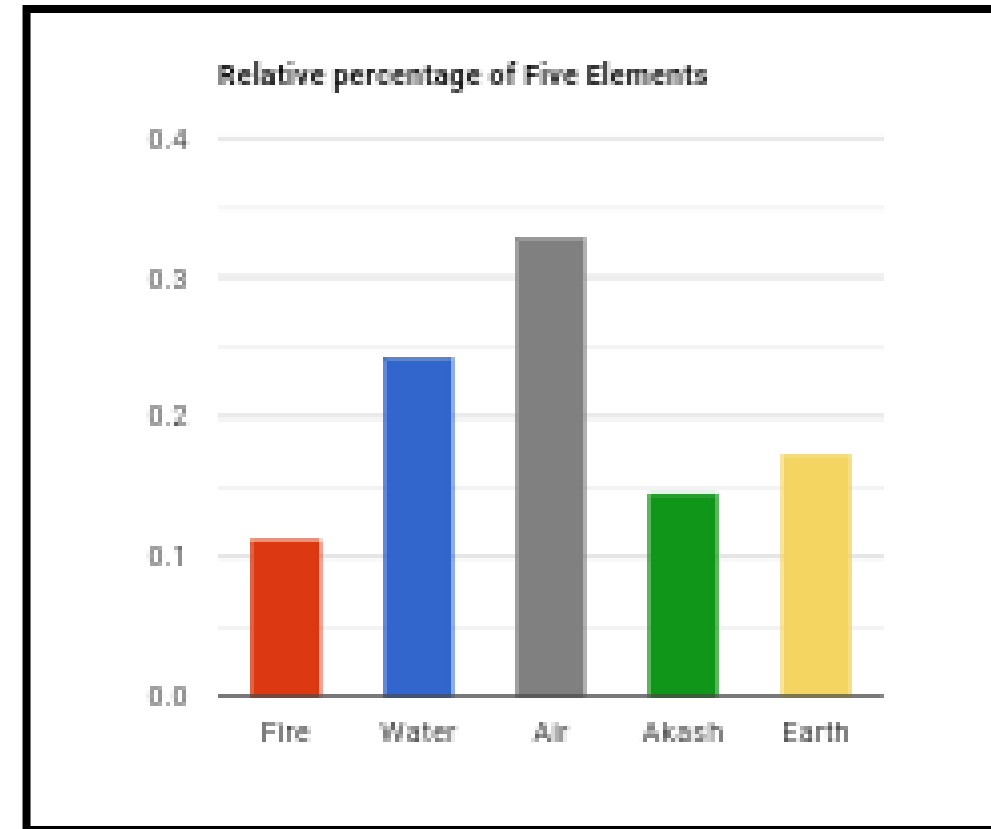
- Cough, panting
- Breathlessness.
- Allergy bronchitis
- Numbness of Limbs
- Sinusitis

Acupuncture points :

- LU 5, LU 9, Ren 17, UB 13, ST 40, UB 43, Ren 12, ST 36, Ren 9, SP 9

Nadiswara points :

LU5,H8





Humidity-Dry : Spleen qi deficiency:

Symptoms :

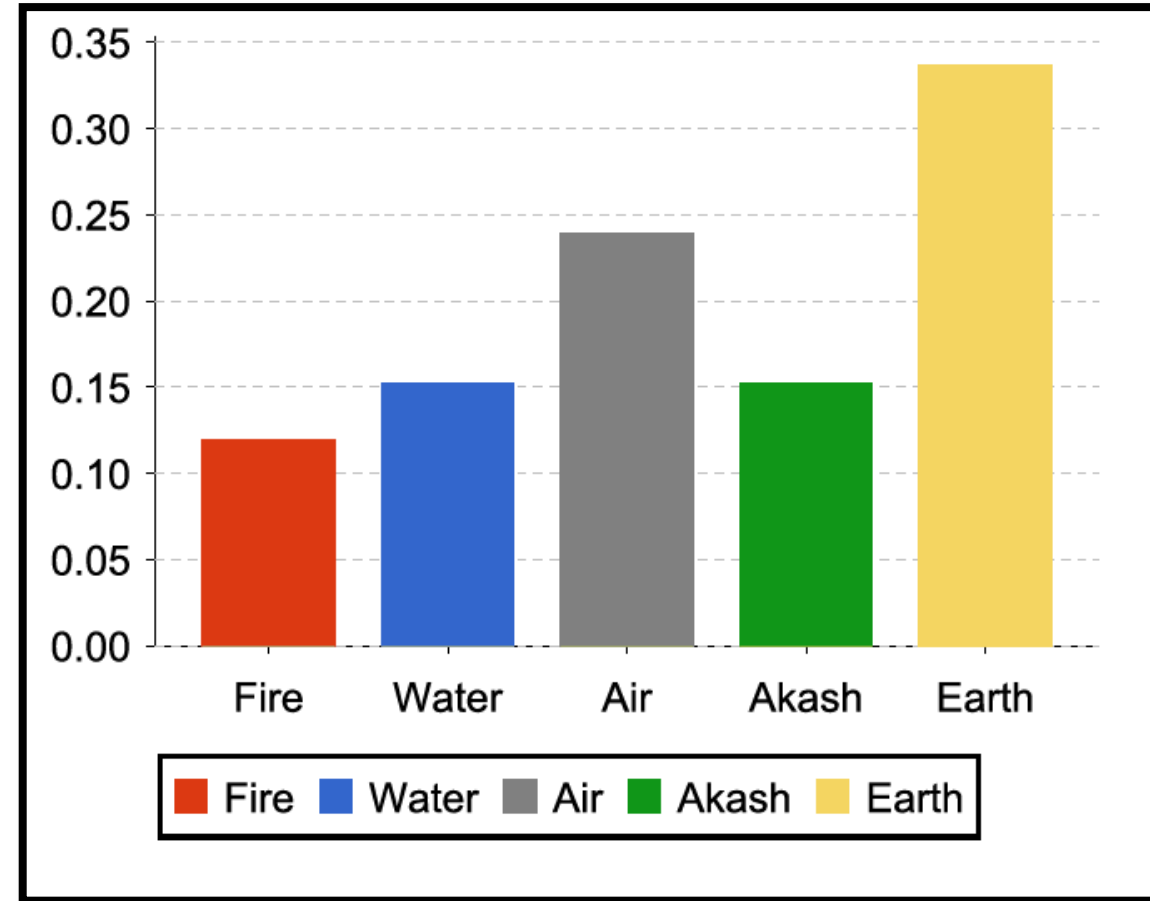
- Poor appetite
- Abdominal Distention .
- Depression.
- Gastritis.
- Obesity

Acupuncture points :

Ren 12, ST 36, SP 3, SP 6, UB 20, UB 21

Nadiswara points :

SP5, LIV1





Humidity-Heat : Damp-Heat Invading the Spleen:

Symptoms :

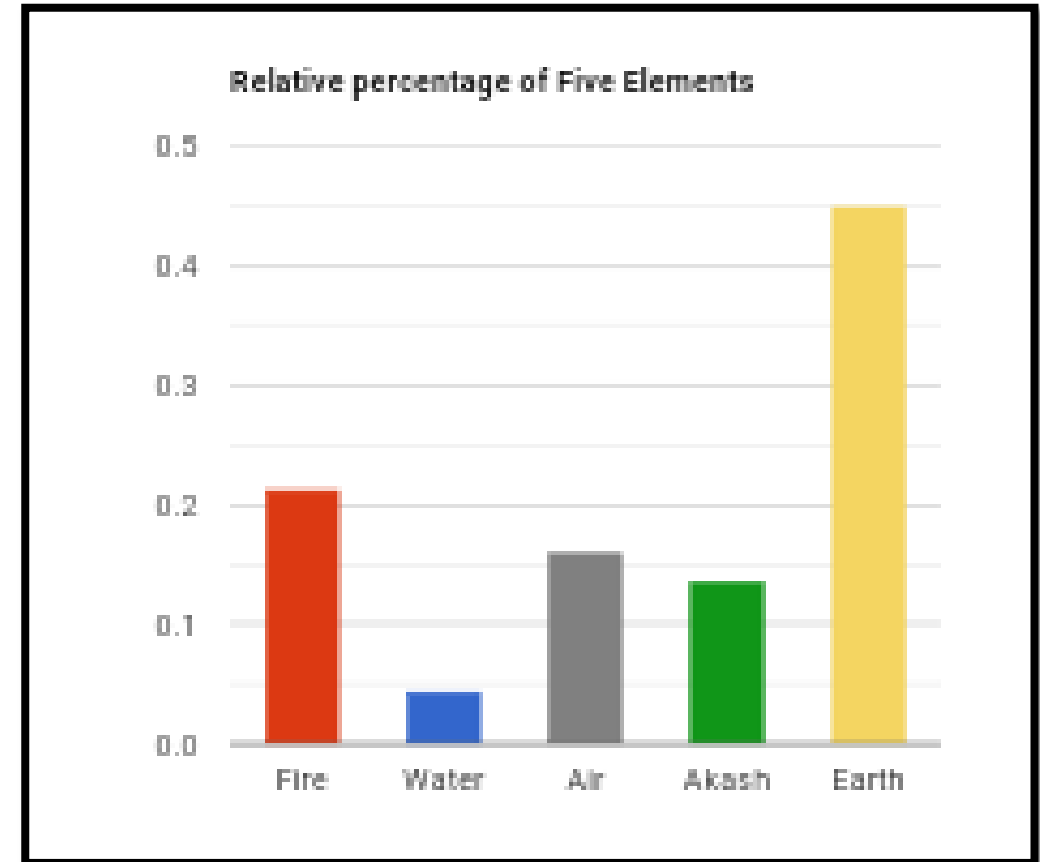
- High blood sugar
- Acidity.
- Heaviness.
- Foot and palm burning.
- Metabolic disorders.

Acupuncture points :

UB-4, TW-6, Ren-17, Ren-9, Ren-12, ST-22, Ren-11.
ST-28 , UB-22, Ren-5, UB-39, SP-9, SP-6, KI-7

Nadiswara points :

SP2,K10





Heat-Humidity : Heart blood deficiency:

Symptoms :

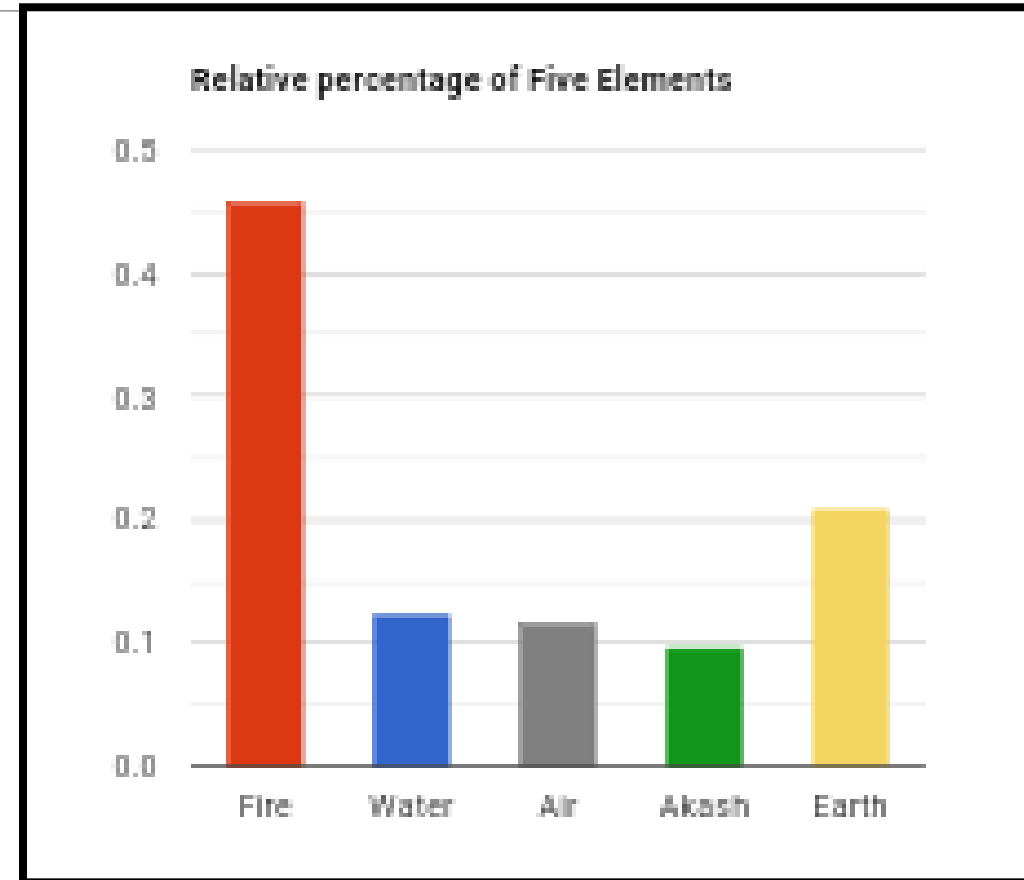
- Disturbed Sleep
- Anxiety.
- Thyroid Variation.
- High Blood Pressure.
- Inflammation.

Acupuncture points :

HT 7, PC 6, Ren 14, Ren 15, Ren 4, UB17, UB 20, lu7 .

Nadiswara points :

H7,K10





Wind-Humidity : Spleen and Liver Blood Deficiency:

Symptoms :

- Blurred vision and floaters in the eyes Anxiety.
- Dull pale face.
- Blood deficiency.
- muscular weakness.

Acupuncture points :

BL-18,BL-20,BL-23,BL-17,LIV-8,
ST-36,SP-6,REN-4 .

Nadiswara points :

SP1,LIV3

