

The Secret Of Siddha Naadi Science

Naadi Sasthiram in Siddha Medicine

Siddha medicine is one of ancient and spiritually enriched traditional medicine systems of Tamil which is believe to be from lord Shiva. Through their well-researched and technically advanced medicine formulations, methods of treatment and alchemy the Siddhars, thousands of years ago devised a system which is effective till date. The Siddha alias Tamizh system aims at not only treatment of the disease through therapy but also healing of the mind and instilling spirituality in the physical being.

The disease in Siddha Medicine

In Siddha medicine it is believed that an equilibrated condition of the Mukkuttram (three humors)

- Vatham(Wind)
- Pittam(Bile)
- Kapam(Phlegm) is indicative of a good health. All the pathology is based on an imbalance of any of these Kuttram (humors).

According to the Siddha system, the individual is a microcosm of the universe. The human body consists of the five primordial elements-earth, water, fire, air and space,



the three humours-vatha, pitta and kapha and seven physical constituents. Food is the basic building material of the human body and gets processed into humours, tissues and wastes. The equilibrium of humours is considered as health and its disturbance or imbalance leads

to a diseased state;

Saint Thiruvalluvar has indicated the same view in his Thirukural,

"மிகினும் குறையினும் நோய்செய்யும் நூலோர்
வளிமுதலா எண்ணிய முன்று." - குறள் 941

Reflecting this theory of cosmic oneness, the five senses are said to correspond with the five elements. Ether (*Velī*) is responsible for hearing; air (*katru*) for sense of touch; fire (*thee*) for sight; water (*neer*) for taste; and earth (*mann*) for the sense of smell.

The diagnosis

All the Siddhars follow a dictum “Ennvagai thervu” which states the diagnostic procedure to be followed. The diagnosis of disease relies on the study or examination of the following eight features which are evaluated in terms of the Mukkutram (three humors). The diagnosis in Siddha medical system is unique as it depends majorly on the clinical wisdom of the Siddhar.

The ancient text “Agathiyar Vaidya Sangam” also gives the following eight check points.

- + Tongue (Naa)
- + Colour (Niram)
- + Speech (Mozhi)
- + Eyes (Vizhi)
- + Stool (Malam)
- + Urine (Moothiram)
- + Touch (Sparisam)
- + Pulse (Naadi)

Out of these eight diagnosing check points, pulse reading **Naadi paritchai** forms the most important tool in diagnosing. The pulse reading is the principle means to study the natural and disturbed Kutram (humoral) condition.

Diagnosis using pulse is a very important aspect of Siddha and is the method developed by Siddhars to extend our sensual perceptions to the interior of our body to diagnose and confirm illnesses. In other words, it performs the job of present day inventions like stethoscope and sphygmomanometers.

Pulse reading forms the predominant mode of examining and requires a highly defined sense of touch and fine subjective awareness.

The Naadi in Siddha refers to two things; the pulse and the nerves. The pulse is influenced in health or in a disturbed state by the nerves and their branches in the body.

The pulse movements (pulsations) are compared to the movement of different animals according to the intensity felt for easy interpretation. It is felt mainly at 10 points, out of which the one felt over radial artery is considered the best and is felt in left hand for females and in right hand for males.

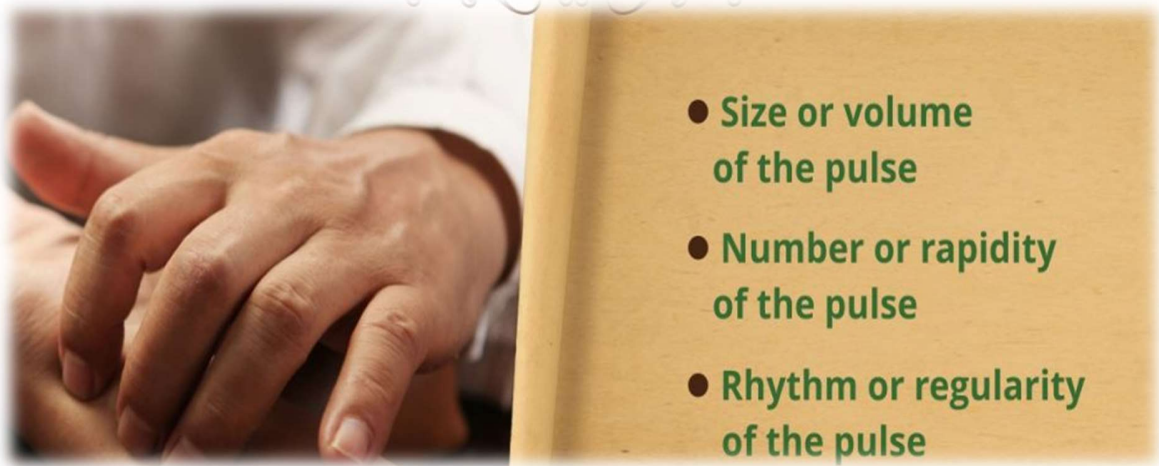
How to read pulse

The art of reading the pulse is like playing the musical instrument 'Veenai.' The same deftness, dexterity, heightened sense of touch and patience are needed to infer observations from the Naadi.

- Naadi shows each change occurring in the body, just similar to the strings of veena which produce music.

The pulse is usually read from the hands but if a reading cannot be taken from hands other arterial points inclusive of ankle, neck and ear lobes are used. Since the body and the mind change as the day progresses and also the different seasons and climatic conditions affect a person's physiological and psychological states.

The pulse is felt on the female's left hand and the male's right hand. The Siddhar examines the pulse by applying the pressure with one finger after the other on a few centimeters below the wrist. Each finger is capable of detecting a humor which is represented by the movement of certain animals.



- ✚ Index finger feels the Vatham (windy humor) – characterised by the movement of a swan, a cock, or a peacock.
- ✚ Middle finger feels the Pittham (bilious humor) – characterised by the movement of a tortoise or a leech.
- ✚ Ring finger feels the Kapam (phlegmatic humor) – characterised by the movement of a frog or a snake.

Any abnormality from these normal movements is indicative of the disturbance in a particular humor. If all humors are affected, then the pulse is unusually rapid and voluminous.

The do's and don'ts of pulse reading

Naadi Sasthiram has enumerated a number of limiting conditions while reading. They are;



- **Pulse reading should not be done immediately after exercise or hard labor**
- **Pulse reading should not be done in hungry, angry or excited patients**
- **Patients should not have food just before the pulse reading**
- **Patient should not be given an oil bath before a pulse reading**
- **The body of the patient should not be wet**
- **He should not come straight from the sun for the pulse reading**

Do seasons affect Pulse / Naadi

Not only the seasons but the time of the day also affects the pulse. As a result of changes in the temperature during the day, atmospheric and seasonal changes, the Kuttram (humors) may increase or decrease resulting in changes in reading pulse. We should remember that all the temperature changes are based on the Indian weather and may vary according to different countries.

- ✚ Winters (December, January, and February): Kapam is increased in winters hence pulse read while the sun sets or in the evenings.
- ✚ Summers(April, May and June): Vatham is increased and therefore pulse is read at sunrise
- ✚ Spring(March, August and September): Pulse should be read at night
- ✚ Fall (July, October and November): Pitttham is increased and so pulse should be felt at noon

Along with the seasons, the time of the day also affects the pulse or the Naadi;

- + Early morning can influence the pulse or Naadi due to change in Vatham.**
- + Noon time has an effect on the Pitttham and hence a changed reading of pulse.**
- + Evenings influence the Kapam and hence pulse reading is not correct.**

The abnormality in the pulse readings from normal represents an abnormality in one of the Kutram. A skilled Siddhar or practitioner of Siddha medicine can detect the subtlest of differences in the flow, volume and rate of the pulse by using the tips of three fingers. These deviations correspond to different diseases or abnormalities in the body function and after identification, an appropriate cure can be prescribed for them.

- + Vatha Naadi (pulse) imbalance: An increase in Vatha Naadi is indicative of frequent headaches, body pain, arthritis, loss of appetite, flatulence etc.**

Other diseases resulting from Vatha Naadi imbalance are difficulty in urination, fever, voice changes, dry cough, and skin discoloration.

✚ **Pittha Naadi (pulse) imbalance:** An increase in Pittha Naadi is indicative of the headache, insomnia, vertigo and in extreme conditions mental disorders.

Other imbalances result in yellowishness of eyes , urine and eyes, burning sensation in the stomach, heart burn, headache, thirsty, dryness of mouth, confusion, and diarrhea.

✚ **Kapha Naadi (pulse) imbalance:** A predominance of Kapha Naadi is prognostic of diseases of the kidney and chest. Other imbalance can identify heaviness of the body and head, sweet taste of tongue, cold to touch, loss of appetite, flatulence, cough with phlegm, difficulty in breathing.

✚ **Sanipatham:** When all three doshas are either increased or decreased then the pulse is affected. This condition may even result in death.

