

**A DESCRIPTIVE STUDY OF NAADI THERVU AND ITS
CLINICAL FEATURES BASED ON THE TEXT
“SADHAGA NAADI”**

**DISSERTATION SUBMITTED BY
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TO

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**DEPARTMENT OF NOI NADAL
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Dissertation Topic	A descriptive study of Naadi Thervu and its clinical features based on the text "Sadhaga Naadi"
Documents Filed	(1) Protocol (2) Data Collection form (3) Patient Information Sheet (4) Consent Form
Clinical/Non Clinical Trial Protocol	Clinical Trial Protocol - Yes
Informed Consent Document	Yes
Any other Document	Case sheeit, Investigation documents
Date of IEC Approval & its Number	GSMC /IV-IEC/2017/BR-V/32/29.05.2017


We approve the trial to be conducted in its presented form.

The Institutional Ethical Committee expects to be informed about the process report to be submitted to the IEC at least annually of the study, any SAE occurring in the course of the study, any changes in the protocol and submission of final report.

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Dedicated to Dr.Krishnaveni, M.D(s), Ph.D.,

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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 vadham,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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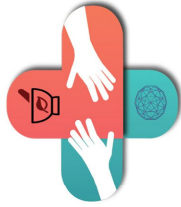


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BREAST CANCER AND DIETARY REGIMEN: A REVIEW

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Abstract

Breast cancer is abnormal or uncontrolled growth of the breast cells. Breast cancer affects 0.5-2% of the population. It characterized by benign or malignant. A cancerous tumour is malignant meaning it can grow and spread to other parts of the body. The greatest disadvantage in the presently available potent chemotherapy drugs lies in their toxicity and reappearance of symptoms after discontinuation. To avoid harmful foods and cancer preventive dietary regimen used day to day life and the prevent breast cancer. The aim of the review is to update information on breast cancer including Risk factor, Epidemiology, Types, Stages, Spreads, Symptoms, Diagnosis, Side effects of Allopathic anti-cancer treatment and importance of dietary regimen for the prevention of breast cancer. The present review also focuses on the dietary regimen and avoid harmful foods are follow in the prevention of breast cancer.

Keywords

Breast cancer, Risk factor, Classification, Dietary regimen.

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1.INTRODUCTION

Science is a systematic enterprise that built and organised knowledge in the form explanations and predictions about the universe. Science in its original sense was a word for a type of knowledge. In particular it was the type of knowledge which people can communicate to each other and share (1). From this point of view siddha is a natural science which deals about the universe and the part of the universe. Siddhars narrate a different kind of science and technology about alchemy, meditation, yoga, long life, superpowers and the formation of universe and mostly about the medicines and treatment. The modern science is divided into three major parts

1. Natural science
2. Social science
3. Formal science.(2)

Siddhars are mainly concentrating about natural science and some part of social science and formal science. Send us or describe these methods in direct and indirect (paripasai) method. The indirect narration of Sid the seed is become a metaphor and unexplained. some strong reasons behind this metaphoric narration like alchemy is not for greedy person. In author point of view all the text references must be practice and scientifically approached by siddha peoples.

Medical diagnosis is the process of determining which disease or condition explains a person's symptoms and signs. It is most often referred to as **diagnosis** with the medical context being implicit. The information required for diagnosis is typically collected from a history and physical examination of the person seeking medical care. The symptoms of the disease is specifically described In Most of the Siddhars text references. There is so many simile present in the text which required a vast observation knowledge to understand. Eg. The urine in“thavalaneer”disease is boiled; it becomes blackish brown color like the color of boiled liver.

Often, one or more **diagnostic procedures**, such as medical tests, are also done during the process. A **medical test** is a **medical** procedure performed to detect, diagnose, or monitor diseases, disease processes, susceptibility, or to determine a course of treatment.

In Siddha system it is divided into “**ENVAGAI THERVU**” (8 kind of diagnostic test).they are

“....திரணியதோர் நாடிகண்கள் சத்தத்தோடு தேகத்தினது
பரிசம் வர்ணம் நாக்குஇரண மலமுத்திரமா மிவைக ளெட்டும்
இதம்படவேதான் பார்த்து.....”

-குணவாகட நாடி(3)

- 1.நாடி -Pulse
- 2.கண்கள் -eyes
- 3.மொழி – speech
- 4.மெய் -sensory
- 5.நிறம் -colour
- 6.நாக்கு -tongue
- 7.மலம் -feces
- 8.முத்திரம்-urine

Along with the medical taste it can extended to manikadainool, panjapakshi sasthanam, thoodhanilakanam etc... **In modern medicine ,Medical tests** relate to clinical chemistry and molecular diagnostics, and are typically performed in a **medical** laboratory. If we succeeded in adaptation of science with organised and statistical analysis in clinical chemistry and molecular science in Siddha diagnostic system In future Siddha diagnostic medical laboratory established.

Diagnosis is often challenging, because many signs and symptoms are nonspecific. For example, redness of the skin (erythema), by itself, is a sign of many disorders and thus does not tell the healthcare professional what is wrong. Thus differential diagnosis, in which several possible explanations are compared and contrasted, must be performed. This involves the correlation of various pieces of information followed by the recognition and differentiation of patterns. “Naadi” is kind of correlation technique which gives a particular figure about the disease diagnosis. Eg .thaethinattam, infertility present only in vadhapitham or pithavadham among 10 naadis.

“முப்பிணிமருவிமுனிவுகொள்குறிப்பை தப்பா தறியும் தன்மையும் வாத
பித்தம் ஐயம் பிரிவையும் அவைதான் ஏறி இறங்கி இணைந்து கலந்து
மாறி மாறி வரும் செயற்கையாற்பிணி நேர்மை அறிந்து நீட்டுமருந்தே
சீரியதாமெனசெப்புவர்சித்தரே”

-குணவாகட நாடி.(4)

A proper diagnosis is made by diagnosis of the Naadi first and then compares with other seven medical test and signs and symptoms of the disease and get a correlative diagnosis. Preference of medicine is done by the presentation of Naadi pattern. **Prognosis** is a medical term for predicting the likely or expected development of a disease, with the difference of Naadi pattern, including whether the signs and symptoms will improve or worsen (and how quickly) or remain stable over time (5). So finding the pattern of Naadi is not just diagnostic value, more reliable in prognosis and treatment.

‘Occasionally the process is made easy by a sign or symptom (or a group of several) that is pathognomonic. Diagnosis is a major component of the procedure of a doctor's visit. From the point of view of statistics, the diagnostic procedure involves classification tests.’(6).

2.AIM & OBJECTIVES

Aim :

The Aim of the study is to describe the “NAADITHERVU” and its clinical features based on the text “SADHAGA NAADI”. The focus of the study is detecting the Nadi pattern by manual method and Naditarangini compared with the clinical features of sadhaga naadi presentation. This is a descriptive study which is the only focus about the accuracy and possibilities of diagnosis through NadiThervu by using the text references of sadhaganaadi.

Objective

Primary objective

Describe the pattern of naady and clinical features based on the text selection not the patient of government Siddha medical college and hospital OPD and IPD during the period from June 2017 to January 2019 32 months.

Secondary objectives

1. Demonstrate the Nadi by then by using Naditarangini and manual naadi
2. Co-ordinate and demonstrate the Nadi pattern in various diseases
3. Validate the effectiveness of nadatarangini in naadithervu

3. REVIEW OF LITERATURE

வாத நாடி

வாதம்எனும் நாடியது தோன்றில்
சீதம் மந்தமொடுவயிற்றுப்பொருமல்திரட்சி வாயு
சீதமுரும்கிராணிமகோதரம்நீராமை
திகழ்வாய்வுசூலை வலி கடுப்பு தீரை
நீதமுரும் கிருமி குன்மம் அண்டவாதம்
நிலையு நீர் கிரிச்சரம் தந்து மேகம்
பேதகமாம்முதரபினி மூல ரோகம்
பேசவேகுபணிகளுக்கும்பொருளதாமே.

வாத பித்தம்

பொருளானவாதத்தில் பித்தம் சேர்ந்தால்
பொருந்துகுணகிரதஉனமுஷ்ணவாயுசக்தி
செரியாமை புளித்த ஏப்பம் பொறுமலநீரில்
சிவப்பு மலம் பிடித்த லுரும்தாதுநட்டம்
கருவானதேகமதில் உளைச்சல் சோம்பல்
கைகால்கள் தரிப்பு நாக் கசக்கும் அன்னம்
பரிவான உன் குறைதல் ருசி கேடாதல்
பலநோயும் வருத்தி வைக்கும் பாங்கு தானே.

வாத கபம்

பாங்கான வாதத்தில்சேத்துமநாடி
பரிசித்தால் திமிர் மேவு வுளைச்சலாகும்
தீங்கான இருமலுடன்சந்நிதோடம்
சேர்ந்தவிஷம் வெடி சூலைஇருத்துரோகம்
வாங்காத ஈளை மந்தார காசம்
வலியுடனேபிற வீச்சுக்கள் வீச்சு வீக்கம்
ஒங்கானும்சுரமுடனேசுவாசகாசம்
உண்டாகும்வெகு நோய்க்கும் உறுதி தானே.

பித்தம்

உறுதியுள்ளபித்தமதுதோன்றில்வெப்பு
உஷ்ணவாய்வத்திசுரம்அதிசாரங்கள்
மறதியுடன்கிறக்கமாய்பைத்தியரோகம்
வளர்சோகையழலெரிவுகாந்தல்கைப்பு
இருதயத்தில்கலக்கமதுமறப்பு தாகம்
எழும்கனவுமேயணைவுமயக்க மூர்ச்சை சிறிது
பெரும்பாடு ரத்தம் பிரமேகங்கள் சேர்ந்து
வெகு பிணிபலவும்சிறக்கும் தானே

பித்த வாதம்

சிறப்பான பித்தத்தில்வாதநாடி
சேரிலுறுதாதுநட்டம் உதிர பீடை
உறைப்பாகசெரியாமைகுன்மஞ்சுலை
உத்தசுரம்கிராணிவயிற்றிரைச்சல்மந்தம்
அறைப்பானஓங்கார பிற நீர்க்கோவை
ஆயாசம் கிரக்கமொடுமயக்கமூர்ச்சை
முறைக்காய்வுவிஷ வீக்கம் மூலவாய்வு
முரடான நோய் பலவும்முடுகுமுண்பே

பித்த கபம்

பண்பான பித்தத்தில்சேத்துமங்கூடி
பரிசித்தால்அத்திசுரம்இளைப்புயீளை
கண்காதுநயனமலநீரும் மஞ்சள்
கன வயிறு பொருமல் மஞ்சள் நோய்கண்ணோய்
உனும்போது மறுத்தல் ரத்த விப்புருதிதானும்
உளமாந்தைபீனிசம் ரத்த வீக்கம்
நண்பான காமாலை சோகை வெடிப்பு
நனுகிவந்த பலபிணியும்நாணுந் தானே

கபம்

தானமுள்ளசேத்துமந்தானிளகில்
சயமீளைஇருமல் மந்தாரகாசம்
ஈனமுறுஞ்சன்னிவிஷதோஷம் விக்கல்
இருத்து ரோகம் கரப்பான் விரணசூலை
மானணையீர்துலைதிரள் வியாதி வீக்கம்
வரும் சத்தி சுவாசம் நெஞ்சடைப்பு தூக்கம்
ஏனமுறும் காமாலை பாண்டு சோகை
ஏழு சுரங்கள்பலதுக்கம்விடமுண்டாமே.

கப பித்தம்

இடமானசேத்துமத்தில் பித்தநாடி எழுந்தனுகில்
விஷம் உடனே வீக்கம் உண்டாம் திடமான
குளிர் காய்ச்சல் மஞ்சள் நோவும்
தேகத்தில்உளைச்சலீளைஇருமல் வாந்தி
விதமான நெஞ்சடைப்பு சுவாசவீக்கல்
வெகுசுரமும்நாவறட்சி பாண்டூரோகம்
அடமான குவளை இரத்தம் அதிசாரந்தான்
அனுகிபலநோய்க்குத்தடங்கண்டாயே.

கப வாதம்

கண்டாயோசிலேற்பனத்தில்வாதநாடி
கலந்திடில் வயிறு பொருமல் கனத்த வீக்கம்
உண்டாலோஓங்கார சக்தி விக்கல்
உறுதிரட்சை வாய்வு வலி சன்னிதோஷம்
விண்டாலோ இளைப்பிருமல் சோகை பாண்டு
விஷ பாசம் விஷசூலை பக்கவாதம்
திண்டாடும்நாசிகாபிண்டங்கக்கல்
சிரநோய்கள்பலவும்வந்துசிக்குந் தானே.

4. CLINICAL FEATURES OF SADHAGA NAADI – A BRIEF NOTE

வாத நாடி

சீதம் – Cold

The common cold is a viral infection of your nose and throat (upper respiratory tract). It's usually harmless, although it might not feel that way. Many types of viruses can cause a common cold. Children younger than 6 are at greatest risk of colds, but healthy adults can also expect to have two or three colds annually. Most people recover from a common cold in a week or 10 days.

Symptoms

1. Runny or stuffy nose
2. Sore throat
3. Cough
4. Congestion
5. Slight body aches or a mild headache
6. Sneezing
7. Low-grade fever
8. Generally feeling unwell (malaise)

The discharge from your nose may become thicker and yellow or green in color as a common cold runs its course. This isn't an indication of a bacterial infection.

மந்தம் – Fatigue

Fatigue is generally defined as a feeling of lack of energy and motivation that can be physical, mental or both. Fatigue is not the same as drowsiness, but the desire to sleep may accompany fatigue. Apathy is a feeling of indifference that may accompany fatigue or exist independently. In addition, individuals often describe fatigue using a variety of terms including weary, tired, exhausted, malaise, listless, lack of energy and feeling run down.

Causes of fatigue/fatigue present in the following diseases

Chronic fatigue syndrome ,stroke ,depression ,swine flu ,septicaemia, premenstrual syndrome,dehydration ,anorexia nervosa, HIV and AIDS, subdural

Hematoma, hypovolemic shock ,cardiogenic shock, hormonal headaches ,diabetes insipidus, sleep apnea, seasonal affective disorder ,botulism ,kwashiorkor ,shaken baby syndrome, necrotising enterocolitis, hydrocephalus, acute kidney tubular necrosis ,chronic kidney disease, adult brain tumor ,bladder cancer, glamour nephritis, breast milk jaundice, alcohol related liver disease disease, pulmonary actinomycosis ,pituitary cancer, medullary cystic disease, maple syrup urine disease, race syndrome, isopropyl alcohol poisoning encephalopathy, diabetic hyperglycemic hyperosmolar syndrome, acute nephritis, intussusception ,newborn jaundice hemolytic uremic syndrome, Snake bite, intracranial hemorrhage ,cholera ,acute kidney failure.

வயிறு பொருமல் –Blotting abdomen

There are many possible causes of abdominal bloating, including fluid retention, irritable bowel syndrome, and infection. However, for most people, the cause of bloating will be fairly harmless, and it can be treated at home.

Abdominal bloating can be alarming, particularly when it is very painful. Some people notice that their belly looks swollen or misshapen, or they may experience sharp abdominal pain. Yet in many cases, the cause may be something as simple as indigestion or too much gas building up in the stomach and bowels.

Indigestion

Indigestion, sometimes called dyspepsia, is discomfort or pain in the stomach. Most people experience brief episodes of indigestion from time to time.

திரட்சிவாயு – Abdominal abscess

An abdominal abscess is a pocket of infected fluid and pus located inside the belly (abdominal cavity). This type of abscess can be located near or inside the liver, pancreas, kidneys or other organs. There can be one or more abscesses.

Causes

You can get abdominal abscesses because you have:

- A burst appendix
- A burst or leaking intestine
- A burst ovary
- Inflammatory bowel disease

- Infection in your gallbladder, pancreas, ovary or other organs
- Pelvic infection
- Parasite infection

You are more at risk for an abdominal abscess if you have:

- Trauma
- Perforated ulcer disease
- Surgery in your belly area
- Weakened immune system

GermS may pass through your blood to an organ in your belly. Sometimes, no reason can be found for an abscess.

கிராணி – Ameobiasis

Gastrointestinal amebiasis is an infection of the large intestine caused by microscopic one-celled parasites commonly known as amoebas (*Entamoeba histolytica*). Because these parasites live in the large intestine, they travel in the feces of infected people, and can contaminate water supplies in places where sanitation is poor. The parasite can contaminate fruits and vegetables grown in areas where human feces are used as fertilizer. They can be transferred on the dirty hands of infected people who don't wash their hands often or correctly.

மகோதரம் – Ascites

The medical definition of ascites is an abnormal accumulation of fluid within the (peritoneal) cavity. Ascites is caused by a variety of diseases and conditions, for example, cirrhosis of the liver, cancer within the abdomen, congestive heart failure, and tuberculosis.

Ascites is one of the most common liver diseases that is caused by cirrhosis of the liver.

Signs and symptoms of ascites

- Abdominal pain and bloating
- Shortness of breath
- liver failure.

Ascites is detected with physical examination of the abdomen by visible bulging of the flanks in the reclining person ("flank bulging"), "shifting dullness"

(difference in percussion note in the flanks that shifts when the person is turned on the side) or in massive ascites with a "fluid thrill" or "fluid wave" (tapping or pushing on one side will generate a wave-like effect through the fluid that can be felt in the opposite side of the abdomen).

Other signs of ascites may be present due to its underlying cause. For instance, in portal hypertension (perhaps due to cirrhosis or fibrosis of the liver) people may also complain of leg swelling, bruising, gynecomastia, hematemesis, or mental changes due to encephalopathy. Those with ascites due to cancer (peritoneal carcinomatosis) may complain of chronic fatigue or weight loss. Those with ascites due to heart failure may also complain of shortness of breath as well as wheezing and exercise intolerance.

சூலை –Acute pain/Colic pain/Spasmodic pain/Cutting pain

Acute intolerable pain & cutting pain or spasmodic pain around abdomen is referred as Soolai in tamil text. Causes of pain is described below under the heading 'vali'. we discussed spasmodic pain here. however soolai not just refers spasmodic pain. there is 15 kind of soolai are present in siddha system which encounters various systems. pricking or cutting pain is common in all kind of soolai.

Stomach spasms are contractions of your abdominal muscles (abs), stomach, or intestines. Depending on which part of your body is spasming and how badly, it might feel like either a slight muscle twitch or stomach cramps.

வலி – Pain/Seizure

Pain is a distressing feeling often caused by intense or damaging stimuli. The International Association for the Study of Pain's widely used definition defines pain as "an unpleasant sensory and emotional experience associated with actual or potential tissue damage, or described in terms of such damage". however, due to it being a complex, subjective phenomenon, defining pain has been a challenge. In medical diagnosis, pain is regarded as a symptom of an underlying condition.

Pain causes/Pain present in the following diseases :

Sprains and strains, burn, confusion, unstable angina, cellulitis, chemical burns, frozen shoulder, meniscus tear of the knee, sports injury, burns, Neuralgia, radiculopathy, kidney stones, sciatica, appendicitis, Gall stones, Heart Attack

peripheral neuropathy premenstrual syndrome fracture urinary tract infection Arthritis osteoarthritis tension headache I vs chronic fatigue syndrome hemorrhoids cluster headaches tennessee whiplash migraine diverticulitis herniated disc crohns disease fibromyalgia mastitis spinal cord injury tendon inflammation bursitis rotator cuff tear costochondritis temporomandibular joint disorders common cold bladder infection dislocations rheumatoid arthritis carpal tunnel syndrome stable angina why Naik scoliosis pulmonary embolism mono neuropathy corneal abrasion asthma pelvic inflammatory disease tension sheath inflammation tenosynovitis ovarian cyst sinus infection Sinusitis cervical spondylosis diabetes type causes meningitis compression fracture teeth grinding gout Leo nephritis MC ltr runners knee fibroids ulnar Nerve Palsy intestinal obstruction Chronic Bronchitis different from poses viral gastroenteritis systemic lupus erythematosus spinal stenosis scleritis in titration shingles peritonitis hiatus hernia rotator cuff tendinitis Pneumothorax prostate is atherosclerosis cold and flu bladder stones coronary artery disease intussusception pregnancy chronic nonbacterial prostatitis bone too much multiple sclerosis pneumonia broken nose infectious mononucleosis miscarriage anterior cruciate ligament tear compartment syndrome and dermatosis trumbo celebrities orchitis bug bites and stings chanka atypical pneumonia heartburn conjunctivitis menstrual problems toxic megacolon hypothyroidism alcoholism chronic obstructive pulmonary disease raynaud phenomenon hypercholesterolemia synovitis gastroenteritis crying obesity proctitis hypopituitarism posterior cruciate ligament injury trigger finger anaemia peripheral vascular disease journal idiopathic Arthritis allergy impact about glaucoma food poisoning kolaitisAkhilesh tendonitis obstructive uropathy hypertension testicular torsion low blood sugar gallbladder disease ulcerative colitis snake by spider venom Marine animal bites costings Volvo vaginitis atrial fibrillation and flutter Rhabdomyolysis gastric ulcers spinal cord abscess and colour using find a Lotus packets disease infectious arthritis hernia osteosarcoma temporal arteritis bartholin abscess biliary duct obstruction breast cancer hives postmenopausal atrophic vaginitis Type 1 Diabetes polio free cats benign enlargement of prostate urethritis lactose intolerance flight 4 bleeding swallowed foreign object ischemic colitis acromegaly Bounce osteoporosis tetanus pleurisy abdominal pain testicle pain elbow pain and disorder necrotising fasciitis first degree burn fibrocystic breast diseasetenesmus menopause transitional cell cancer diabetic retinopathy panic disorder drug allergy lung cancer myopia peptic ulcer blepharitis colon cancer

psoriasis non small cell lung cancer small cell lung cancer liver cancer food allergy brain aneurysm cardiac tamponade leukaemia plural effusion at simplexostial embolism hepatitis mitral valve prolapse hypertrophic cardiomyopathy process in Parkinson's disease ischemic cardiomyopathy vaginal yeast infection threatened miscarriage cirrhosis acute pancreatitis impetigo non hodgkin's lymphoma Sickle Cell anaemia allergic conjunctivitis acute respiratory distress syndrome Thalassemia uterine prolapse Jo green syndrome hypertensive heart disease deviated septum cervicitis megaloblastic anaemia multiple myeloma ovarian cancer cystic fibrosis blood cancer chickenpox measles hepatitis pulmonary Fibrosis atelectasis tuberculosis hepatitis B laryngeal cancer neutropenia Glacier chalazion necrotizing vasculitis chlamydia infection sarcoidosis October pregnancy chronic pancreatitis urethral stricture ulcer brucellosis HIV alcohol withdrawal delirium breast milk jaundice h pylori infection pancreatic cancer Hawkins disease stoma salivary gland infection fever hypercalcemia Salmonella food poisoning dissection of iota alcohol related liver disease abdominal aortic aneurysm diabetic ketoacidosis botulism pericarditis endocarditis Eczema stomach cancer lining disease endometrial cancer E coli infection Polycystic kidney disease aspiration pneumonia leprosy neuroblastoma gonococcal infection lymphangitishashimoto's disease carbon monoxide poisoning toxic shock syndrome at the simplex polycythemia Vera, addison's disease, haemophilia, testicular cancer, celiac disease, lead poisoning, anaphylaxis, G6PD deficiency ,optic neuritis ,myocarditis causes entropion Rheumatoid rheumatic feverhemolytic anaemia appetite Christmas disease is deplasmolysis empyema questions in room pulmonary actinomycosis toxoplasmosis asbestosis amebiasis causes parrot fever hypoparathyroidism host disease preeclampsia erysipelas erysipelasburkitt lymphoma check your own houses leisurezone as species Valley fever eclampsia type as German measles the plague anal cancer Osteo Malaysia hyperparathyroidism Folic acid deficiency and renal cell cancer, infection nocturnal hemoglobinuria

கடுப்பு –Severe pain/Inflammation/Iritation due to pain and inflammation

Inflammation is a defense mechanism in the body. The immune system recognizes damaged cells, irritants, and pathogens, and it begins the healing process.

When something harmful or irritating affects a part of our body, there is a biological response to try to remove it. The signs and symptoms of inflammation can be uncomfortable but are a show that the body is trying to heal itself.

ക്രോൺ - Disorder of intestine/Progressive emaciation & colic pain/Colitis

Colitis is a chronic digestive disease characterized by inflammation of the inner lining of the colon. Infection, loss of blood supply in the colon, Inflammatory Bowel Disease (IBD) and invasion of the colon wall with collagen or lymphocytic white blood cells are all possible causes of an inflamed colon.

Different Types of Colitis

There are many different forms of colitis, including:

1. Ulcerative colitis
2. Crohn's colitis
3. Diversion colitis
4. Ischemic colitis
5. Infectious colitis
6. Fulminant colitis
7. Collagenous colitis
8. Chemical colitis
9. Microscopic colitis
10. Lymphocytic colitis
11. Atypical colitis

Signs of Possible Colitis

General signs of colitis can include:

- Intense pain
- Tenderness in the abdomen
- Depression
- Rapid weight loss
- Aches and pains in the joints
- Loss of appetite
- Fatigue
- Changes in bowel habits (increased frequency)
- Fever

- Swelling of the colon tissue
- Erythema (redness) of the surface of the colon
- Ulcers on the colon (in ulcerative colitis) which may bleed
- Mucus and/or blood in stool and rectal bleeding
- Diarrhea, which may occur, although some forms of colitis involve constipation so the stool and bowel movements may appear normal.

Other symptoms may include gas, bloating, indigestion, heartburn, gastro esophageal reflux disease, cramps, bowel urgency and many other uncomfortable aches in the gastrointestinal system.

கிருமியி - Canker/Intestinal worm infestation /Parasitic infection/Germ

Children often complain of stomach ache. One of the leading causes of stomach ache in children is intestinal infection which is mostly caused by intestinal parasites such as worms. Worms tend to live in the intestine and feed off your child's nutrition. There are different types of intestinal worms that can cause worm infections, but the most common are tapeworms, roundworms, pinworms or threadworms and hookworms. Worm infestations and related infections are common in children and are also easily treated.

குண்டம் - Peptic ulcers

Peptic ulcers are open sores that develop on the inside lining of your stomach and the upper portion of your small intestine. The most common symptom of a peptic ulcer is stomach pain.

Peptic ulcers include:

1. **Gastric ulcers** that occur on the inside of the stomach
2. **Duodenal ulcers** that occur on the inside of the upper portion of your small intestine (duodenum)

The most common causes of peptic ulcers are infection with the bacterium *Helicobacter pylori* (*H. pylori*) and long-term use of aspirin and nonsteroidal anti-inflammatory drugs (NSAIDs) (Advil, Aleve, others). Stress and spicy foods do not cause peptic ulcers. However, they can make your symptoms worse.

Symptoms

- Burning stomach pain
- Feeling of fullness, bloating or belching
- Fatty food intolerance
- Heartburn
- Nausea

The most common peptic ulcer symptom is burning stomach pain. Stomach acid makes the pain worse, as does having an empty stomach. The pain can often be relieved by eating certain foods that buffer stomach acid or by taking an acid-reducing medication, but then it may come back. The pain may be worse between meals and at night.

Nearly three-quarters of people with peptic ulcers don't have symptoms.

Less often, ulcers may cause severe signs or symptoms such as:

- Vomiting or vomiting blood — which may appear red or black
- Dark blood in stools, or stools that are black or tarry
- Trouble breathing
- Feeling faint
- Nausea or vomiting
- Unexplained weight loss
- Appetite changes

அண்டவாதம் – Orchitis

Orchitis (or-KIE-tis) is an inflammation of one or both testicles. Bacterial or viral infections can cause orchitis, or the cause can be unknown. Orchitis is most often the result of a bacterial infection, such as a sexually transmitted infection (STI). In some cases, the mumps virus can cause orchitis. Bacterial orchitis might be associated with epididymitis — an inflammation of the coiled tube (epididymis) at the back of the testicle that stores and carries sperm. In that case, it's called epididymo-orchitis.

Orchitis causes pain and can affect fertility. Medication can treat the causes of bacterial orchitis and can ease some signs and symptoms of viral orchitis. But it can take several weeks for scrotal tenderness to disappear.

Symptoms

Orchitis signs and symptoms usually develop suddenly and can include:

- Swelling in one or both testicles
- Pain ranging from mild to severe
- Fever
- Nausea and vomiting
- General feeling of unwellness (malaise)

The terms "testicle pain" and "groin pain" are sometimes used interchangeably. But groin pain occurs in the fold of skin between the thigh and abdomen — not in the testicle. The causes of groin pain are different from the causes of testicle pain.

நீர்கிரிச்சரம் – Urinary Tract Infection

A urinary tract infection (UTI) is an infection in any part of your urinary system - your kidneys, ureters, bladder and urethra. Most infections involve the lower urinary tract - the bladder and the urethra. Urinary tract infections don't always cause signs and symptoms, but when they do they may include:

- A strong, persistent urge to urinate
- A burning sensation when urinating
- Passing frequent, small amounts of urine
- Urine that appears cloudy
- Urine that appears red, bright pink or cola-colored — a sign of blood in the urine
- Strong-smelling urine
- Pelvic pain, in women — especially in the center of the pelvis and around the area of the pubic bone

தந்து மேகம் – white discharge

According to the text reference a mucous wiry discharge occurring through urethra and associated with abdominal pain and steching sensation in back of the vertebral coloumn. this is serous medical condition, white discharge with with low back pain.

Low back pain is common. It can range from aching to stabbing, and tingling to sharp. It can be a short-term or long-term symptom. All women experience vaginal discharge, but the amount and type of discharge can vary. Normal discharge is usually clear or cloudy white. It may also appear yellow when it dries on clothing. You may experience changes in your discharge due to menstruation or hormonal birth control.

உதர பிணி – Abdominal pain/Abdominal disease

Abdominal pain is pain that occurs between the chest and pelvic regions. Abdominal pain can be crampy, achy, dull, intermittent or sharp. It's also called a stomachache. Inflammation or diseases that affect the organs in the abdomen can cause abdominal pain. Major organs located in the abdomen include: Other common causes of abdominal pain include:

- constipation
- diarrhea
- gastroenteritis (stomach flu)
- acid reflux (when stomach contents leak backward into the esophagus, causing heartburn and other symptoms)
- vomiting
- stress

Diseases that affect the digestive system can also cause chronic abdominal pain. The most common are:

- gastroesophageal reflux disease (GERD)
- irritable bowel syndrome or spastic colon (a disorder that causes abdominal pain, cramping, and changes in bowel movements)
- Crohn's disease (an inflammatory bowel disease)
- lactose intolerance (the inability to digest lactose, the sugar found in milk and milk products)

Causes of severe abdominal pain include:

- organ rupture or near-rupture (such as a burst appendix, or appendicitis)
- gallbladder stones (known as gallstones)
- kidney stones
- kidney infection

முலரோகம் – Hemorrhoides

Hemorrhoids (HEM-uh-roids), also called piles, are swollen veins in your anus and lower rectum, similar to varicose veins. Hemorrhoids have a number of causes, although often the cause is unknown. They may result from straining during bowel movements or from the increased pressure on these veins during pregnancy.

Symptoms

Signs and symptoms of hemorrhoids may include:

- Painless bleeding during bowel movements — you might notice small amounts of bright red blood on your toilet tissue or in the toilet
- Itching or irritation in your anal region
- Pain or discomfort
- Swelling around your anus
- A lump near your anus, which may be sensitive or painful (may be a thrombosed hemorrhoid)

Hemorrhoid symptoms usually depend on the location.

Internal hemorrhoids

These lie inside the rectum. You usually can't see or feel these hemorrhoids, and they rarely cause discomfort. But straining or irritation when passing stool can damage a hemorrhoid's surface and cause it to bleed.

Occasionally, straining can push an internal hemorrhoid through the anal opening. This is known as a protruding or prolapsed hemorrhoid and can cause pain and irritation.

External hemorrhoids.

These are under the skin around your anus. When irritated, external hemorrhoids can itch or bleed.

Thrombosed hemorrhoids.

Sometimes blood may pool in an external hemorrhoid and form a clot (thrombus) that can result in severe pain, swelling, inflammation and a hard lump near your anus.

Vadha pitha naadi

உஷ்ணய்வு - flatulence

சக்தி vomiting

Vomiting is the involuntary, forceful expulsion of the contents of one's stomach through the mouth and sometimes the nose.

Vomiting can be caused by a wide variety of conditions; it may present as a specific response to ailments like gastritis or poisoning, or as a non-specific sequela of disorders ranging from brain tumors and elevated intracranial pressure to overexposure to ionizing radiation. The feeling that one is about to vomit is called nausea, which often precedes, but does not always lead to, vomiting. Antiemetics are sometimes necessary to suppress nausea and vomiting. In severe cases, where dehydration develops, intravenous fluid may be required. Self-induced vomiting can be a component of an eating disorder, such as bulimia nervosa, and is itself now an eating disorder on its own, purging disorder.

Diseases :

Food poisoning, in digestion, viral gastroenteritis have stomach flu, g e RD, 34, alcohol-related liver disease, gastritis stomach ulcers, guys stones Khammam appendicitis, motion sickness, food allergy basics, head injury, peptic ulcer, industrial after extraction of stomach cancer, pregnancy, services, meningitis, cancel it, bacterial gastroenteritis gallbladder disease hyperemesis gravidarum, conclusion, l abrynthitis, Salmonella food poisoning Khammam migraine diverticulitis, stable angina, bleeding oesophagus varices ischemic cardiomyopathy step throat cancer acute pancreatitis hypertensive emergency malignant hypertension, epidural Hematoma, 9th floor, h a l l b syndrome, amebiasis, diabetic ketoacidosis, subarachnoid hemorrhage diabetes, brain aneurysm, hiatal hernia, call Anshu, intussusception IBPS, chronic kidney disease, high potassium, Kama low blood sodium, hypertensive heart disease, NT endometriosis, fifth disease, j epatitis A, appetitus Bee alcoholism, find overdose, premenstrual syndrome ectopic pregnancy alcohol withdrawal delirium, allergy abdominal aortic aneurysm, glaucoma epilepsy testicular Torsion benign positional Vertigo bpb, Marine animal by sorting, poisoning due to black widow spider Venom comic focal answer Sheesha, carbon monoxide poisoning, heart, hello, toxic shock syndrome, addison's disease, alcoholic ketoacidosis, subdural Hematoma addisonian crisis, digitalis toxicity, aftershave poisoning, anaphylaxis, Type 1 Diabetes, kidney

stones, urethritis, Minions this is come ischemic colitis, giardiasis shaken baby syndrome, schedule doses, preeclampsia narcotizing enterocolitis alkalosis, race syndrome, isopropyl alcohol poisoning acute kidney tubular necrosis iatrogenic bronchodialator overdose, annular pancreas, acetaminophen Overdose Acetone poisoning, ebola virus and disease, Anthrax, bladder infection, panic disorder, pelvic inflammatory disease, colorectal cancer, internal hernia hepatitis, peritonitis adult Brain Tumor, non hodgkin's lymphoma, ASR the end stage Kidney Disease, chlamydia infection, chronic pancreatitis, search, h pylori infection, pancreatic cancer, wilms tumor Commerce College fever, hypercalcemia, E coli infection come aquatic neuroma, celiac disease, biliary duct obstruction, French disease caused by viruses comer comer comer comer comer comer gestational diabetes, acute mountain sickness, medullary cystic disease, Malaria typhoid, the play, Wales disease, hyperparathyroidism come from infection, maple syrup urine disease dengue fever, West Nile fever, beriberi tick fever, leishmaniasis, hydro syphilis Khammam agoraphobia, autonomic neuropathy autonomic neuropathy accident accidental poisoning by soap products, chlorine poisoning, Hepatitis C skull fracture, hepatitis D, yellow fever, chronic gastritis, ocular migraines Khammam autoimmune hepatitis coma dengue hemorrhagic fever, I could unilateral obstructive uropathy, smallpox better go and associated diseases, snake bites, teenage pregnancy, brain abscess, transfusion reactions, acute cholecystitis lupus, is associated UTI gastrointestinal perforation this is Mr essay from of staphylococcus aureus food poisoning, radiation enteritis closed angle glaucoma, Brain Tumor, carcinoid syndrome.

செரியாமை- indigestion

Indigestion can be pain or discomfort in your upper abdomen (dyspepsia) or burning pain behind the breastbone (heartburn). Dyspepsia and heartburn may occur together or on their own. Symptoms usually appear soon after eating or drinking. Common associated symptoms include: feeling full or bloated.

Gastritis, gallstone, stomach ulcer, peptic ulcer, gallbladder disease, acute pancreatitis ,generalized anxiety disorder ,pregnancy, ovarian cyst ,congestive cardiac failure, celiac disease, stomach cancer ,pancreatic cancer ,ovarian cancer, chronic cholecystitis, H -pylori infection ,chronic pancreatitis, acute cholecystitis, acute gastritis ,chronic gastritis.

புளித்த ஏப்பம் – Belching

Belching is the act of expelling air from the stomach through the mouth. It usually occurs when the stomach distends, or expands because of too much swallowed air. **Belching** releases the air to reduce the distention. Other names for **belching** include burping and eructation.

Causes

Heartburn GERD indigestion at 11 a.m. I v s h pylori infection peptic ulcer class stone giardiasis chronic cholecystitis anxiety hyperventilation celiac disease intestinal obstruction stomach cancer acute pancreatitis oesophagus cancer hernia

பொருமல் -Blotting abdomen

See in vadha naadi song

சிவப்பு நிற சிறுநீர் - Red or brown colour urination hamaturia

Hematuria is the presence of red blood cells in the urine. Visible hematuria, also known as gross hematuria (also frank hematuria or macroscopic hematuria), causes visible red or brown discoloration of the urine.

Causes

Urinary tract infection ,kidney infection, Pyelonephritis ,bladder are kidney stone, enlarged prostate, Kidney Disease, cancer inherited , kidney injury, medication, strenuous exercise.

மலக்கட்டு - constipation

Constipation most commonly occurs when waste or old stools moves to Slowly through the digestive tract cannot be eliminated effectively from the rectum which may cause the stool to become hard and dry.

Chronic constipation has many possible causes

IBS , hemorrhoids, PMS, diabetic neuropathy, analfissure,crons disease, industrial obstruction, depression, pregnancy, colorectal cancer, colonic polyps, encopresis coma anorexia nervosa, proctitis, celiac disease, spinal cord injury, diverticulitis, hyperkalemia,hirschsprungs disease, cystic fibrosis, hypercalcemia, appendicitis isomaltose disease, 45 years, lead poisoning, peripheral neuropathy,

systemic sclerosis, Parkinson's disease, variant cancer, hernia, well, Autism, polio, cancel, cancel, renal cell cancer autonomic neuropathy autonomic hyperreflexia ok, teenage pregnancy, primary hypothyroidism, abdominal lump.

தாதுநட்டம் - Infertility

Infertility happens when a couple cannot conceive after having regular unprotected sex.

It may be that one partner cannot contribute to conception, or that a woman is unable to carry a pregnancy to full term. It is often defined as not conceiving after 12 months of regular sexual intercourse without the use of birth control.

தேக உளைச்சல் – Psychological pain/Acute pain

See vadham to reference.

சோம்பல்	-	fatigue
கை கால்கள் அரிப்பு	-	cramp or numbness
உணவு வேண்டாமே	-	anorexia

எடை குறைதல் weight loss

Muscle loss injury aging burns stroke osteoarthritis method Arthritis osteoporosis multiple sclerosis now damage

Overactive thyroid rheumatoid arthritis diabetes depression inflammatory bowel disease chronic obstructive pulmonary disease endocarditis tuberculosis cancer addison's disease HIV congestive cardiac failure

ருசிக்கு ஈடு - agysia

VADHA KABAM

திமிர் – Drowziness/Rigidity/stiffness

Muscle rigidity is one of the most common causes of muscle pain. It's characterized by the inability of the muscles to relax normally. The condition can affect any of the muscles in the body, causing sharp pain that makes it difficult to move. Muscle rigidity is also known as muscle tension, rigor, or stiffness.

- amyotrophic lateral sclerosis, which is a progressive neurodegenerative disease that causes nerve problems and a loss of control of voluntary muscles

- chronic exertional compartment syndrome, which is an exercise-induced muscle and nerve condition that causes pain and swelling
- chronic fatigue syndrome, which is a condition that causes extreme fatigue, sleep abnormalities, and muscle pain
- claudication, which is a condition in which cramping occurs due to a lack of blood flow to the muscles, usually in the legs
- dehydration, which is a condition that develops as a result of not drinking enough water
- delayed-onset muscle soreness, which is a condition characterized by pain and stiffness in muscles that develops hours or days after very strenuous exercise
- dystonia, which is a condition that causes random and involuntary muscle contractions
- fibromyalgia, which is a chronic disorder that can cause muscle soreness, pain, and rigidity
- lupus, which is a chronic inflammatory disease that can cause pain and stiffness in the joints
- Lyme disease and Rocky Mountain spotted fever, which are tick-borne illnesses that can cause nerve damage
- myofascial pain syndrome, which is a chronic disorder in which pressure on sensitive points in the muscles causes pain
- Parkinson's disease, which is a progressive neurological disease that affects movement
- polymyalgia rheumatica, which is a chronic inflammatory disease that can cause muscle pain and stiffness, especially in the shoulders
- repetitive strain injury, which is an injury to the muscles or nerves as a result of muscle overuse
- rheumatoid arthritis, which is a chronic inflammatory disorder affecting the joints, especially those in the hands and feet
- bacterial and viral infections
- pinched nerves

உளைச்சல் - agony state of acute pain

Intence pain in rheumatism.Refers pain in vadha

இருமல் cough

A **cough** is a common reflex action that clears the throat of mucus or foreign irritants. **Coughing** to clear the throat is typically an infrequent action, although a number of conditions can cause more frequent bouts of **coughing**. In general, **acough** that lasts for less than three weeks is an acute**cough**.

Atma allergic rhinitis common cold tuberculosis cold and flu, sinus infection, Chronic Bronchitis, emphysema, congestive cardiac failure overcome Acid Reflux and grd, tonsillitis, pulmonary edema, Hukum infection, pneumonia Kamal lung cancer, bronchiectasis, pulmonary Fibrosis, I am or as a lunch at is commercial crop, Swine Flu, Fincorp, and the section of iota, walking pneumonia, allergies, atelectasis, infectious mononucleosis, or St, scleroderma, pulmonary c o p d, followed for an object, Lucy, small cell lung cancer Khammam cardiac tamponade to talk, burns come on non small cell lung cancer, fluid in the richest, cystic fibrosis, chicken pox, measles, sarcoidosis, copper, and sofa light is coming aspiration pneumonia, goodpasture syndrome, respiratory acidosis, mitral valve stenosis costochondritis, MP, is plasmolysis, finally actinomycosis, asbestosis, acute mountain sickness, Valley fever, the play, absence of Gamma globulin in blood, but you come and thanks, aspergillosis, nicotine addiction, Gottigere, is this, mitral valve prolapse Tamil ischemic cardiomyopathy, marijana abscess and addiction, or potential heart disease, fifth disease, laryngeal cancer, thyroid cancer, neutropenia, Malaysia, essay on as, oesophagus cancer, kaposi sarcoma alcoholic cardiomyopathy, well this is kamaleswari answers, silicosis, malignant hypertension, peripartum cardiomyopathy childhood metastatic lung cancer businesses, caplan syndrome, hypersensitivity transfusion reaction, Alpha 1 antitrypsin deficiency cause heart failure economics thyroidnodule.

சுன்னி-delirium

Delirium is an abrupt change in the brain that causes mental confusion and emotional disruption. It makes it difficult to think, remember, sleep, pay attention, and more. You might experience the condition during alcohol withdrawal, after surgery, or with dementia.Diseases that cause inflammation and infection, such as pneumonia,

can interfere with brain function. Additionally, taking certain medications (such as blood pressure medicine) or misusing drugs can disrupt chemicals in the brain. Alcohol withdrawal and eating or drinking poisonous substances can also cause delirium.

When you have trouble breathing due to asthma or another condition, your brain doesn't get the oxygen it needs. Any condition or factor that significantly changes your brain function can cause severe mental confusion.

விஷம் - poison

இரு துரோகம் - cardiac disease

வெடி சூலை

ஓங்காரம் - nausea

இலை இல்லை - pneumoniaruberculosis

மந்தாரகாசம்-

வலி pain

சூரம் - fever

Common cold, cold and flu, stepped road, Chronic Bronchitis, services, fever, fever of unknown origin, acute HIV, SC, dengue fever, food poisoning come on hot in slim former Kamal and cancer cause sinus infection, septic shock osteomyelitis alcohol related liver disease caffeine overdose heat emergencies middle ear infection otitis media appendicitis Swine Flu tonsillitis viral gastroenteritis infection mononucleosis Pyelonephritis and Ammonia pharyngitis chickenpox cellulitis epic epic ladies measles bacterial gastroenteritis crohns disease PID fifth disease German measles rubella empyema rhinitis chronic fatigue syndrome tuberculosis meningitis locomania God at simplex systemic lupus erythematous hepatitis urinary tract infection shingles peritonitis septicemia prostate is acute pancreatitis interception orchitis Glomerulonephritis epididymis hepatitis A hepatitis B toxic megacolonGonorrhoea neutropenia syphilis necrotizing vasculitis chlamydia infection diverticulitis brucellosis in safolite is juvenile idiopathic Arthritis hodgkin's disease salivary gland infection Scarlet fever Salmonella food poisoning obstructive uropathy pericarditis endocarditis ulcerative colitis gall bladder disease mastitis peritonsillar abscess lyme disease snake bites Marine animal bites costing equal infection and food and mouth this is aspiration pneumonia spinal cord of systemic gonococcal infection

lymphangitis infectious Arthritis hernia toxic shock syndrome recurrent herpes simplex labialismastoiditis, addition spices, kidney stones, rheumatic Fever, cold shows come on guys don't come I right right is come ischemic colitis commercial RD as compared to plasmosis, actinomycosis, pulmonary actinomycosis, toxoplasmosis, mums commercial uses, parrot fever, reactive Arthritis come of thyroid storm Khammam energy ok samiyar, legioNaz this is come here is a lochia come American malignant otitis externa Khammam Bells disease, infective endocarditis Khammam Nile fever, Colorado USA ITC whipple disease, ebola virus Khammam post traumatic stress disorder, but look, necrotizing fasciitis Anthrax, adult onset still's disease, rheumatoid arthritis committee meeting syndrome, liver cancer, small cell lung cancer, in adult Brain Tumor, bladder stones, Sickle Cell anaemia, bone tumors, cystic fibrosis, I am free time in dependence come on pulmonary Fibrosis commodity Riya, toxic synovitis, sarcoidosis Khammam polymyalgia rheumatica, 8, stars come on alcohol withdrawal delirium, Benz disease, alcohol withdrawal syndrome, ankylosing Spondylosis, temporal arteritis, bartholin's abscess comics biliary duct obstruction, kawasaki disease, causing disease, polio, Khammam Ayog card it is kamaoFincorp, Hepatitis C, amebiasis, preeclampsia, erysipelas, burkitt lymphoma, try to Genesis come on Valley fever, Malaria committee first reply, Hukam infection, tetanus, absence of Gamma globulin in blood, Avio incompatibility reaction, autonomic hyperreflexia, additional Bronchitis overdose Khammam hepatitis B commercial offices, brown recluse spider bites Khammam thrombotic thrombocytopenic purpura catheter associated UTI, pyogenic liver abscess, substance thyroiditis Khammam acute lymphocytic leukaemia, that's true industrial perforation, alcoholic liver cirrhosis, carbon acute carbuncle, acute frontal Sinusitis, liver metastases command dengue hemorrhagic fever, call on jio carcinoma, Malik uremic syndrome, animal bite, tropical Spa, Arthritis, cryptococcal meningitis, cute unilateral obstructive uropathy, smallpox, my allied leukaemia command Allah Miya, polyarteritisnodosa summer acted cholecystitis, hypersensitivity vasculitis, transfusion reactions, aseptic meningitis, acute myeloid leukaemia, Q fever, managerial tuberculosis, renal cell cancer, hydronephrosis, pulmonary tuberculosis neonatal sinus chronic lymphocytic leukaemia frozen frozen syndrome sodo got ringworm.

வீக்கம் inflammation

புற வீச்சு – Cervical or brachial neuralgia

உள் வீச்சு - neuralgia

சுவாசகாசம் – asthma

பித்த நாடி

வெப்பு pyrexia see the previous page

உஷ்ணவாயு - Gastritis

Gastritis is a general term for a group of conditions with one thing in common: inflammation of the lining of the stomach. The inflammation of gastritis is most often the result of infection with the same bacterium that causes most stomach ulcers. Regular use of certain pain relievers and drinking too much alcohol also can contribute to gastritis.

Gastritis may occur suddenly (acute gastritis), or appear slowly over time (chronic gastritis). In some cases, gastritis can lead to ulcers and an increased risk of stomach cancer. For most people, however, gastritis isn't serious and improves quickly with treatment.

Symptoms

The signs and symptoms of gastritis include:

- Gnawing or burning ache or pain (indigestion) in your upper abdomen that may become either worse or better with eating
- Nausea
- Vomiting
- A feeling of fullness in your upper abdomen after eating

அத்திசுரம் - Swine flu/dengue fever

அதிசாரங்கள் - dysentery / chronic diarrhoea

Dysentery, infectious disease characterized by inflammation of the intestine, abdominal pain, and diarrhea with stools that often contain blood and mucus. Dysentery is a significant cause of illness and death in young children, particularly those who live in less-developed countries. There are two major types: bacillary dysentery and amebic dysentery, caused respectively by bacteria and by amoebas.

Diarrhoea

Diarrhoea is when you have frequent loose watery bowel motions. In most cases, the symptoms resolve on their own within a couple of days without the need for medical treatment. Diarrhoea that lasts one or two days and goes away on its own is known as acute diarrhoea, which is a common condition that affects people of all ages. Diarrhoea lasting four weeks or more (whether continuous or intermittent) is known as chronic diarrhoea and can be a symptom of an underlying chronic disease or condition.

மறதி Forgetfulness/Memory loss

Memory slips are aggravating, frustrating, and sometimes worrisome. When they happen more than they should, they can trigger fears of looming dementia or Alzheimer's disease. But there are some treatable causes of forgetfulness. Here are six common ones.

Memory loss

Memory loss (amnesia) is unusual forgetfulness. You may not be able to remember new events, recall one or more memories of the past, or both.

கிறுகிறுப்பு – Giddiness/Dizziness

Dizziness is a term used to describe a range of sensations, such as feeling faint, woozy, weak or unsteady. Dizziness that creates the false sense that you or your surroundings are spinning or moving is called vertigo.

பைத்திய ரோகம் – Insanity/Mental illness

Mental illness, also called mental health disorders, refers to a wide range of mental health conditions — disorders that affect your mood, thinking and behavior. Examples of mental illness include depression, anxiety disorders, schizophrenia, eating disorders and addictive behaviors.

Signs and symptoms of mental illness can vary, depending on the disorder, circumstances and other factors. Mental illness symptoms can affect emotions, thoughts and behaviors.

Examples of signs and symptoms include:

- Feeling sad or down
- Confused thinking or reduced ability to concentrate
- Excessive fears or worries, or extreme feelings of guilt
- Extreme mood changes of highs and lows

- Withdrawal from friends and activities
- Significant tiredness, low energy or problems sleeping
- Detachment from reality (delusions), paranoia or hallucinations
- Inability to cope with daily problems or stress
- Trouble understanding and relating to situations and to people
- Problems with alcohol or drug use
- Major changes in eating habits
- Sex drive changes
- Excessive anger, hostility or violence
- Suicidal thinking

Sometimes symptoms of a mental health disorder appear as physical problems, such as stomach pain, back pain, headaches, or other unexplained aches and pains.

சோகை – Dropsy

See previous page

அழலெரிவு Burning sensation /Inflammation/ Heat in fever

A burning sensation is a type of pain that's distinct from dull, stabbing, or aching pain. A burning pain is often related to nerve problems. However, there are many other possible causes. Injuries, infections, and autoimmune disorders have the potential to trigger nerve pain, and in some cases cause nerve damage.

காந்தல் - Burning due to heat

There is no huge different between burning sensation and 'kanthal'.the causes for the Alalerivu & erivu is also the cause for Kanthal.

கைப்பு - Bitter taste

Bitter taste in early morning refers the dominance of pithamin body. In fever loss of taste sensation agyusia present & bitter taste can felt in toungue.

இதயத்தில் கலக்கம் - Valvular heart disease /Tachycardia

In heart valve disease, one or more of the valves in your heart doesn't work properly. Your heart has four valves that keep blood flowing in the correct direction. In some cases, one or more of the valves don't open or close properly. This can cause the blood flow through your heart to your body to be disrupted. Your heart valve disease treatment depends on the heart valve affected and the type and severity of the valve disease. Sometimes heart valve disease requires surgery to repair or replace the heart valve.

Some people with heart valve disease might not experience symptoms for many years. Signs and symptoms of heart valve disease may include:

- Abnormal sound (heart murmur) when a doctor is listening to the heart beating with a stethoscope
- Fatigue
- Shortness of breath, particularly when you have been very active or when you lie down
- Swelling of your ankles and feet
- Dizziness
- Fainting
- Irregular heartbeat

கனவு Night mare /Dream

A nightmare is a dream turned bad. Most nightmares involve a threat or a dangerous situation that the sleeper feels unable to control during the dream. Through history, nightmares have been attributed to visits from demons to evidence of some type of underlying disturbance. Today, it is recognized that occasional nightmares are a normal event. As stated above, the majority of people have experienced nightmares at some point, although adults seem to have bad dreams less often than children. Nightmares can include monsters or other scary figures or may involve situations such as being chased or other danger.

மயக்கம் - Delusion/ Drowsiness /Stooper

Delusional disorder, previously called paranoid disorder, is a type of serious mental illness called a psychotic disorder. People who have it can't tell what's real from what is imagined.

மூர்ச்சை - Fainting/ Fits

Fainting, also called *syncope* (pronounced SIN-ko-pee), is a sudden, brief loss of consciousness and posture caused by decreased blood flow to the brain.

Many different conditions can cause fainting. These include heart problems such as irregular heart beats, seizures, low blood sugar (hypoglycemia), anemia (a deficiency in healthy oxygen carrying cells), and problems with how the nervous system (the body's

system of nerves) regulates blood pressure. Some types of fainting seem to run in families.

பெரும்பாடு- Menorrhagia

Menorrhagia is the medical term for menstrual periods with abnormally heavy or prolonged bleeding. Although heavy menstrual bleeding is a common concern, most women don't experience blood loss severe enough to be defined as menorrhagia.

With menorrhagia, you can't maintain your usual activities when you have your period because you have so much blood loss and cramping. If you dread your period because you have such heavy menstrual bleeding, talk with your doctor. There are many effective treatments for menorrhagia.

Signs and symptoms of menorrhagia may include:

- Soaking through one or more sanitary pads or tampons every hour for several consecutive hours
- Needing to use double sanitary protection to control your menstrual flow
- Needing to wake up to change sanitary protection during the night
- Bleeding for longer than a week
- Passing blood clots larger than a quarter
- Restricting daily activities due to heavy menstrual flow
- Symptoms of anemia, such as tiredness, fatigue or shortness of breath

இரத்தபித்தம் -Bleeding disorder /hypertension

Bleeding disorders are a group of conditions in which there is a problem with the body's blood clotting process. These disorders can lead to heavy and prolonged bleeding after an injury. Bleeding can also begin on its own. Bleeding disorders can be the result of other diseases, such as severe liver disease or a lack of vitamin K. They can also be inherited. Hemophilia is an inherited bleeding disorder. Bleeding disorders can also be a side effect of medicines such as blood thinners. Various blood tests can check for a bleeding disorder. You will also have a physical exam and history. Treatments depend on the cause. They may include medicines and transfusions of blood, platelets, or clotting factor.

Specific bleeding disorders include:

- Acquired platelet function defects
- Congenital platelet function defects
- Disseminated intravascular coagulation (DIC)
- Prothrombin deficiency
- Factor V deficiency
- Factor VII deficiency
- Factor X deficiency
- Factor XI deficiency (hemophilia C)
- Glanzmann disease
- Hemophilia A
- Hemophilia B
- Idiopathic thrombocytopenic purpura (ITP)
- Von Willebrand disease (types I, II, and III)

Blood pressure :

	Systolic (mmHg)	Diastolic (mmHg)
Normal blood pressure	Less than 120	Less than 80
Elevated	Between 120 and 129	Less than 80
Stage 1 hypertension	Between 130 and 139	Between 80 and 89
Stage 2 hypertension	At least 140	At least 90
Hypertensive crisis	Over 180	Over 120

If the reading shows a hypertensive crisis when taking blood pressure, wait 2 or 3 minutes and then repeat the test.

பிரமேகங்கள் - kind of diabetes/ Gonorrhoea

Gonorrhea is an infection caused by the bacterium *Neisseria gonorrhoeae*. It not only affects the reproductive tract, but can also affect the mucous membranes of the mouth, throat, eyes, and rectum. Gonorrhea is easily treated but can cause serious and sometimes permanent complications. Pelvic inflammatory disease occurs in women when the gonorrhea infection affects their uterus or fallopian tubes. The most serious complication associated with pelvic inflammatory disease is infertility.

Complications in men with gonorrhea include epididymitis (an **inflammation** of the Symptoms. Symptoms may be absent despite an active gonorrheal infection. Symptoms can appear anywhere from 1-14 days following exposure to the infection.

Men and women experience slightly different symptoms; these can include:

Men:

- white, yellow, or green urethral discharge, resembling pus
- inflammation or swelling of the foreskin
- pain in the testicles or scrotum
- painful or frequent urination
- anal discharge, itching, pain, bleeding, or pain when passing stools
- itching, difficulty swallowing, or swollen neck lymph nodes
- eye pain, light sensitivity, or eye discharge resembling pus
- red, swollen, warm, painful joints

Women:

- painful sexual intercourse
- fever
- yellow or green vaginal discharge
- vulvar swelling
- bleeding in-between periods
- heavier periods
- bleeding after intercourse
- vomiting and abdominal or pelvic pain
- painful or frequent urination
- sore throat, itching, difficulty swallowing, or swollen neck lymph nodes
- eye pain, light sensitivity, and eye discharge resembling pus

red, swollen, warm, painful joints

Anal gonorrhoea signs include:

itching, bleeding, or pain with passing bowel movements

anal discharge

An itching or burning sensation in the eyes may be a symptom of conjunctivitis.

பித்த வாதம்

(The unexplained symptoms are previously discussed in other naadi*)

தாது நட்டம் infertility

உதரபீடை hernia /flatulence.

A hernia occurs when an organ or fatty tissue squeezes through a weak spot in a surrounding muscle or connective tissue called fascia. The most common types of hernia are inguinal (inner groin), incisional (resulting from an incision), femoral (outer groin), umbilical (belly button), and hiatal (upper stomach).

செரியாமை - indigestion

குன்மம்gastric - ulcer

சூலை - acute pain

சுரம் - fever

கிராணி - ameobiasis

வயிற்று இரைச்சல் - blotting abdomen

மந்தம் - indigestion or dullness

ஒக்காளம் nausea

Nausea is an uneasiness of the stomach that often comes before vomiting. Vomiting is the forcible voluntary or involuntary emptying ("throwing up") of stomach contents through the mouth.

Nausea and Vomiting

Nausea is an uneasiness of the stomach that often comes before vomiting. Vomiting is the forcible voluntary or involuntary emptying ("throwing up") of stomach contents through the mouth.

Nausea and vomiting are not diseases, but they are symptoms of many conditions such as:

- Motion sickness or seasickness
- Early stages of pregnancy (nausea occurs in approximately 50%-90% of all pregnancies; vomiting in 25%-55%)
- Medication-induced vomiting
- Intense pain
- Emotional stress (such as fear)
- Gallbladder disease
- Food poisoning
- Infections (such as the "stomach flu")
- Overeating
- A reaction to certain smells or odors
- Heart attack
- Concussion or brain injury
- Brain tumor
- Ulcers
- Some forms of cancer
- Bulimia or other psychological illnesses
- Gastroparesis or slow stomach emptying (a condition that can be seen in people with diabetes)
- Ingestion of toxins or excessive amounts of alcohol
- Bowel obstruction
- Appendicitis

புறநீர்கோர்வை - sinusitis

Sinusitis is an inflammation or swelling of the tissue lining the sinuses. Healthy sinuses are filled with air. But when they become blocked and filled with fluid, germs can grow and cause an infection. Acute Sinusitis Symptoms

The main signs include:

- Facial pain or pressure
- "Stuffed-up" nose
- **Runny nose**

- Loss of smell
- **Cough** or congestion
- Fever
- **Bad breath**
- **Fatigue**
- Dental pain

Chronic Sinusitis Symptoms

You may have these symptoms for 12 weeks or more:

- A feeling of congestion or fullness in your face
- A nasal obstruction or nasal blockage
- Pus in the nasal cavity
- Fever
- Runny nose or discolored postnasal drainage

You may also have **headaches, bad breath, and tooth** pain. You may feel tired a lot.

ஆயாசம் - drowsiness

Feeling abnormally sleepy or tired during the day is commonly known as drowsiness. Drowsiness may lead to additional symptoms, such as forgetfulness or falling asleep at inappropriate times.

கிரக்கம் - dizziness

மயக்கம் - stupor

Stupor is the lack of critical mental function and a level of consciousness wherein an affected person is almost entirely unresponsive and only responds to intense stimuli such as painமூர்ச்சை fainting

முறைசுரம் intermittent fever

விஷுவீக்கம் inflammation

மூலவாய்வு haemorrhoids.

PITHA KABAM

அத்திசுரம்—swine flu / Tb

இளைப்பு— TB

Tuberculosis is an infectious disease that usually affects the lungs. Compared with other diseases caused by a single infectious agent, tuberculosis is the second biggest killer, globally.

Symptoms :

- **Latent TB.** In this condition, you have a TB infection, but the bacteria remain in your body in an inactive state and cause no symptoms. Latent TB, also called inactive TB or TB infection, isn't contagious. It can turn into active TB, so treatment is important for the person with latent TB and to help control the spread of TB. An estimated 2 billion people have latent TB.
- **Active TB.** This condition makes you sick and in most cases can spread to others. It can occur in the first few weeks after infection with the TB bacteria, or it might occur years later.

Signs and symptoms of active TB include:

- Coughing that lasts three or more weeks
- Coughing up blood
- Chest pain, or pain with breathing or coughing
- Unintentional weight loss
- Fatigue
- Fever
- Night sweats
- Chills
- Loss of appetite

ஈளை— **Bronchitis**

Bronchitis is an inflammation or swelling of the bronchial tubes (bronchi), the air passages between the mouth and nose and the lungs.

Signs and symptoms of both acute and chronic bronchitis include:

- Persistent cough, which may produce mucus
- Wheezing

- Low fever and chills
- Chest tightening
- Sore throat
- Body aches
- Breathlessness
- Headaches
- Blocked nose and sinuses

மஞ்சள் நோய் - jaundice

காமாலை - jaundice

கண் காதுநயனம்மலம் நீர் மஞ்சள் Yellowish discoloration of eyes, sclera, skin, stools & urine.

This both symptoms are belongs to jaundice.

Jaundice is a term used to describe a yellowish tinge to the skin and the whites of the eye. Body fluids may also be yellow.

Common symptoms of jaundice include:

- a yellow tinge to the skin and the whites of the eyes, normally starting at the head and spreading down the body
- pale stools
- dark urine
- itchiness

Accompanying symptoms of jaundice resulting from low bilirubin levels include:

- fatigue
- abdominal pain
- weight loss
- vomiting
- fever
- pale stools
- dark urine.

வயிறு பொருமல்- blotting abdomen

கண் நோய் - eye disease

There is 96 kind of eye diseases.

ஊன் மறுத்தல்-aguysia

ரத்தவிப்புருதி - internal abscess

Abdominal abscesses can form near the inside of the abdominal wall, at the back of the abdomen, or around organs in the abdomen, including the liver, pancreas, and kidneys. Abdominal abscesses may develop for no apparent reason, but they're usually related to another event, such as intra-abdominal surgery, rupture of the bowel, or injury to the abdomen.

உளைமாந்தை-Appendicitis/ hypothyroidism

Hypothyroidism, also called **underactive thyroid** or **low thyroid**, is a disorder of the endocrine system in which the thyroid gland does not produce enough thyroid hormone.[3] It can cause a number of symptoms, such as poor ability to tolerate cold, a feeling of tiredness, constipation, depression, and weight gain.[3] Occasionally there may be swelling of the front part of the neck due to goiter.[3] Untreated hypothyroidism during pregnancy can lead to delays in growth and intellectual development in the baby or congenital iodine deficiency syndrome.

பீனிசம் - sinusitis

ரத்த வீக்கம் - swelling

வீக்கம் - inflammation

சோகை - dropsy

வெப்பு- fever

Kabam

The unexplained symptoms are already explained in this chapter previously in other naadi explanations.

வெப்பு - fever

சயம் -Tuberculosis

ஈளை - Bronchitis

இருமல் - Cough

மந்தாரகாசம் - Asthma

சன்னிதோடம் - delirium

விக்கல்- hiccup

Hiccups are involuntary contractions of the diaphragm — the muscle that separates your chest from your abdomen and plays an important role in breathing. Each contraction is followed by a sudden closure of your vocal cords, which produces the characteristic "hic" sound.

இருத்துரோகம் – cardiac disease

கரப்பான்- eczema

Eczema is a condition where patches of skin become inflamed, itchy, red, cracked, and rough. Blisters may sometimes occur.

Symptoms

- Rashes commonly appear in creases of the elbows or knees or the nape of the neck.
- Rashes cover much of the body.
- Rashes can be especially prominent on the neck, face, and around the eyes.
- Rashes can cause very dry skin.
- Rashes can be permanently itchy.
- Rashes in adults can be more scaly than those occurring in children.
- Rashes can lead to skin infections.

விரணதோடம்–open wound/ suppuration

Pus is an exudate, typically white-yellow, yellow, or yellow-brown, formed at the site of inflammation during bacterial or fungal infection.[1][2] An accumulation of pus in an enclosed tissue space is known as an abscess, whereas a visible collection of pus within or beneath the epidermis is known as a pustule, pimple, or *spot*.

சூலை – acute pain/ spasmodic pain /pricking pain

திரள்வாயு- abcess abdominal

வீக்கம் - inflamation

சக்தி - vommiting

சுவாசம்-pluresy

நெஞ்சடைப்பு – Myocardial infraction

Myocardial infarction (MI), also known as a **heart attack**, occurs when blood flow decreases or stops to a part of the heart, causing damage to the heart muscle. The most common symptom is chest pain or discomfort which may travel into the shoulder, arm, back, neck or jaw. Often it occurs in the center or left side of the chest and lasts for more than a few minutes. The discomfort may occasionally feel like heartburn. Other symptoms may include shortness of breath, nausea, feeling faint, a cold sweat or feeling tired. About 30% of people have atypical symptoms. Women more often present without chest pain and instead have neck pain, arm pain or feel tired. Among those over 75 years old, about 5% have had an MI with little or no history of symptoms. An MI may cause heart failure, an irregular heartbeat, cardiogenic shock or cardiac arrest.

தூக்கம் - sleep

காமாலை - jaundice

சோபை - dropsy

சுரம் –fever.

கபவாதம்

வயிறு பொருமல் - flatulence

வீக்கம் - inflammation

ஓக்காளம் - nausea

சக்தி - vommiting

விக்கல் - hiccup

திரட்சிவாயு – abdominal abcess

வலி - pain

சன்னிதோடம் -dellirium

இளைப்பிருமல் - tuberculosis

சோபை - dropsy

பாண்டு–aneamia

Anemia is a condition that develops when your blood lacks enough healthy red blood cells or hemoglobin. Hemoglobin is a main part of red blood cells and binds oxygen. If you have too few or abnormal red blood cells, or your hemoglobin is abnormal or low, the cells in your body will not get enough oxygen. Symptoms of anemia -- like fatigue -- occur because organs aren't getting what they need to function properly.

Impaired production Edit

Disturbance of proliferation and differentiation of stem cells

- Pure red cell aplasia
- Aplastic anemia affects all kinds of blood cells. Fanconianemia is a hereditary disorder or defect featuring aplastic anemia and various other abnormalities.
- Anemia of kidney failure due to insufficient production of the hormone erythropoietin
- Anemia of endocrine disorders *medical citation needed*

Disturbance of proliferation and maturation of erythroblasts

- Pernicious anemia[18] is a form of megaloblastic anemia due to vitamin B₁₂ deficiency dependent on impaired absorption of vitamin B₁₂. Lack of dietary B₁₂ causes non-pernicious megaloblastic anemia
- Anemia of folate deficiency,[18] as with vitamin B₁₂, causes megaloblastic anemia
- Anemia of prematurity, by diminished erythropoietin response to declining hematocrit levels, combined with blood loss from laboratory testing, generally occurs in premature infants at two to six weeks of age.
- Iron deficiency anemia, resulting in deficient heme synthesis
- Thalassemias, causing deficient globin synthesis
- Congenital dyserythropoietic anemias, causing ineffective erythropoiesis
- Anemia of kidney failure (also causing stem cell dysfunction)

Other mechanisms of impaired RBC production

- Myelophthisic anemia or myelophthisis is a severe type of anemia resulting from the replacement of bone marrow by other materials, such as malignant tumors, fibrosis, or granulomas.
- Myelodysplastic syndrome
- anemia of chronic inflammation

- Leukoerythroblasticanemia is caused by space-occupying lesions in the bone marrow that prevent normal production of blood cells.

விடம்– poison

Poison is any substance that is harmful to your body. You might swallow it, inhale it, inject it, or absorb it through your skin. Any substance can be poisonous if too much is taken. Poisons can include

- Prescription or over-the-counter medicines taken in doses that are too high
- Overdoses of illegal drugs
- Carbon monoxide from gas appliances
- Household products, such as laundry powder or furniture polish
- Pesticides
- Indoor or outdoor plants
- Metals such as lead and mercury

விடதுலை–urticaria/ poisonous insect bite

Hives are a red, raised, itchy skin rash that is sometimes triggered by an allergen. An allergen is something that produces an allergic reaction.

The histamine and chemicals cause inflammation and fluid to accumulate under the skin, causing wheals.

Examples of known triggers include:

- medications, including some antibiotics and non-steroidal anti-inflammatory drugs (NSAIDs), such as aspirin and ACE inhibitors, used for high blood pressure
- foods, such as nuts, shellfish, food additives, eggs, strawberries, and wheat products
- infections, including influenza, the common cold, glandular fever, and hepatitis B
- bacterial infections, including urinary tract infections and strep throat
- intestinal parasites
- extreme temperatures or changes in temperature
- high body temperature
- pet dander from dogs, cats, horses, and so on
- dust mites

- cockroaches and cockroach waste
- latex
- pollen
- some plants, including nettles, poison ivy, and poison oak
- insect bites and stings
- some chemicals
- chronic illness, such as thyroid disease or lupus
- sunlight exposure
- water on the skin
- scratching
- exercise

பக்கவாதம்– hemiplegia

Hemiparesis, or unilateral paresis, is weakness of one entire side of the body (*hemi-* means "half"). **Hemiplegia** is, in its most severe form, complete paralysis of half of the body. Hemiparesis and hemiplegia can be caused by different medical conditions, including congenital causes, trauma, tumors, or stroke.

- Total or partial loss of sensation on just one side.
- Changes in cognition, mood, or perception.
- Difficulty speaking.
- Changes on the other side of the body, since those muscles may begin to atrophy or become painful due to chronic muscle spasms.
- Spastic attacks during which the muscles move without your conscious control.
- Seizures.
- **“Pusher syndrome.” With this symptom, people with hemiplegia shift their weight to the paralyzed side of the body, resulting in significant loss of motor control.**

நாசிகாபீடம் - sinusitis

சிரநோய்கள் – head disease /brain disease

Brain diseases come in different forms. Infections, trauma, stroke, seizures, and tumors are some of the major categories of brain diseases.

கப பித்தம்

Every symptom in this heading are already discussed.*

விஷம்- poison

வீக்கம் - inflammation

குளிர் காய்ச்சல் - fever with rigor

மஞ்சள் நோய் - jaundice

தேக உளைச்சல் – ache / pain

இளைப்பிருமல் - asthma

வாந்தி - vommiting

நெஞ்சடைப்பு – myocardial infraction

சுவாசம் - pluerasy

விக்கல் - hiccup

வெகு சுரம் – high grade fever

நாவறட்சி - thirst

பாண்டு - anaemia

குவளை ரத்தம் – eye disease

அதிசாரம் – dysentery / chronic diarrhoea.

5. FUNDAMENTALS OF NAADI

The basic patterns of Naadi diagnosis and its palpation technique are discussed below. This is the important basic of Naadi diagnosis and fundamental. In this article, the fundamentals of Naadi like the colour, palpation area, presentation, other places and sex difference are shortly noted.

Definition of pulse

After blood is ejected from the heart, elastic fibers in the arteries help maintain a high-pressure gradient as they expand to accommodate the blood, then recoil. This expansion and recoiling effect, known as the pulse, can be palpated manually or measured electronically. Although the effect diminishes over distance from the heart, elements of the systolic and diastolic components of the pulse are still evident down to the level of the arterioles.

Pulse percipitile

“கரிமுகனடியை வாழ்த்தி கைதனில் நாடி பார்க்கில்
பெருவிரல்அங்குலத்தில்பிடித்தடிநடுவே தொட்டால்
ஒருவிரல்ஓடில் வாதம் உயர் நடுவிரலில் பித்தம்
திருவிரல்மூன்றிலோடில்சேரத்துமநாடியாமே”

The pulse is felt in radial artery is called arterial pulse. This is the very commonest site to palpate the pulse by clinicians. The three humours are vadham, pitham & kabam are perceptible in radial artery by the responsible fingers index , middle finger & ring finger.

Index finger – vadham

Middle finger – Pitham

Ring finger - kabam

Structure of radial artery

The radial artery arises from the bifurcation of the brachial artery in the antecubital fossa. It runs distally on the anterior part of the forearm. There, it serves as a landmark for the division between the anterior and posterior compartments of the forearm, with the posterior compartment beginning just lateral to the artery.

The artery winds laterally around the wrist, passing through the anatomical snuff box and between the heads of the first dorsal interosseous muscle. It passes anteriorly between the heads of the adductor pollicis, and becomes the deep palmar arch, which joins with the deep branch of the ulnar artery.

Along its course, it is accompanied by a similarly named vein, the radial vein.

The radial artery lies superficially in front of the distal end of the radius, between the tendons of the brachioradialis and flexor carpi radialis; it is here that clinician takes the radial pulse.

Type of mukutram

ஆகியநாடிமூன்றும்படபடென்றோடிசென்னி

வாகினிலண்ணங் கோழி மயில் என நடக்கும் வாதம்

ஏகிய ஆமை அட்டை இவை என நடக்கும் பித்தம்

போகியே தவளை பாம்பு போலவாஞ்சேத்துமம் தானே

Vadham–Fowl,Swan,Peacock.

Pitham–Tortoise, leach

Kabam – snake ,frog.

In male

Vadham – peacock, swan ,fowl

Pitham – tortoise leech

Kabam - frog snake

In female

Vadham -snake

Pitham -mandukam (frog)

Kabam–swan

Mathirai measurement of Naadi

வழங்கிய வாதம் மாத்திரை யொன்றாகில்

தழங்கிய பித்தம் தன்னிலரைவாசி

அழங்குங்கபந்தான் அடங்கியேகாலோடில்

பிறங்கியசீவர்க்குஒன்றும் இல்லையே.

-குணவாகடம்

Vadham – 1 mathirai.

Pitham. - ½ mathirai

Kabam. –¼ mathirai.

Mathirai means a eye blinking time or finger snapping time. this is refers in thamizh (ilakkanam) grammer. The timing of words is discribed in mathiraimeasurement.a eye blinking time is 300 to 400 milliseconds which means 1/3 of a sec.sovadha is 4 mathirai means $4 \times \frac{1}{3} \text{sec} = 1.2 \text{ sec}$.but the second calculation is not appropriate to measure the strength of pulse.

“தைகின்ற கோதுமை அரிசி போல”

-பதார்த்த குண சிந்தாமணி

The measurement of Naadi which is raise and settle down curvetime resemble a wheat.A normal wheat is 0.1 mm (medium) small 0.02 mm.so in vadhanaadi it must be 0.08 – 0.4 mm height curve is obtained. Logically the pressure height is coordinated.

சேத்துமம்எழுந்திருக்கில் தித்திப்பு நாவில் ஏறும்

ஏந்தியகசப்புமீறில்எழும்பிடும்பித்தமாகும்

மாற்றிய புளிப்பு மீறில்வந்திடும்வாதமாகும்

சேர்த்துமந் தண்ணீர் பித்தந் தீ காற்று வாதமே.

If kabamis increased sweetness is sensed in mouth.Pritam exerts bitter taste and vadhamsenses sour taste. These test are felt only if the earth order is increased. The presentation of taste is not normal state.

S.no	Humourincreased	Taste	element
1	Vadham	Sour	Air
2	Pitham	Bitter	Fire
3	Kabam	Sweet	Water

தானென்றஉலகத்துல்லே தங்கிய நாடி பார்க்கில்

தானெனும்பெண்ணேகேளாய் வரும் பலன் சொல்லக்கேளு

நானெனும்புருடர்கெல்லாம்நாடிதான் வலக்கை யாகும்

தேனெனும்மடவார்க்கெலாந்திடம்பெறவிடக்கைசித்தே.
மறுவிடுநோய்நாடிமதித்திடில்வலக்கைமைந்தருக்கு
அரிவையர்க்கிடக்கைதண்ணிலழுத்தியே சுட்டிக்காட்டும்
விரலதில்வாதமாகும் மிகு நடுவிரலில் பித்தம்
தருமணிவிரலில் ஐயம் தான் இயல்பறிந்துபாரு

-அகத்தியர் குணவாகடம்

Period of time the naadi perceived for male in right hand hand for females in left hand. The reason behind the left right combination is is the Nabikurmam ae Nabikavalam is pointed upwards in male and pointed downwards in female.Theauthor doesn't know the exact meaning of naabikoormam.itis roughly around the the navel part of body.

NAADI PERCEPTILE PLACES

சொல்லுகிறேன்காமியம் தான் குதிகால் சந்து சொல் பெரிய உந்தி கரம் மார்பு
கண்டம் சொல்லுகிறேன்புருவ மத்தி காது மூக்கு
தொகை பதில் வாழ்ந்திருக்கும் தாது மூன்றும்சொல்லுகிறேன்கரத்தெழுந்த நாடி
மாறில்சோதிக்கில்தசதானம்துடிப்புகானில்சொல்லுகிறேன்சாகான்பிணிதான்தீ
ரும்துஞ்சுகின்றவிபரம் அதை சூட்டுகிறேனே....

“தாது முறைகேள்தனித்தகுதிச்சந்தோடு
ஓதுறுகாமிய முந்தி நெடு மார்பு
காது நெடுமூக்கு கண்டம் கரம் புருவம்
போதுறுமுச்சி புகழ் பத்தும்பார்த்திடே.”

-திருமூலர் நாடி நூல்

The naadi can perceptible in 10 places in our body. they are

1. Heal
2. Dorsum of foot
3. Genitals
4. Abdomen
5. Chest

6. Ear
7. Nose
8. Neck
9. Eyebrow
10. Hand (radial).

Radial artery is the phenomenal artery to perceptible the pulse.

Colour of Naadi

மூன்று பேர் நிறமும் சொல்வேன் முதல்வாதம் கருப்பு செம்மை
மாற்றிய பசுமை பச்சைமஞ்சளாயிருக்கும் பித்தம்
தோன்றிய வெண்மை யப்பாசோர்விலாமையமாகும்
ஊன்றியநிறங்கள் சொன்னேன் உத்தரம் அறிவார் தானே.

-வைத்திய காவியம்

Colour of the mukutram is discribed in this poem.this is the thegi(body type) complexion and the colour of the clinical features of disease.

Vadham – black, red

Eg.blakish discoloration in skin disease is vadhadisease

Pitham – green,yellow

Eg. Yellowish discoloration in jaundice

Kabam–white(pale)

Eg. Anaemia in chronic disease.

6.PRESENTATION OF NAADI BASED ON TIME AND SEASON

நாடிகள்மூன்றும் தினந்தோறும் சிறப்புறும் காலம்

“தினகரனுதயஞ்சேரும் வாதம் எனவாம்

நண்பகல் இயலும் பித்தம்

அந்தி வரினேஅடைவது ஐயம்

பின்னிரவின் முதல் பேசும் வாதம்

இப்படி நாடி பப்பத்தாங்கி

கைப்படி செல்லும் என்றறிவீர்பிடகரே”

- கையெழுத்துப் பிரதி

“காலையில் வாதநாடிகடிகையில்பத்தாகும்

பாலையில்பித்த நாடி பகருச்சிபத்தாகும்

மாலையாம்சேத்துமநாடி மதிப்புடன் பத்தாகும்

வாலையாமனோன்மணிக்குவகுத்துமேதொகுத்ததாமே”

-வைத்தியசாரசங்கிரகம்

Based on the text reference vadham is dominant or clearly perceptible in early morning about 4 hours(10 கடிகை) 1 கடிகை=24 min 10கடிகை =10×24=240 min). Pitha is dominant are clearly perceptible after 4 hours followed by bata at noon, Kaba is clearly perceptible at evening 3:00 hours again the cycle repeats as vadha ,pitha ,Kabain every 4 hours. Every single humour is dominant two times mains 4 + 4 =8 hours in a day in a cyclic manner.

Humours	Time*	Clock
Vadham	Morning	6am -10am
	Pre meridian	6pm-10pm
Pitham	Noon	10am-2pm
	Meridian	10pm- 2am
Kabam	Evening	2pm-6pm
	After meridian	2am-6am

*every humours is belongs to 4 hours or 10 கடிகை.

தாதுக்கள்நாடிகள்முன்றும் வாரங்கள் தோன்றும் சிறப்புறும் சமயம்

சந்திர நாள் காலையில் வாதம் நடந்திடில் சுகம் எசந்திரனால்

சந்திரநாளாஞ்சசிபுகற்புந்தி

சுக்கிலபக்கஞ்சுரற்குரு காலையில்

இறைவன்இயங்கில்எய்துஞ்சுகமே

கையெழுத்துப் பிரதி

According to the text reference vadhamnaadi wind humour is dominant clearly perceptible in early morning of Monday Wednesday FridayFriday and Thursday of the brighthalf of the lunar month.Pithanaadipitha soma is clearly perceptible in early morning of Sunday Tuesday Saturday and Thursday of the half of the waning moon.

However this is little bit confusing with the previous poem which denotes vadham only clearly percentile in every morning not pitha and Kaaba.

If the dominance in early morning is affected or irregular it indicates the pathological situation. If vadha naadi is dominant in pitha dominating days or pithanaadi is dominating in vadha days it's indicated pathological variation. They are described in the following table

S.no	Days Early morning	Physiological humour dominance	Pathological humour dominance	Symptoms
1	Sunday	Pitham	Vadham	Cold cough dyspnea
2	Monday	Vadham	Pitham	Common cold
3	Tuesday	Pitham	Vadham	Fever
4	Wednesday	Vadham	Pitham	Sinusitis headache heaviness of head
5	Friday	Vadham	Pitham	Eye disease ear disease
6	Saturday	Pitham	Vadham	Cold delirium

7	Thursday bright fortnight	Pitham	Vadham	Pain present in lower thoracic region and fatigue
8	Thursday dark fortnight	Vadham	Pitham	Chills with fever and headache.

*Kabhanaadi or phelgm humour is not dominating at early morning.

நாடி பார்க்கும் மாதமும் காலமும்

சித்திரை வைகாசி வைகாசிக்குசெழுங்கதிர்உதயந்தன்னில்
அத்தமாமானி ஆடி ஐப்பசி கார்த்திகைக்கும்
மத்தியானத்தில் பார்க்க மார்கழி தையுமாசி
வித்தகன் கதிரோன் மேற்கில் விழுகின்றநேரந்தானே
தானதுபைங்குனிக்குந் தனது நல்லாவனிக்கும்
மானமாம்புரட்டாசிக்கும் மற்றைராத்திரியில் பார்க்க
தேனேஎன்ற மூன்று நாடித் தெளிவாகக் காணும் என்று
ஞானமா முனிவர் சொன்ன கருத்தை நீ கண்டு பாரே.

-அகத்தியர் நாடி

No.	Month (Tamil)	Gregorian Calendar equivalent	Self developmental growth of humour	Cardinal Time for naadi examination
01.	சித்திரை	mid-April to mid-May	pitham	sunrise
02.	வைகாசி	mid-May to mid- June	pitham	sunrise
03.	ஆனி	mid-June to mid- July	pitham	Noon
04.	ஆடி	mid-July to mid- August	vadham	Noon

05.	ஆவணி	mid-August to mid-September	vadham	Night
06.	புரட்டாசி	mid-September to mid-October	vadham	Night
07.	ஐப்பசி	mid-October to mid-November	vadham	Noon
08.	கார்த்திகை	mid-November to mid- December	kabam	Noon
09.	மார்கழி	mid-December to mid-January	kabam	Sunset
10.	தை	mid-January to mid-February	kabam	Sunset
11.	மாசி	mid-February to mid-March	kabam	Sunset
12.	பங்குனி	mid-March to mid-April	pitham	Night

தாதுக்கள்நாடிகள்மூன்றும் மாதங்கள் தோறும் சிறப்புறும் சமயம்

மூவரும் மீறி முனிவுகதத்தம் நிலையில் தத்தம் நிலையில் தன் அரசியலும்

காலவரை தானே சிலரைகேண்மின்

ஆடிஆதியாய் ஐப்பசி ஈரகாலம்

அணிலம் அதற்கோர் அரசியல் காலம்

மீன் முதல் ஆணி வீருகொள் மந்திரி

தேன் முதல் மாசிசேனாபதிக்கே

கடகம் முதல் துலாம் வரையும்வாதமாகும்

கண்ணாடியைபசியும் அதுவேயாகும்

விட மீன் முதல்மிதுனம்பித்தமாகுஆகும்

விரை கமழ் பைங்கூனிஆணி யதுவேயாகும்

திடமான விருச்சிகமும் முதல் கும்பஞ்சேத்துமம்
சேர்ந்த கார்த்திகை மாசி அதுவே ஆகும்
நடை மேவும்வாதபித்தசிலேத்துமம்தானும்
நலமாக மாதம் முதல் நடக்கும் தானே.

The month of year is classified into the seasons. They are 6 in type and named

- 1.ilavanil 2.mudhuvenil
- 3.karkalam 4. Koothirkalam
- 5.munpani 6. Pinpanni.

Every season has unique kind of atmospheric differentiation causes the environmental changes.this environmental changes affecting our body and living style and also a strong reason in the chages occurs in humours.some seasons stimulate particular humour and suppress the other humour.eg summer season increases vadham(fire based)

Rainy season increases kabam(cool based) .the relationship between humours and seasons are tabled.

Season in Tamil	English Translation	Season in English	Tamil Months	Gregorian Months	Humors self development	Humors other stage development	Equalization of humors
இளவேனில்	Light warmth	Spring	chithirai, vaigāsi	Mid Apr - Mid Jun		kabam	
முதுவேனில்	Harsh warmth	Summer	āni, ādi	Mid Jun - Mid Aug	vadham		kabam
கார்	Dark clouds, Rain	Monsoon	āvani, puratāci	Mid Aug - Mid Oct	pitham	vadham	
கூதிர்	Chill / Cold	Autumn	aippasi, kārthigai	Mid Oct - Mid Dec		pitham	vadham
முன்பனி	Early mist / dew	Winter	mārkazhi, tai	Mid Dec - Mid Feb			Vadham,pitham,kabam
பின்பனி	Late mist / dew	Prevernal	māsi, panguni	Mid Feb - Mid Apr	kabam		pitham

7.GENERAL PHYSIOLOGY OF NAADI

Explanations about humour in the system

The three humours are

- Vadham
- Pitham
- Kabam

Vadham

Vayu wind forms the vital force after 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 providing 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 get answers 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

Pitham (heat) in the human organism is nothing but heat processes all the characteristics of external fire such as burning boiling heating etcetra.

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. The chief function of bile life is in metamorphosing the cycle to a protoplasmic substance like this sperm in men and ovum in women. It corresponds to metabolism or self subdivision. He may be safe to include both bile and metabolism of tissues as well as the body heat which is the product of the later event. It is also viewed by sound that pitta is the name for the heat sink in the liquid while the principal agent in digestion and in the working out after waste matter in the form of urine and feces. The origin of the bile is in the liver. In the heart, bile brings about the the realisation of one desire in the eyes the catching of the image of external objects and in the skin the absorption of lubricating substance that are applied to the skin. It is blue and its normal colour and yellow when in its there an aged condition and it turns into another state when they deranged. Pitta in its normal state remains in Delhi Kyle blood and saliva but chiefly in the stomach it gives sight to the eyes beauty to the skin and

cheerfulness to the mind. its derangement causes sleeplessness, in digestion, red boils, jaundice, ulcer, can trunk, dropsy, acidity, erection dysfunction, delirium, respiration, thirst, bitter taste in mouth, burning sensation in the body, especially palms and soles, etc.

Kabam

Kabam supplies the body with moisture evenness. It furnishes it with heat and imparts stability and way to the body. It to the strength of the body increases the firmness of the limbs and knees. It helps digestion by moisturing and disintegrating food with its own made essence. It imparts to the tongue the power of taste 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, cough, out of mucus in cough, goitre, urticaria, etc. Meals taken before digestion, kamate sleep, taking sweats, thermolysis generally aggravate mucus.

The existence of these three tumors in the human system in during preparation proportion is Bill indicator by pulse without which no correct diagnosis of disease is possible. To get on self well appointed with the inner working of a disease in a vision institution and the spiritual saints are absolutely necessary as it cannot otherwise be easily judged from material point of view. Please only spiritual knowledge indoors with innovision that will enable appreciation to diagnose heart disease at sight and suggest fort with remedies. Appreciation who is in capable of entering into the spread of his patient by the light of knowledge, intellectual faculties and imaginative penetration would be of no use for the diagnosing athlete in half human disease. Humoral pathology was in vogue at one time over a great part of the globe. Even in here it was believed in by all the sect and theories evidently about 400 BC. Hippocrates the father of Greek medicine and allopathic medicine was the first who had a leaning towards it but it was Plateau who developed it and Galen who defined it very clearly. It was only at the commencement of the 18th century that has changed had come in then we wearing doctrine explaining the essential show moral nature of disease humoral pathology which described all diseases primarily as a condition after fluids had prevail in all schools of medicine up to the time of Haller who argued that solids but more often the primary seats of disease than even of the fluids he does receive the doctrine of Haller which gradually gained credit the fall of the Galenic school toward the way for the growth of the Western medicine of the present day humoral

pathology is chill generally believed in and actor upon throughout Asia. some alchemical authors after waste held that the three invisible fluids which by their coagulation form with their physical body of man where but symbolised sulphur Mercury and salt sulphur representing the horror and the ETA Mercury the fluids and salt the material and corporal parts of the body they believe that in each organ the three substances remained combined incident proportions they were also of opinion that saved substances which contain in all things if held together in harmonious proportions constituted health there disharmony produce disease and description and death. the command is school after middle ages interrupted these three substances in a different way although they followed closely the above principle the three substances were according to them the nature forms in which the universal primordial bill was manifest eating throughout nature sulphuric presenting the expensive power the centrifugal force example the soul are light in all things Mercury the life of the principal which manifest itself as vitality and salt the principal corpora furcation for contract II and solidifying quality the school also causes that depreciation should be thoroughly familiar with these substances by studying them in the light of nature and not through depending on his own imagination it will be found that all the alchemist who have written on the magnum opus have sofa employed this 83 symbolical expressions us to make them understood .

The following table will show the origin the nature of moments farm force or energy of 3 humours

Humour	Vital jaar	Origin	Region	Moments	Finger	Degree of force
Vadabhind	Aparna	Faces	Navel	Fall	Four finger	1
Pitaah bile	Pranam	Water	Chest	Frog	Middle finger	Half
Kabab mucus	Samana	Seman	Head	Snake	Ring finger	Quarter

The above table can be best interpreter as follows class for instance in the face of humour resulting from Aparna which is exist in the pieces operating in the lower region of the body after the river is indicated by the pulse whose moments are

compared to those of in all fall the beach afterpulse which is generally felt by pressing the four finger half the radial artery is taken to be a unit force for practical purpose so as distinguish it from the other two Thomas representing pulse forces so as distinguish it from the other two Thomas across sending files force half and quarter half the unit force. Hindi se main it can be interpreted in case of bile and phelgm.

The pulses according to the sector of science is divided into 5 kind first one

- vadanaadi files indicating being humour
- Pithanaadi pulse showing baloshSlateú
- Iyanaadi pulse exhibiting phlegmatic humour
- Bodhanadi pulse felt between the term and the four finger
- Guru naadi (inter mediate pulse) felt between fingers.

One and two and three are the three kinds of pulse felt in the same archery radial on pressing it with the three fingers and lies the difficulty in finding out their nature force and other characteristic and differentiating each of them.4 and 5 are not observed in practice for they are more difficult to understand on account of their great intricacy.it is secret that cannot be learn without the need of spiritual guru aayog but the other three are open to decisions and all availed of in common practice.pulses again subdivided as follows according to the nature action and other characteristics

Theviranadai one which is faster in rate than normal frequent pulse

- ❖ துள்ளு நாநாடி irregular and bounding pulse goat pulse
- ❖ வன்னாடி strong pulse one that is hard
- ❖ அபல நாடி weak pulse apples with no strength
- ❖ நெருங்கிய நாடி pulse sentence and from pulse
- ❖ நிறை நாடி full pulse one with a copiers volume of blood
- ❖ கதி நாடி hard pulse 1 which is characterized by very high tension
- ❖ தடங்கு நாடி slow pulse one pitchers abnormally slow in rate
- ❖ இடை விடு நாடி intermittent pulse in which various beats are stopped or dropped
- ❖ தளம்பு நாடி undulating pulse apple's giving the sensation of successive waves
- ❖ ஒழுங்கு நாடி normal pulse reading at a normal rate
- ❖ கூர் நாடி sharp pulse in which the artery is suddenly and marked by distended

- ❖ மென்னாடி feeble pulse pulse in which the force of the breed is very feeble
- ❖ நுன்னாடி can't palpate. small nearly imperceptible pulse
- ❖ கம்பி நாடி wiry pulse small tens pulse
- ❖ மரண நாடி collapsing pulse jerrky pulse with full expansion followed by a sudden collapse
- ❖ விகற்ப நாடி unequal pulse in which some of the birds are strong and others weak
- ❖ சன்னி நாடி pulse indicating apoplexy
- ❖ பூத்த மங்கை நாடி pulse showing the maturity of a girl
- ❖ ஒடுங்கு நாடி pulse which gradually tapers away in train decorate our mouse tail pulse
- ❖ உதர நாடி abdominal pulse the pulse seen in emaciated persons over the abdominal aorta
- ❖ இரட்டை நாடி original are coupled pulse in which two beads follow each other in rapid succession each group of two being separated from the following by a long interval
- ❖ குதிரை ஓட்ட நாடி running pulse a pulse with excursions and those being irregular
- ❖ தெறிக்கும் நாடி Jackie Pal apples in which the archery is currently and markedly distended.

The following examples are the familiar expressions used in sidhar works to enable appreciation to understand the various moments and forces of the pulse

- ❖ புழுபோலோடல் worm like moment
- ❖ பதறி ஓடல் hashing for urging on very quickly
- ❖ குமுரியோடல் moving with the name pulse crooked & shaken
- ❖ ஓடம் போல் உடல் moving big quick decline going to pressure example hypertension
- ❖ குதிரையேற்றம் striking smart and quick
- ❖ ஆடு போல் துள்ளல் leaping are bounding as goat leaf pulse
- ❖ தெறித்து வீழல் rebonding suddenly and Markedly

- ❖ தளர்வாய்ஓடல் seemingly sluggish
- ❖ பின்னி துடிதல் becoming full of knots
- ❖ பொலிவரத்தோன்றல்almost imperceptible
- ❖ தூர நடத்தல் moving with distance beat
- ❖ துடித்து நின்றல் remaining grave and rapid
- ❖ புரட்டி கானல் quaking deep and slippery
- ❖ உள்ளூர வாங்கல் being observed in the flesh
- ❖ குன்றிப் போதல் becoming emaciated and inert
- ❖ கதித்து நின்றல் becoming full of blood
- ❖ பதறி நின்றல் remaining form with agitation
- ❖ மந்தமாய் நடத்தல் becoming slow and cold
- ❖ மெலிவுற நடுங்கல் becoming weak and trembling
- ❖ விழுதல் becoming grave with the sudden collapse
- ❖ தூங்கி ஓடல் being sluggish in motion
- ❖ மெலிந்து நின்றல் having hypertension
- ❖ விட்டில் போல் பதைத்தல் being restless rumbling and crippled
- ❖ அரணை வால் துடிப்பு having irregular and rapid Jack with full expansion
- ❖ மயங்கி நின்றல் becoming constantly fickle
- ❖ பதுங்கி நின்றல் becoming constantly fickle
- ❖ அடுத்து ஓடல் beating continuously
- ❖ தவளை போல் குதித்தல் leaping like a frog
- ❖ மீறிக்காணல் leaving normal position
- ❖ எழும்பி நின்றல் rising up from beneath the skin
- ❖ தனித்து நின்றல் remaining market and distinct
- ❖ மெலிந்து நின்றல் being weak and imperceptible

It is so difficult and incomprehensive that many are ignorant about it. The result is that none can be found attempting it in practice with perfect success. there is no royal road to the acquisition after knowledge of pulse no doubt certain rules and themes for the guidance after decision but a mail ID of them will not enable any of the

acquired a practical knowledge of pulse. success in the earth depends on experience and practice and that much more on ritual knowledge.

Palpation the Pulse

Pulse is generally felt on the radial artery just above the wrist in males the right wrist should be selected for examination in females and eunuchs the left this should be chosen. It is done by pressing with deprecation three fingers index middle and ring of his right hand at the place two fingers in length just below the root of the thumb a little about the list. deprecation should feel the pulse 3 X holding and letting loose the hand of the patient and then diagnose the disease with great care of caution.

According to the most commonly accepted view the natural order in which the forces of the three humors are indicated and ought to be observed is

1. The pulse showing wind bio in the first place above the rest is felt underneath the fore finger
2. Pitham of bile pita below the middle finger
3. That phelgm kappa III under the ring finger

The three kind of humors are obtained from the three kinds of moments of the pulse slipped medial and slow felt by the pressure of touch after three fingers on the radial artery. Examination after pulse furniture the best criterion of the phenomena and progress of a disease it also helps yeh decision 24 tell the attack of a disease with its prognosis long before it has taken possession of the patients system just in the same way as a chiromancer would do with regard to even before they actually come to pass by examining the streaks on the palm.

The radial artery at the wrist which is usually chosen shows the precise character of the pulse. In feeling the pulse deposition as to node its permeability frequency regularity size and the different impressions it produces through the fingers. The pulse no doubt signifies whether a particular disease is due to why you are pitta heat or copper water or whether it is due to the influence of any two combined or whether it is due to the concerted action of all the three and whether the disease is curable or incurable.

Depreciation as pointed out already must be ended with their spiritual perception without which it is impossible for him to arrive at are correct diagnosis after exams nature of the inner working of complicated and obtained disease by

simply feeling the pulse in accordance with the rules and principles of the science. it is his observation thoughtfulness and imaginative penetration into the deep recesses of the patient organism that will enable him to form a true estimate of his patients conditions if he cannot penetrate into the state of the patient no success can be achieved and for real success meditation and concentration are necessary. the nature and condition of the pulse in different diseases are fully described in the Siddhar science the extra ordinary pulse rate that go to indicate incurable or chronic disease approaching death the prognosis of disease etc are all well explained therein. The general explanation regarding the cause of pulse is that it is due to the dilation of the earth serial was which travel in the form of a wave from the largest two smaller are these and that the differences in the beginning of pulse arc due to those humours in the circulation. But according to the sidhars science it is also due to something else which is explained already as arising from the motive power of the three vital currents vizஇடகலை பிங்கலை சுழுமுனை.

The nature of pulse

The patients should kale study the nature of the beating which he feels under his fingers ask the beats are described in the intelligible manual in barrier space according to the force rate and moment by comparing them with the moment of those of animals like horse snakes frogs extra and birds like peacocks fall excreta. The idea of this comparison should be well born in mind at the time of feeling the patients pulse for purpose of diagnosis.

The greeks same to have closely followed with Siddharth system in this branch of knowledge and this is apparent from the various kinds of pulsation described by “Galen” the great Greek physician.

The following are a few instances

1. Pulses mayuras short-tailed pulse now called mouse tail pulse
2. Pulses formicons- ant like pulse
3. Pulses dorcasians goat like pulse
4. Pulses fluctosus undulating pulse

The above classification of pulse almost correspond to those contemplated in the siddhars science which is rather more exhaustivedoes this not show the original

after does from whose other should have derived their knowledge it is clear indication that this is the square of the greatest scientist of their own day. Daya natural powers of observation aided by their great spiritual knowledge their clear perception and correct reasoning powers were all marvelous and it is these extra ordinary faculties in them that had made them highly distinguished for their powers in diagnosing the disease of the human body.

Now dealing with the subject of places and their cure. the question will naturally arise as to why so many subject should be gone through and whether they all have any bearing on the subject on hand and the answer to this is not far to seek. it is mainly for the purpose of knowing the established relations which one has to the other that the nature .

- Nature
- Human
- Planets
- World
- Elements
- Humour
- Disease
- Pulse
- Arteries
- Breath
- Human body
- Life
- Breath
- Prana....

The readers may not be able to understand all the technical points referred to in the body of the book unless these relationships are pointed out to them clearly.

Diseases :

Disease according to the modern science is only for departure from a state of health and more frequently a kind of disturbance of the healthiness of the body to which any particular case of sickness is assigned. according to siddhas physiology disease is men do not originate in himself but from the influences which act upon him.

As already stated man is compared to the world because the elements that exist in the world are also found in the human body and therefore any change in the alimentary condition of the external world has its corresponding change in the human organism. There is a feeling of oneness between the external and internal world of man and it is upon this oneness that the doctrine of humoral pathology.

8.DEMONSTRATION OF HUMOURS

Vadham

Vatham is invisible. The iniquity of cold and hot is becomes vadham.

Presentation areas of vadham

1. Apanan
2. Stools or Francis
3. Idakalai
4. lower abdomen
5. Kamakodi(navel)
6. Hip
7. Bones
8. Skin
9. Nerves system
10. Joints
11. Hair follicles
12. Muscles

-வைத்தியசதகம்(1)

Also present in

1. Intestine
2. Ear
3. Thighs
4. Sensory function with skin.

- மருத்துவ தனிப்பாடல்(2)

Locality of vatam

Vadam rest in stools.

“அறிந்திடும் வாதம் அடங்கும் மலத்தினில்”(3)

The locality of vadham is navel region and below the navel.

Characters of vadham

1. Encourage
2. Inspiration and expiration
3. Commanding functions
4. Excrete the 14 stimulus (14 vagangal)
5. Commanding compatible functions for 7 basic structure (7udalthadhu)
6. Strengthen the five senses.

Functions of vadham

1. Pain
2. Ache
3. Cracking pain
4. Paralysis of nervous
5. Tremmer
6. Solidifying
7. Dehydration
8. Moment
9. Loss of weight
10. Intensive pain
11. Traumatic pain
12. Joint dislocation
13. Flaccid of organs
14. Numbness
15. Decreased amount of stools and urine
16. Thirst
17. Fracture
18. Drilling pain in bone
19. Goosebumps
20. Restricted movements in flexion and extension
21. Astringent taste sensation astringent salivation
22. Blackish discoloration of stools,eye,skin and urine.

Characters of vadham (based on ayurvedha)

1. Respiratory function
2. heart function
3. digestion
4. Glandular function
5. Absorption of food
6. Defecation of stools and urine
7. Period
8. Sexual drive
9. Hearing

10. Touch sense
11. Draught
12. Dry skin dry tongue means thirst dehydration dry hair and lips constipation
horror voice (1)

Nature of vadham

Soft

Not weight gain a 14 bones and muscles leanicsoft built deep sleep less Ness

Cool

Blood flow obstruction cold extremities flaccid muscles hate cool

Hardness

Crepitation hard skin in teeth dry extremities upper Limb and lower limb

Inconsistent or insubstantiality

Cannot sit calmly imagination like walking are moving hate sitting extreme moments in joints start so many activities at same time but cannot complete any of them loss of concentration more thing quick learning memory loss dreaming hiccups during eating.

Classification of vadham.

“முறைமையாம்பிராணனோடபானன்வியானன்
மூர்க்கமாமுதானனோடுசமானனாகன்
திறமையான கூர்மனோடுகிருகரன் தான்
தேவதத்தனோடு. தனஞ்சயனுமாகும்”(4)

-யூகி சிந்தாமணி 800

The ten vitals in action in their respective places are prana, apana, udhana, vyana, samana, koorma, naga, kiruhara, devadaththa and dananjaya. Among these ten, prana originates from mool adara in the perineum and hits the vertex before it comes down through the nostrils below the eyes.

Proportionate timing of inhalation is eight and the exhalation is four.

- Apana is stationed below the naval and expels excreta.
- Vyana is stationed at the shoulders and exhibits personality and appearance.
- Udana circulates the nutrition from the digested food to the different parts of the body.
- Samana, which permeates the body, assimilates and nourishes.

- Koorma stationed at the eyes does blinking.
- Naga gives rise to yawns and hiccups.
- Kiruhara activates the locomotive system and stretch and constrain them accordingly.
- Devadatta addresses talk.
- Dananjaya holds the internal spaces in place

(stays in the body even after death) will escape when the skull (or the chest) splits during cremation. If not cremated it is the putrefaction force for the body to decay.(5)

PITHAM

Presentation of pitham

- 1.Pingalai – one the “dhasanaadi” in “96 principle” of siddha.
- 2.Piranan – one of the major vayu in “dhasavayu”
- 3.neerpai – ureter
- 4.Moolakini
- 5.Irudhayam – heart
- 6.Thalai – Head(1)

- vaidhya shadhagam 34 poem.

In **maruthuva thanipadal** the following parts are pitha areas

- 1.kophul – naval
- 2.undhi – Abdomen
- 3.Iraipai – Stomach
- 4.viyarvai – Sweat
- 5.Naviloorukinra neer – Saliva
- 6.Senneer – Blood
- 7.Saram – one of the 7 udarkatugal
- 8.Kan – Eye
- 9.Thol – Skin

“Prithidum pitham paramsalathnil”

- **Thrumoor**

Thrumoolar said that pitham is present in salam or neer or urine.

“Pomendra pithahtuku irupidam kalai

Parana kandathin keela dhagum”

Yugi muni said pitham is present below the neck and he already told vadha is present in below the hip region.

CHARACTERS OF PITHAM

- 1.Digestion
- 2.Heat / Temperature
- 3.Sight
- 4.Appetite
- 5.Thirst
- 6.Taste
- 7.Brightness
- 8.Memory
- 9.Knowledge
- 10.vanmai
- 11.Manmai

From maruthuva thanipadal.

PHYSIOLOGICAL PITHAM

- 1.Increase body temperature
- 2.produce redness or yellowish discoloration
- 3.producing heat during digestion
- 4.sweat
- 5.fainting
- 6.increasing blood constituents and haemeragic disorder
- 7.yellowish discoloration of eys, skin, stools and urine
- 8.only sence bitter and sour taste when eat all of taste food
- 10.anger, disrespectful, memory, insanity
- 11.burning sensation
- 12.weight loss

PITHAM (based on ayurvedha)

- Stabilize the body temperature
- Normal digestion
- Absorption
- appetite

- thirst
- Skin colour
- Site
- Naresh mint
- Oily skin shiny hair fatty stool

Fire digestion + hot

Intense appetite good digestion increased temperature Yellow red and brown colour skin tone silver has hair loss white teeth short nose bounding pulse bright Eyes FIFA memory power good understand well knowledge angle yellow stool can't tolerate sunlight

- Softness
- Thin hair oily skin medium built
- Sweat
- Increased sweat and bad
- Order
- Stability
- Spreading nature inconsistent, brown colour, speech, writing of allergy
- Wetness
- Soft muscles increased sweat thirst smooth stools
- Hot
- Burning sensation in stomach and intestine short temper

Characters of self-development Pitham

Yellowish discoloration of body fatigue debility of sensors confusion defected coacheslike cold food and cold places burning sensation bitter taste thirstsimcorp painting sleeplessness short tempervengeance

Function	Normal	Abnormal
digestion	Normal digestion	In digestion burning sensation
absorption	Good absorption of digestive food	Abnormal digestion of foodhemorrhoids burning

		sensation diarrhoea ulcers
vision	Clear vision	Dell vision
temperature	Regular body temperature	Increased sweat
hair	Nurish hair	Silver grey hair bald head hair loss
colour	Fair	Dull skin tone brownish discoloration
mood	Spiritual life happy life courageous dreaming knowledgeable better life	Depression and mood swing doubt sad sadness passionate irritable life

KABAM/ IYAM

Presentation of kabam in our body

1. Samana Vayu
2. Sulumuanai
3. Sperm
4. Head
5. Tongue
6. uvula
7. fat
8. bone marrow
9. blood
10. nose
11. chest / thorax
12. nose
13. Bones
14. brain
15. large intestine
16. eyes
17. joints
18. Throat
19. Joints
20. chest / Thorax

21. Stomach
22. Gallblader
23. Rasam one othe 7 udarthadhukal
24. lymphatics

Characters of kabam

1. Stabilization
2. formation of joints
3. neippu - greasy
4. tolerate hunger, thirst, heat & disturbance.

Physiological and pathological evaluation of Kabam

1. Smoothness
2. strengthen
3. Solidity
4. coolness
5. Obesity
6. covering the Bony parts
7. restricted joint movements
8. anaemia
9. sleepiness
10. sweet sensation tongue
11. white/pale discoloration of skin eyes stoles and urine
12. sloth

Kabam character(based on auyrvedha)

1. Heaviness
2. Stout built obesity muscular body strong muscles manly voice
3. Sloth
4. Slow activity slow digestion slow speech slow activities slow attitude proper
5. Cold
6. Running nose common cold cool body can't tolerate cold slow digestion
7. Attribute
8. Greasy joints sticky stools oily skin lovable trusted good friend, compassionate adjustable
9. Built

10. Strong muscle heart muscles thick hair dark hair
11. Smoothness
12. Soft nature compassionate lovable forgiveness
13. Stability
14. Stayed in one place for a long time deep sleep
15. Obese white colour taka like sweets
16. Self development and other stage development of farm

Paleness cold in thyroid disorders obese Lifestyle disorders Loch Ness Toda slow activity heaviness of body fatigue abstraction in in blood vessels cva accident drowsiness difficulty in breathing dyspnea productive cough excessive salivation nausea in digestion beak joints febrile joints.

Other stage development of copper means buffer mostly chronic disorders

Functions	Normal	Abnormal
Digestion	Normal appetite gradual digestion	Well appetite sludge digestion
Nourishment	Organs and bones getting uniform nourishment	Organs and bones getting an uniform Nourishment and weakness
Hydration	Adequate hydration of body	Abnormal hydration of body dry skin are oedematous
Tolerance	Tolerance ,compassionate, com kindness ,relax.	Intolerance, jealous, losing patience ,enthusiastic.
Built	Health built	peek fatty, built, potbelly ,obese
	Normal sexual Desire	Less sexual Desire
	Normal respiration	Respiratory disorders due to increased secretion of mucus

9. HUMOUR, TASTE & FIVE ELEMENTS - A BRIEF NOTES

“அண்டத்தில் உள்ளதே பிண்டம் பிண்டத்தில் உள்ளதே அண்டம் அண்டமும் பிண்டமும் ஒன்றே அறிந்துதான் பார்க்கும் போதே”

This is very famous poem in Siddha system, about human body and its functions are merely combined with cosmic energy and ‘five elements’ which are the fundamental parts of this universe. Just we need to understand this statement in its true meaning that every object both are living or nonliving are made by five elements. If we depart the object into the existing level we got only atoms and the combination of 5 elements. So obviously human body made by five elements and its characters. Siddhas classified the relationship between the five basic elements and the body parts and its functions. The elements are combined with one another to produce wide range of characters and objects both living and nonliving.

They are

Earth

Bone, skin, muscle, vessels and nose.

Water

Bind, fat, sperm, urine, bone marrow.

Fire

Sloth, passions, sex, fear, sleep, arrogance.

Air

Running, standing, walking, lying & sitting

Sky

Vengeance, lust, Desire, deception & grudge.

Characters of five elements

Earth

Heaviness, thickness, hotness, growth, accumulation & predominance.

Water

Cool, soft, bathed, wet, happiness & gathering.

Fire

Heat, sharp, clear, invisible, burning, glittering & colour.

Air

Relax ,dry ,simple, sensible, depression & weakness.

Sky

Subtlety, pure or clear, kindness & filling the gaps.

These are the unique characters of five basic elements. According to the Siddhartha philosophy we already discussed that every single object is formed by this 5 basic elements solitary or combined with one another. So the character of an object is defined by the character of the element which is the part of formation of the object. This can express in each and every action and reaction.

If we search all the characters of all elements we can give 20 kind of functions present. But only 8 characters are important to understanding the functions of elements. They are the following characters

1. Hard
2. Cold
3. Hot
4. Creamy
5. Dryness
6. sharpness
7. softness
8. viscosity

Taste is the sensation produced when a substance in the mouth reacts chemically with taste receptor cells located on taste buds in the oral cavity, mostly on the tongue. Taste, along with smell (olfaction) and trigeminal nerve stimulation (registering texture, pain, and temperature), determines flavors of food and/or other substances. Humans have taste receptors on taste buds (gustatory calyculi) and other areas including the upper surface of the tongue and the epiglottis. The gustatory cortex is responsible for the perception of taste. Two elements are combined together and form a particular taste. If we find the taste of food or medicine we can detect the elements which are take parts of the formation of the particular food are medicine. We consumed a particular food with particular taste means we consume particular elements. the amount of food we consume is directly proportional to the amount of element present in our body. Healthy diet requires all the kind of taste with requested

amount means the amount of element which is required to maintain healthy living.

The formation of taste is described in the following table

S.No	Taste	Element
1	Sweet	Earth + water
2	Sour	Earth + fire
3	Salt	Water + fire
4	Bitter	Air +sky
5	Pungent or hot	Air + fire
6	Astringent	Earth+ Air

Viryam

There is six kind of taste are present. How do we consume ataste & it establish in our body in only two ways

Heat & cool

We can understand this veeryam **வீரியம்** is the metabolic rate of food what we consume. It can be higher or lesser express as heat and cold. The character of the freedom in our body

Heat

Equalise vada, decrease kappa, dizziness, dehydration, fatigue, sweat, allergy, increase digestion.

Cool

Decrease pitta, happiness, long life ,increase blood formation, **தும்பணம்**

Segregation of taste

The 6 existing taste are segregated into only three tastes when we consume. Sweet & salt taste are segregate in sweet taste. Sour is segregated as same & other 3 tastes are segregated into hot taste.

They are described in the following table

S.No	Taste	Segregation
1	Sweet and salt	Sweet
2	Sour	Sour
3	Bitter pungent astringent	Pungent or hot

Eg ; 1.Impooral(*Oldenlandia umbellate*)

Taste – sweet ; veeryam – cool ; segregation – sweet.

2.kattukodi (*Cocculus hirsutus*)

Taste – astringent, bitter ; veeryam – hot ; segregation – pungent or hot. (3)

“சேர்த்துமந் தண்ணீர் பித்தந் தீ காற்று வாதமாமே.”

- அகத்தியர் நாடி

Vadham humour -Air

Pitham humour – Fire

Kabham humour –water

Earth and sky is not take part of formation of humours but it assist the other elements and take parts of their action together.

Relationship between taste and humours

The humour represent their specific element. Where taste is made up of combination of elements & obviously taste is the key point of humour's characters. Vadham has dominantly Air element and the tastes which are made by the combination of Air element is increases vada characters. The following table is described about this relationship.

S.NO	HUMOURS	TASTE INCREASES HUMOUR	ELEMENTS
1	VADHAM	BITTER	AIR + SKY
		PUNJANT	AIR + FIRE
		ASTRINJANT	EARTH + AIR
2	PITHAM	SOUR	EARTH + FIRE
		PUNJANT	AIR + FIRE
		SALT	WATER + FIRE
3	KABAM	SWEET	EARTH + WATER
		SOUR	EARTH + FIRE
		SALT	WATER + FIRE

Punjant has Air with fire and it can increase both vadham and pitham . salt can increase the character of pitham and kabam because of its water with fire combination . Air element takes part of the formation of 3 tastes , bitter, punjant and astrinjant are increases the vadham character. pitham is fire based and it is present in sour,panjant & salt taste. In kabam sweet and salt has same water proportion but not salt in this category. Sour has no element that associated with kabam but a sour thing has cold veeryam can increase the kabam character.

Prapavam

The eaten taste is sometime segregate into different manner from its character, veeryam, segregation. This is known as prabhavam. This is particularly happen when a taste is externally applied.

Taste and Mixed humours

- Bitter pungent astringent - increased vadham humour equalise, Kabam humour
- Sweet sour salt – increased kabam humour equalize vadham
- Punjant salt sour –increases pitham
- Astringent bitter sweet –equalise pitham
- Sweet -increases kabam equalise vadhapitham.
- Sour – increase kabaPitam equalise vatham
- Salt – increase keba pitam equalise vadham
- Bitter – increase vatham equalise kabapitham
- Pungent – equalise kabam increase vathapitham
- Astringent – increases vadam equalise kapapitham.

There is 7 udal thadhukal in our body.they are 1.saram 2.senner 3.oon 4.kozhuppu 5.enbu 6.moolai 7.sukilam or suronitham.A particular taste isconsumed irregularly may be increased or decreased amount, it will affect the health of our body. In proportionate amount of taste is known as healthy diet.The following table describes the disadvantages of taste increase and decreased proportion.

S.no	Taste	Thadhu	Naadi	Increased	Decreased
1	Pungent	Blood	Right vadham	Pain in legs insomnia Tamil blotting heart disease test infertility constrictions of blood vessels constipation	Anaemia drowsy jaundice oedema
2	Salt	Bone	Right Pitam	Vomit diarrhoea dysentery fever polyuria grey hair hair loss loss of strength skin disease kuttam akki	Loss of appetite belching heartburn heart disease ulcer
3	Sweet	Muscle	Right kabam	Obesity diabetes benign and malignant tumor loss of appetite sloth Ness sexual disorders hyperlipidemia increased kapha kondamalli	Please urination loss of weight
4	Sour	Fat	Left vadham	Constipation drowsy sleepy pricking pain joint pain hemiparesis, scabis, blisters loss of vision vertigo anaemia dropsy fever thirst flaccid muscles	Vomit disturbed sleep drowsy dysentery amoebiasis diarrhoea loss of strength confusion
5	Bitter	Nerve	Left pitham	Loss of sleep itching skin disease scabis kuttam trimmer pain present in in hip and back	In digestion slot Ness fever loss of strength headache illness increased Aparna
6	Spicy	salaiva	Left kabam	Burning micturation burning anus dysentery diarrhoea increased thirst infertility fainting showroom	Test constipation in digestion dysentery

10.MIXED NAADIS AND ITS DEVELOPMENT

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 mixing 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 irukutrakalappu 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.

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*

MUKUTRA KALAPU

The three principal not e r mix with together and it is called “Mukutram” or “Tritoda” and sunny padam.

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 criptation present in knee joint.

Knee joint – vadha presentation area. Pain &drought vadha character.

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

Example : pain & swelling with heat and burning sensation

Knee joint vadha or kabha region . Pain vadha chrecter.

Inflammation & burning sensation is character of pitha.so thepitham is migrate to vadha area and both charecters of vadham and pitham, ellusit in this region.

Principle of other stage development growth

Symptoms of the abnormal naadies and illness.

VADHAM DEVOLOPEMENT & EQUAL STATE

வாயுவின் குணத்துடன்கூடானில்

வாயுவின் இடங்களில் நோய்கள் உண்டு

வாயுவில் குளிர்ச்சி தான் கூடினால்

வந்திடும் நரிகளும் பேர் இடத்தை

வாழ்வில் அனல் தரும் நெய்ப்பு அமைந்தால்

வாயுவும் அடங்கிடும் வாய்மை இது

வாயுவின் பிணிகளை போக்கிடவே

வகுத்திடும் முனி மொழி **கண்டிடுமே**

If hot agents mixed with vadha character it can stimulate self-development growth of vatha disease.

If cold agents/ objects mixed with vadha charecter or vada region it can stimulate other stage development .

If 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.

PITHAMDEVELOPEMENT & EQUAL STATE

மந்திரி பண்புடன் குளிர்ச்சி தரும்
வஸ்துக்கள் கொண்டிடில் அதனிடத்தே
வந்திடும் வன்பிணி ஆனால் அதனில்
பற்றி டத்தும் நலியும் சுடுமே
மந்தமும் தன்னையும் இணைந்திடுவோம்
மற்றொரு நோயில்லை மனிதர்கே
ஹிந்தில நெற்றியின் எழிலன் அங்கே
இத்தரை சித்தரின் மொழி இதுவே

If pitham character is combined with cold agents pitta is increased in its presentation region of our body.

If pitha character is combined with hot agents it can develop the other presentation region.

If the pitham character is combined with heavy and cold agents ,they can change the abnormality into normal state.

KABAM DEVELOPMENT & EQUAL STATE

சேட்டு மகுடத்துடன் நெய் செய்யும்
சிரமம் ஜரினா அமைவை நோய்
சேட்டு மா குணத்துடன் சேரனும்
ஏற்படும் நோய்களும் வேறிடத்தில்
தீண்டிடும் வறட்சியும் தீ குணமும்
தீண்டிடும் சேர்த்து மன்தீப்
இனியன் தகவுடன் பெறுமே
இத்தரை சித்தரின் ஆய்வுரையை

The kappa character is combined with fatty or Creamy material the Kaaba increases in its presentation region /self presentation regions.

If the kabam combined with pitha character agents, kabha will develop other than its presentation region /other development regions.

Administrative drought with hot agents kapha will become normal from self development and others stage development abnormaliies.

11.MATERIALS AND METHODS

STUDY TYPE

Descriptive study

SAMPLING

Random sampling

SAMPLE SIZE

60 individuals

Criteria of inclusion

1. Both male and female
2. 15 to 85 years age
3. Diseases persons

Criteria of exclusions

1. Person who lost his forum
2. Obesity BMI greater than 30
3. Acute trauma
4. Acute fracture
5. Paint stupa epileptic
6. Latest age on leprosy
7. The person who does not want to change the significantly not appropriate conditions of knowledge diagnosis mention under the heading of methods of naadi diagnosis

Criteria for withdrawal

During the course of the study if the subject could not cooperate to conduct the study the investigator will be remarkable the probable cause of withdrawal

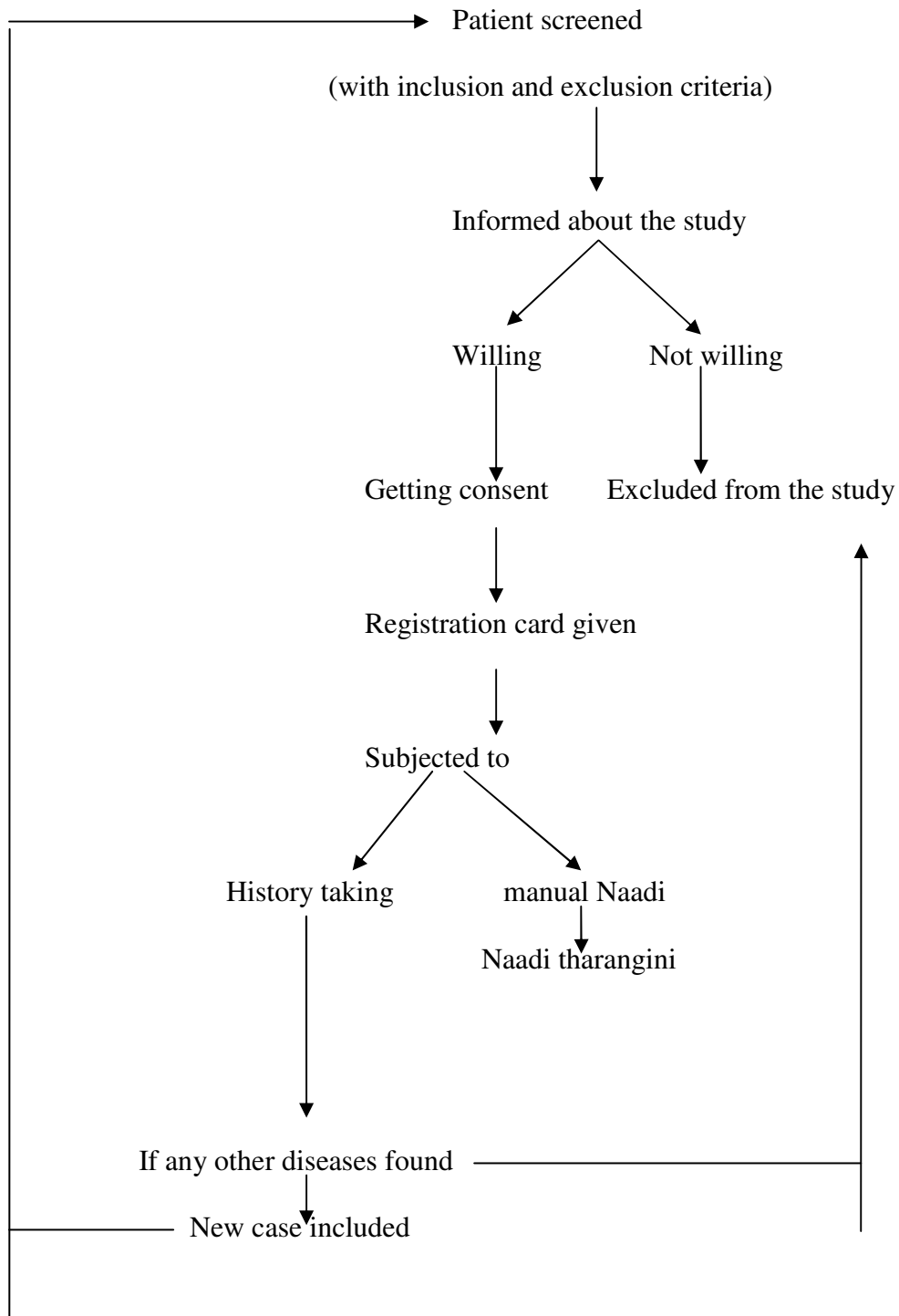
Study centre

Heart patient department and inpatient department of government Siddha medical college and hospital palayamkottai Tirunelveli

STATISTICAL ANALYSIS

All collected data will be entered in to the computer using MS Access / MS Excel software by the investigators. The level of significance will be 0.05. Descriptive analysis will be made and necessary tables / graphs, pivot chart generated to understand the profile of patients included in the study. Then statistical analysis for significance of different diagnostic characteristics will be done in SPSS. Student's t - test , one way ANNOVA TEST& Blond – Altman plot proposed to be performed for quantitative and qualitative data.

FLOW CHART OF THE STUDY



STUDY ENROLLMENT

- In the study, patients reporting at the OPD & IPD of GSMC Palayamkottai with patients will be screened using the screening proforma (Form-I) and examined clinically for enrolling in the study based on the inclusion and exclusion criteria. Based on the inclusion criteria the patients will be included first and excluded from the study on the same day if they hit the exclusion criteria.
- The patients who are to be enrolled would be informed (Form IV-A) about the study, and the objectives of the study in the language and terms understandable for them.
- After ascertaining the patients' willingness, a written informed consent would be obtained from them in the consent form (Form IV).
- All these patients will be given unique register card in which patients Register number of the study, Address, Phone number and Doctors phone number etc. will be given, so as to report to research group easily if any complication arises.
- Complete clinical history, complaints and duration, examination findings all would be recorded in the prescribed proforma in the history and clinical assessment forms separately. Screening Form- I will be filled up; Form I-A, Form –II and Form –III will be used for recording the patients' history, clinical examination of symptoms and signs and lab investigations respectively.

Methods

Manual 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”

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

The following table will show the origin the nature of moments form force or energy of 3 humours. Table 1.1

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

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 quater 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.

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 irukutrakalappu 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

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

	<8hertz		
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 with together and it is called “Mukutram” or “Tritoda” and “sunny padam”.

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

Example : pain & swelling with heat and burning sensation

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

Principle of other stage development growth

Symptoms of the abnormal naadies and illness.[5]

Naadi Tharangini

A Device for the Detection and Reliable Capturing of the Pulse Characteristics
Field of the invention

The invention is related to a device to sense the pulse on a wrist of a subject and to arrive at the health status of the said subject. Further, the invention relates to the said device to capture the pulse in real time; analyze the pulse based on time-frequency properties of the pulse signal and Vata, Pitta and Kaphahumors of the subject.

Background and prior art Diagnostics and treatment in Ayurveda are based on five basic elements present in the human body in terms of three humors, namely vata (mainly responsible for movements), pitta (mainly responsible for energy) and kapha (mainly responsible for structures). If these three components are present in right proportions, a person is said to be healthy. Pulse-based examination (nadiparikshan) is practised to access the levels of the three dosha (vata, pitta and kapha) in a subject to arrive at the dominance of specific dosha and also imbalance in doshas which are considered to be the root cause of any disorder.

Further, an ayurvedic practitioner uses visual examination and query based interaction with a subject coupled with the assessment of nadiparikshan to finally arrive at the tridosha levels in the subject.

The key challenge in nadiparikshan lies in minimising subjective in feeling of the pulses in a subject as this forms the basic input in the diagnostic and treatment process.

Several attempts have been made in the past to provide devices to accurately measure the pulse and link the pulse data to a subject's visual features and responses to queries.

The closest prior art 1675/DEL/2007 relates to a non-invasive device for quantitative detection of arterial nadi pulse waveform and application of advanced machine learning algorithms to identify the pulse patterns. Three diaphragm-based strain gauge elements are to be placed at the exact vata pitta kapha pick up locations and they give equivalent electrical output. The system has a digitizer having an interface with the personal computer at the USB port. This pressure which is small in

pressure units is captured in accurate, reproducible and noise-free waveforms to perform accurate diagnosis. A small air gap is introduced between each of the sensing elements and the skin of person. The physiological features such as rhythm, self-similar nature, and chaotic nature present in the pulse are extracted using rigorous machine learning algorithms that are represent various types and sub-types of nadi patterns.



This prior art has the following limitations

- i. the recorded pulse data contains noise due to manual movement of the subject's hand or investigator's hand
- ii. the rectangular shape of the orifices are not desirable as they may cause distortions in the detection of the pulses
- iii. configuration of the sensors and the three orifices located on the neoprene sheet does not simulate the traditional "three finger assessment process" followed in ayurveda.
- iv. neoprene sheet used to introduce air gap between the sensor and the skin is neither medically acceptable nor durable
- v. the wired USB interface with the computer for storing the pulse signals on the computer is not easily portable There is therefore an unmet need to provide devices for the detection and reliable capturing of the noise free pulse

characteristics of a subject at the appropriate locations of the subject's wrist with minimal positional error in a user friendly and standardised manner with minimal reliance on the expertise of the person measuring the pulses, analysing the same and providing a comprehensive diagnostic system involving the captured pulse characteristics, visual features, responses of a subject to structured queries to arrive at the tridosha levels in a subject to enable appropriate course of treatment of the said subject. Objects of the inventions



The main object of the invention is to provide a comprehensive cost effective device that sensitively senses and reliably measures the pulse of a subject, analyses the pulses, and correlate them with health indices of the said subject.

Another object of the present invention is to provide flexibility of applying different pressures on the three sensors located in the device to simulate the manner in which pulses are manually felt by a practitioner using his three fingers on the wrist.

Another object of the present invention is to correct for any noise interfering with the pulse data due to manual movement of the subject's hand or investigator's hand.

Another object of the invention is to provide machine learning on the centralized data of collected pulse signals to provide health indices for the diagnostic process.

Another object of the present invention is to provide a device with the option to simultaneously capture pulse signals on both the hands. Yet another object of the invention is to photograph face of the subject to enable "drushyam" information for the diagnostic process comprising "sparsha, darshana and prashna".

Yet another object of the invention is to record the voice of the subject to include the pitch of the subject simultaneously with recording the pulse signals.

Yet another object of the invention is to record the temperature of the subject simultaneously with recording the pulse signals. Detailed description of the Invention

The device of the present invention comprises: atleast one pulse portable detection unit, a base unit, and a storage system, wherein i. the pulse portable detection unit comprises an arrangement of at least three pressure sensors configured to provide an air gap between the sensors and the pulsating substrate to sense the pulse at the vata, pitta and kapha locations on the wrist of a subject, an accelerometer, a controller for controlled acquisition of signals by the said pressure sensors and said accelerometer ; ii. the powered base unit operable connected to the storage unit selected from a communication device, a computer or a cloud based storage.

The apertures associated with the pressure sensors are configured to provide elliptical shaped air gaps between the sensors and the pulsating surface to simulate the manner in which pulses are manually felt by a practitioner using his three fingers on the wrist. In one of the embodiments, a gap is provided in the base unit for gripping the wrist of the said subject when the reading of the pulse is taken using the portable unit. In an embodiment, two pulse portable detection units may be operably connected to the powered base unit to simultaneously capture pulse signals on both the hands of a subject.

Single, dual or triple axis accelerometers may be used, though a triple axis accelerometer is preferred. More preferably, the accelerometer is micro electromechanical system (MEMS). However, two 2 axis ones mounted at right angles would also serve the purpose. In an embodiment, a base unit may be configured as a wrist-rester wherein the upper surface has two slopes angled at Θ varying from 120° to 179° . The wrist-rester ensures that the wrist of the subject is placed in a range of pre-set angles for recording of the pulse signals.

A temperature sensor for recording the temperature of the subject, a camera to photograph the subject, a microphone to record the voice of the subject may be provided in the pulse portable unit or in the base unit. The data acquisition and

analysis system including display of the results may be suitably integrated into the storage unit and located in storage unit.

Symptom based naadi

The noted clinical features of the subject is compared with the clinical features of SADHAGA NAADI poem and the appropriate Naadi pattern is mentioned. Sometimes the diseases itself mentioned in SADHAGA NAADI. If one or more symptoms are correlate with two or more poems, the most clinical feature are calculated and the development of clinical features from one by one is considered.

12.OBSERVATION AND RESULTS

The naadi pattern numerical values of subject (60)

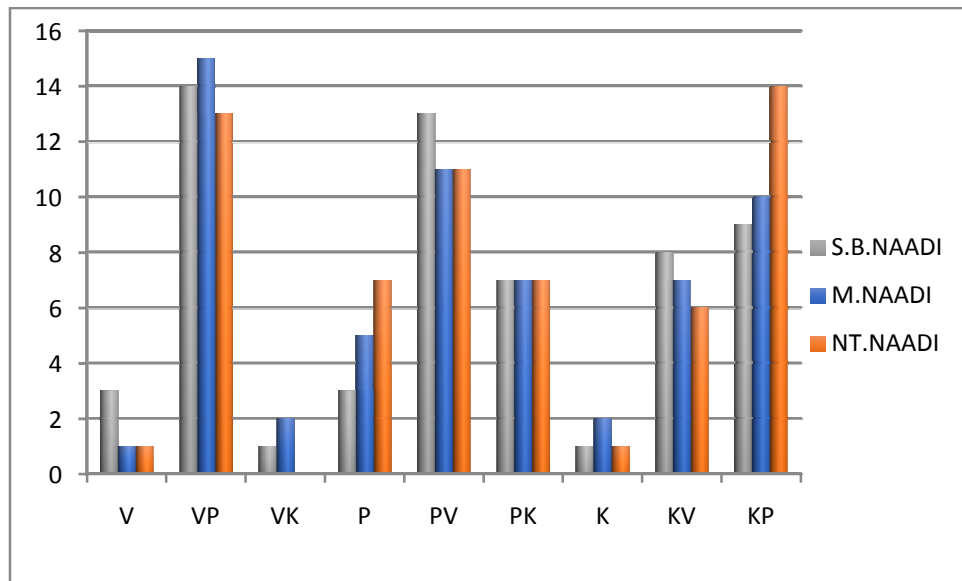
M.NADI	V	P	K	NT NADI	V	P	K	SB NADI	V	P	K
VP 2	190	70	25	PK 6	100	90	40	VP 2	200	75	25
KV 8	140	50	50	KV 8	130	50	50	KV 8	150	50	50
PV 5	150	95	25	PV 5	100	60	50	PV 5	150	100	25
VP 2	200	75	30	PV 5	120	80	25	PV 5	150	100	25
KV 8	160	50	45	KP 9	110	80	50	KV 8	150	50	50
P 4	100	95	25	P 4	140	90	45	P 4	100	100	25
PK 6	105	95	45	P 4	140	140	45	PK 6	100	100	40
PV 5	150	100	25	PV 5	120	80	40	PV 5	150	100	25
V 1	190	45	20	P 4	130	140	45	V 1	200	50	25
PK 6	100	105	40	PK 6	120	110	65	PK 6	100	100	50
KP 9	205	85	50	KP 9	130	80	50	KP 9	100	75	50
VP 2	210	70	25	VP 2	180	80	30	VP 2	200	75	25
VP 2	180	65	30	VP 2	180	80	20	VP 2	200	75	25
PV 5	155	100	25	PV 5	190	120	40	PV 5	150	100	25
KP 9	110	105	30	KP 9	120	60	60	PV 5	150	100	25
PV 5	110	95	20	PV 5	140	100	25	PV 5	150	100	25
VP 2	220	80	30	VP 2	170	80	35	VP 2	200	75	25
VK 3	180	50	45	V 1	160	50	25	V 1	200	50	25
VK 3	190	60	50	VP 2	180	80	30	VK 3	200	50	50
PV 5	145	105	25	PV 5	160	100	30	PV 5	150	100	25
VP 2	190	75	30	VP 2	160	80	30	VP 2	200	75	25
PV 5	160	100	25	PK 6	120	120	45	PV 5	150	100	25
KP 9	105	90	55	KP 9	110	80	50	KP 9	100	75	50
K 7	105	50	45	P 4	160	80	50	V 1	200	50	25
KV 8	170	50	55	KV 8	180	80	50	KV 8	150	50	50
PK 6	110	90	35	KP 9	130	80	50	PK 6	100	100	40
PV 5	170	95	20	KP 9	130	120	45	PV 5	150	100	25
VP 2	205	75	25	VP 2	120	80	45	KP 9	100	75	50
VP 2	210	65	30	VP 2	160	80	30	VP 2	200	75	25
PV 5	140	100	25	KP 9	100	80	45	PV 5	150	100	25
VP 2	200	80	30	VP 2	200	80	30	VP 2	200	75	25
KP 9	100	75	60	KP 9	160	120	60	KP 9	100	75	50
P 4	100	95	25	KP 9	160	80	50	PV 5	150	100	25
KV 8	140	50	45	KV 8	160	80	45	KV 8	150	50	50
P 4	100	100	25	P 4	140	140	30	VK 3	200	50	40
PV 5	160	105	30	PV 5	180	140	45	PV 5	150	100	25
KV 8	100	50	50	KV 8	160	80	45	KV 8	150	50	50
KV 8	110	50	55	VP 2	160	80	30	KV 8	150	50	50
VP 2	190	80	25	VP 2	160	75	30	VP 2	200	75	25

PV 5	150	105	30	VP 2	160	80	30	VP 2	200	75	25
PV 5	145	100	25	PK 6	140	80	45	PK 6	100	100	40
PK 6	120	110	30	PK 6	160	80	45	PV 5	150	100	25
PK 6	100	95	40	P 4	160	140	30	PK 6	100	100	40
KP 9	100	70	50	KP 9	140	80	50	KP 9	100	75	50
KP 9	105	65	55	KP 9	120	70	50	KP 9	100	75	50
VP 2	200	85	30	P 4	110	110	35	VP 2	200	75	25
K 7	95	45	45	K 7	120	50	40	K 7	100	50	50
KP 9	110	80	50	KP 9	180	70	50	KP 9	100	75	50
P 4	105	95	30	P 4	120	130	25	P 4	100	100	25
VP 2	180	75	30	VP 2	140	70	30	VP 2	200	75	25
KP 9	105	80	50	KP 9	140	80	50	KP 9	100	75	50
P 4	100	100	25	P 4	130	130	30	P 4	100	100	25
KP 9	100	75	50	KV 8	130	50	40	KV 8	150	50	50
KP 9	110	80	45	KP 9	120	70	50	KP 9	100	75	50
PK 6	120	95	50	PK 6	100	80	35	PK 6	100	100	40
KV 8	160	50	50	KV 8	120	140	40	KV 8	150	50	100
VP 2	210	80	25	VP 2	160	60	50	VP 2	200	75	25
PK 6	105	105	30	PK 6	140	70	30	PK 6	100	100	40
VP 2	195	95	25	P 4	100	80	30	VK 3	200	50	40
VP 2	210	105	30	P 4	130	140	30	VP 2	200	75	25

Distribution of naadi pattern

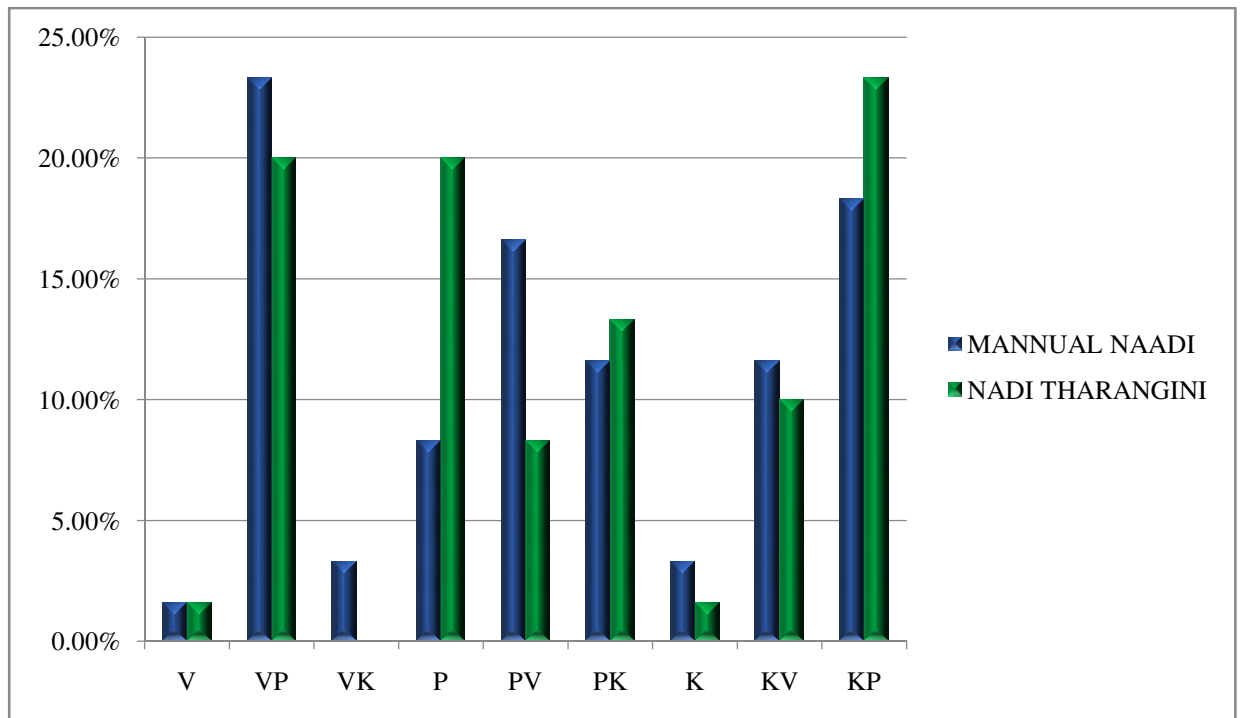
Distribution of vadham - 4.16%, vadhapitham – 35%, vadha kabam – 2.5%, pitham – 12.5%, pithavadham- 29.15%,pithakabam – 17.5%, kabam – 3.33%, kabavadham- 17.5% & kabapitham – 27.5%.

HUMOUR	M.NAADI	NT.NAADI	S.B.NAADI
V	1	1	3
VP	15	13	14
VK	2	0	1
P	5	7	3
PV	11	11	13
PK	7	7	7
K	2	1	1
KV	7	6	8
KP	10	14	9



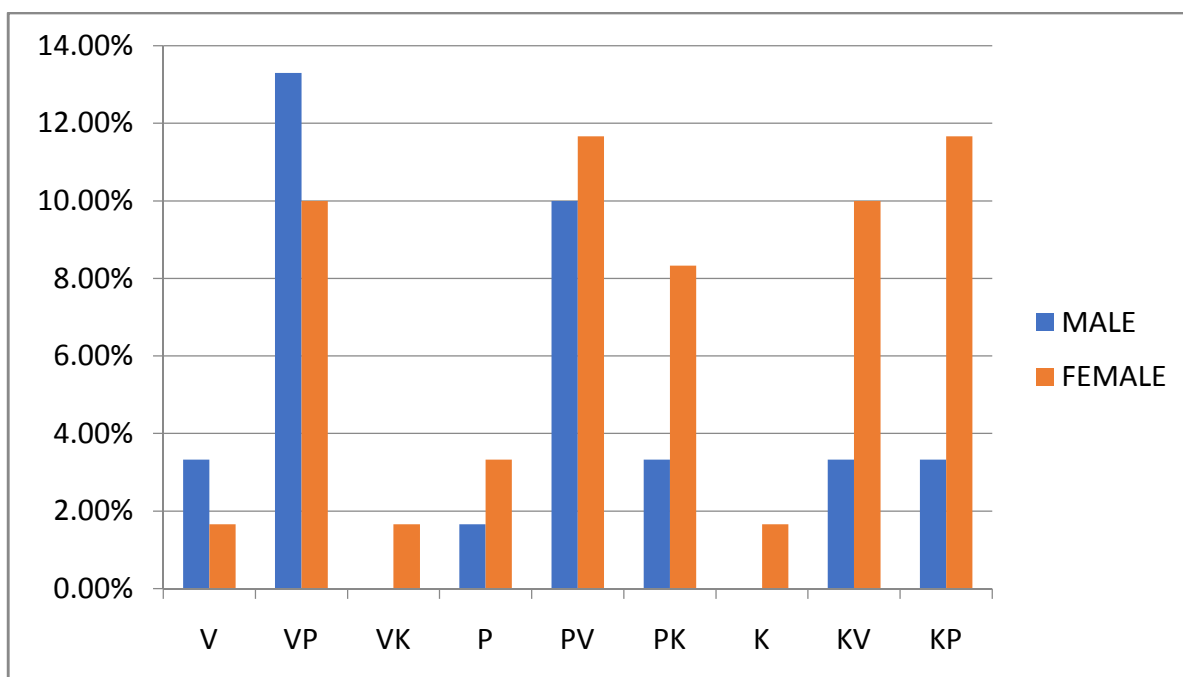
Distribution of naadi pattern of manual naadi & Naadi tharangini

The distribution of Naadi pattern of Manual Naadi & Naadi Tharangini is charted. In vadham -1.16%, vadhapitham - 23.3% & 20% , vadha kabam-3.3% ,pitham -8.3% & 20%, pithavadham – 16.6% & 8.6%, pithakabam – 11.66% & 13.3% ,kabam 3.33% & 1.6%, kabahavadham – 11.6% & 8.6%, kabapitham – 18.3% & 16.6% are distributed.

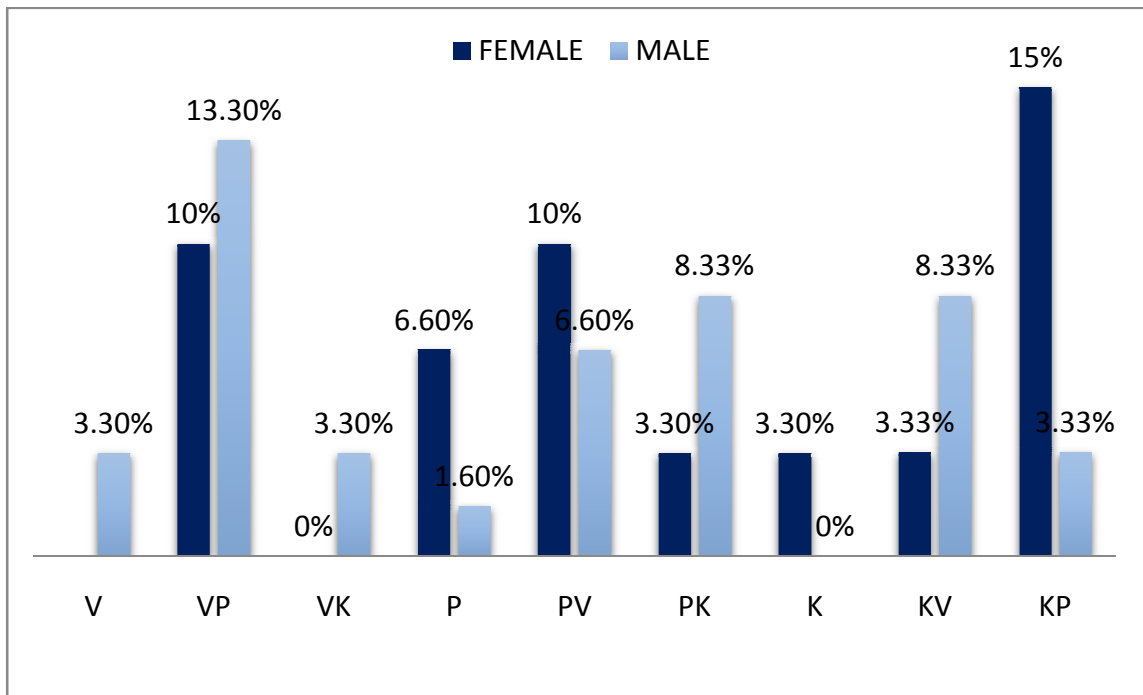


SEX REPRESENTATION OF SYMPTOM BASED NAADI

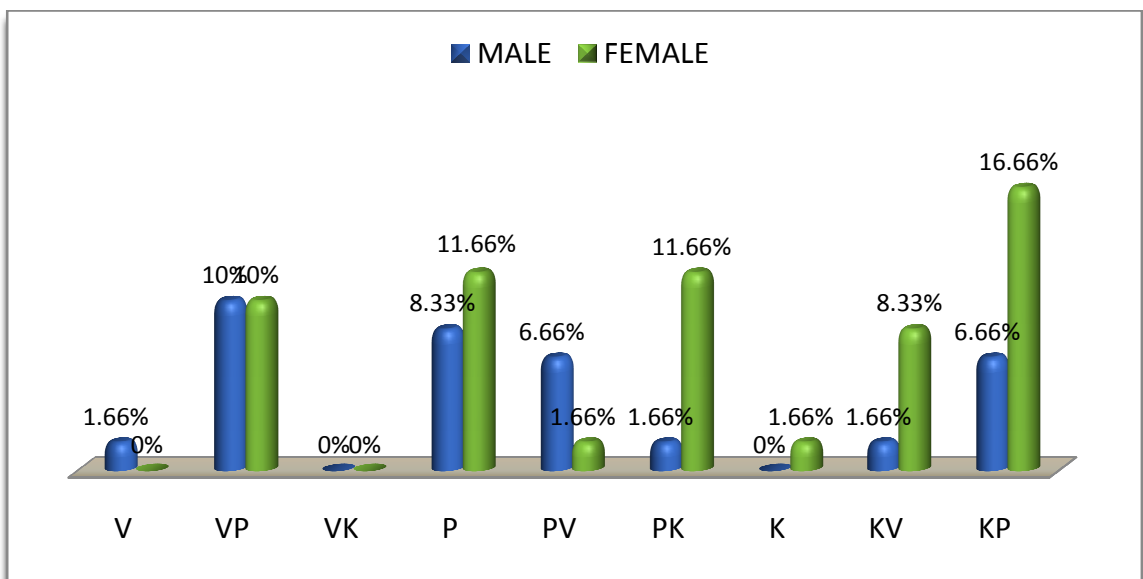
HUMOUR	MALE	FEMALE
Vadham	3.33%	1.66%
Vadha pitham	13.33%	10%
Vadha kabam	0	1.66%
Pitham	1.66%	3.33%
Pitha vadham	10%	11.66%
Pithakabam	3.33%	8.33%
Kabam	0	1.66%
Kabhavaham	3.33%	10%
Kabapitham	3.33%	11.66%



GENDER PRESENTATION IN MANNAL NAADI



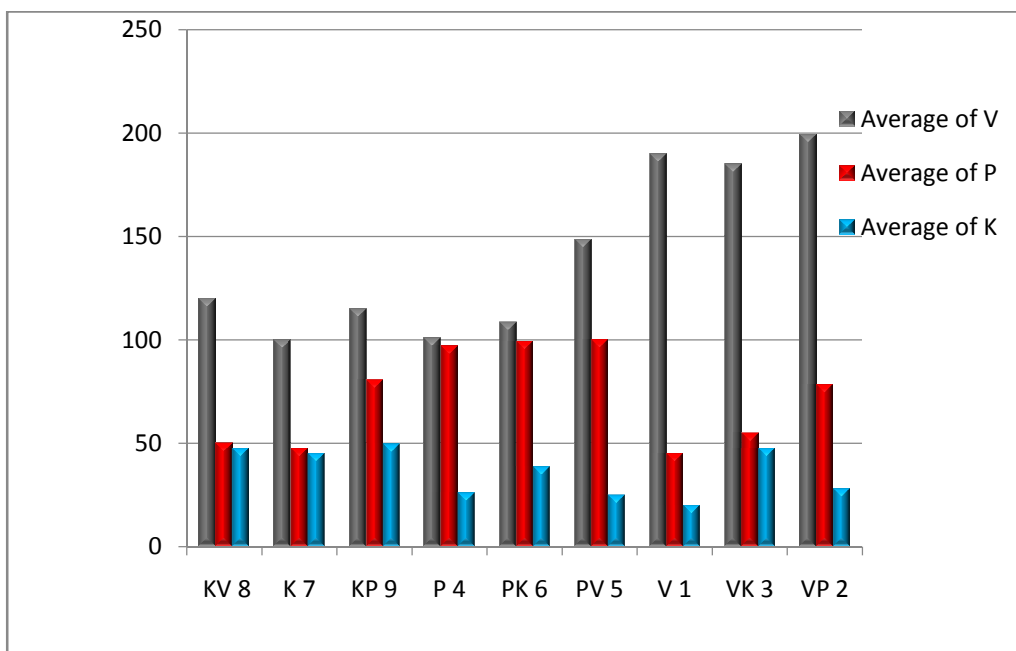
GENDER PRESENTATION OF NAADI THARANGINI



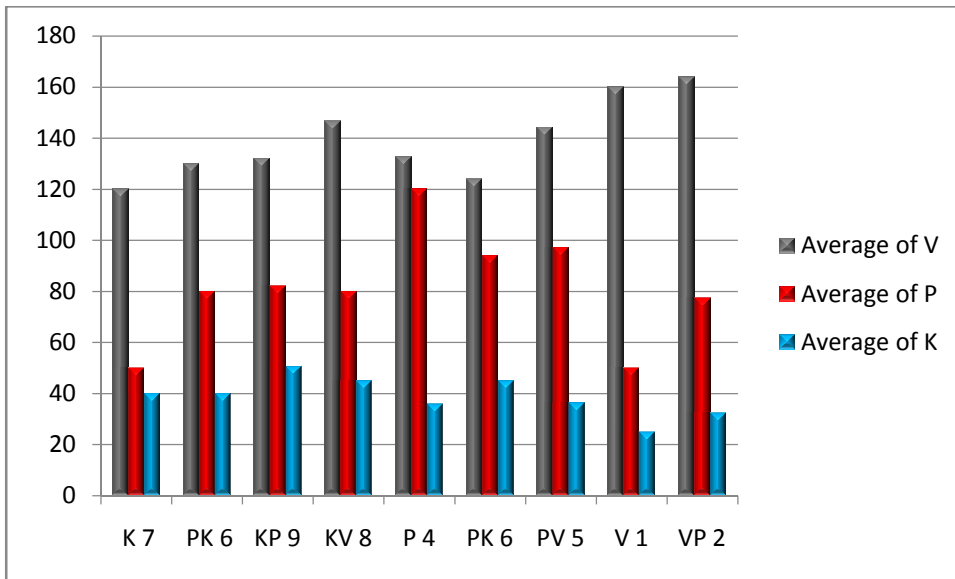
PIVOT CHARTS

The distribution of vadham,pitham & kabam in Manual Naadi analysis

	Values		
Row Labels	Average of V	Average of P	Average of K
KV 8	120	50	47.5
K 7	100	47.5	45
KP 9	115	80.5	49.5
P 4	101	97	26
PK 6	108.5714286	99.28571429	38.57142857
PV 5	148.6363636	100	25
V 1	190	45	20
VK 3	185	55	47.5
VP 2	199.3333333	78.33333333	28
Grand Total	146.1818182	83.81818182	34.36363636



	Values		
Row Labels	Average of V	Average of P	Average of K
K 7	120	50	40
PK 6	130	80	40
KP 9	132.1428571	82.14285714	50.71428571
KV 8	146.6666667	80	45
P 4	132.7272727	120	35.90909091
PK 6	124	94	45
PV 5	144.2857143	97.14285714	36.42857143
V 1	160	50	25
VP 2	163.8461538	77.30769231	32.30769231
Grand Total	141.5	89.41666667	40.33333333



Pivot chart of Naadi Tharangini.

Vadham

pitham

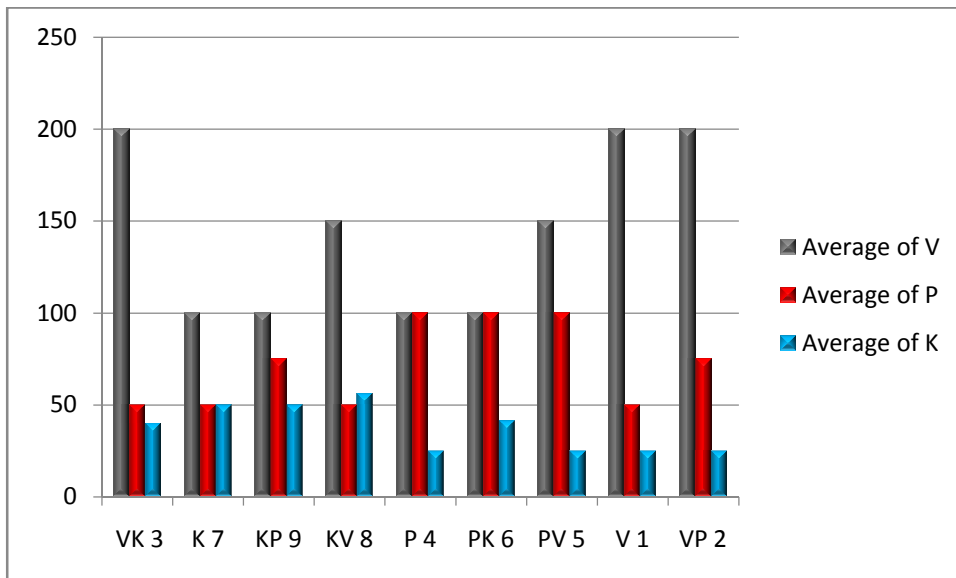
kabam

141.5

89.41666667

40.33333333

	Values		
Row Labels	Average of V	Average of P	Average of K
VK 3	200	50	40
K 7	100	50	50
KP 9	100	75	50
KV 8	150	50	56.25
P 4	100	100	25
PK 6	100	100	41.42857143
PV 5	150	100	25
V 1	200	50	25
VP 2	200	75	25
Grand Total	146.4912281	79.8245614	36.05263158



Pivot chart of Symptom based naadi.

PIVOT TABLE

THE PIVOT TABLE OF VADHAM

	Values		
Row Labels	Average of V	Average of V2	Average of V3
K 7	95	120	100
K 7	95	120	100
K 7	95	120	100
PK 6	120	130	125
PK 6	120	100	100
PK 6	120	100	100
PV 5	120	160	150
PK 6	120	160	150
KP 9	123.5714286	132.1428571	117.8571429
KP 9	117.5	137.5	100
KP 9	117.5	137.5	100
KV 8	160	110	150
KV 8	160	110	150
PK 6	110	130	100
PK 6	110	130	100
PV 5	130	127.5	150
KP 9	110	120	150
P 4	100	160	150
PV 5	155	115	150
KV 8	135	146.6666667	150
KV 8	135	146.6666667	150
KV 8	120	160	150
KP 9	100	130	150
KV 8	156.6666667	143.3333333	150
P 4	137.2727273	132.7272727	154.5454545
V 1	105	160	200
K 7	105	160	200
VK 3	195	100	200
VP 2	195	100	200
P 4	101.6666667	130	100
P 4	101.6666667	130	100
PK 6	102.5	150	100
PK 6	102.5	150	100
V 1	190	130	200
V 1	190	130	200
VK 3	100	140	200
P 4	100	140	200
VP 2	205	120	200
VP 2	205	120	200
PV 5	152.8571429	144.2857143	150
PV 5	152.8571429	144.2857143	150

PV 5	145	148.3333333	150
VP 2	200	120	150
V 1	180	160	200
V	180	160	200
VK 3	180	160	200
VP 2	188.0769231	163.8461538	188.4615385
KP 9	205	120	100
VP 2	205	120	100
KV 8	110	160	150
KV 8	110	160	150
VK	190	180	200
VK 3	190	180	200
VP 2	194	167	200
PV 5	150	160	200
VP 2	198.8888889	167.7777778	200
Grand Total	146.9090909	143.0909091	150.9090909

PIVOT TABLE OF PITHAM

	Values		
Row Labels	Average of P	Average of P2	Average of P3
KV 8	50	80	50
KV 8	50	80	50
KV 8	50	80	50
K 7	47.5	65	50
K 7	45	50	50
K 7	45	50	50
P 4	50	80	50
V 1	50	80	50
KP 9	80.5	76	75
KP 9	81.11111111	78.88888889	77.77777778
KP 9	78.125	81.25	75
PV 5	105	60	100
KV 8	75	50	50
KV 8	75	50	50
KV 8	50	87.5	50
KV 8	50	90	50
KV 8	50	90	50
VP 2	50	80	50
KV 8	50	80	50
KV 8	50	80	50
KP 9	50	80	50
KV 8	50	80	50
P 4	97	114	90
KP 9	95	80	100
PV 5	95	80	100
P 4	97.5	122.5	87.5
P 4	96.66666667	116.6666667	100
VK 3	100	140	50
PK 6	99.28571429	100	100
PK 6	102.5	80	100
PK 6	95	80	100
PV 5	110	80	100
KP 9	90	80	100
PK 6	90	80	100
P 4	95	140	100
PK 6	95	140	100
PK 6	105	70	100
PK 6	105	70	100
PK6	105	110	100
PK 6	105	110	100

PV 5	100	98.18181818	97.72727273
KP 9	97.5	100	100
PV 5	97.5	100	100
PK6	100	100	100
PK 6	100	80	100
PV 5	100	120	100
PV 5	100	100	100
PV 5	100	100	100
VP 2	105	80	75
VP 2	105	80	75
V 1	45	140	50
P 4	45	140	50
V 1	45	140	50
VK 3	55	65	50
V 1	50	50	50
V	50	50	50
VP 2	60	80	50
VK	60	80	50
VP 2	78.33333333	84.33333333	75
P 4	95	110	66.66666667
VK 3	95	80	50
VP 2	95	125	75
PK6	70	90	75
VP 2	70	90	75
PV 5	75	80	100
PV 5	75	80	100
VP 2	74.5	76.5	75
KP 9	75	80	75
VP 2	74.44444444	76.11111111	75
Grand Total	81	89.41666667	78.33333333

PIVOT TABLE OF KABAM

	Values			
<i>Row Labels</i>	Average of K	Average of K2	Average of K3	
KV 8	47.5	45	50	
<i>KV 8</i>	47.5	45	50	
<i>KV 8</i>	47.5	45	50	
K 7	45	45	37.5	
<i>K 7</i>	45	40	50	
<i>K 7</i>	45	40	50	
P 4	45	50	25	
<i>V 1</i>	45	50	25	
KP 9	49.5	51	47.5	
<i>KP 9</i>	49.444	52.222222	47.2	
<i>KP 9</i>	51.875	51.25	50	
<i>PV 5</i>	30	60	25	
KV 8	50	40	50	
<i>KV 8</i>	50	40	50	
KV 8	52.5	42.5	62.5	
<i>KV 8</i>	51.667	46.666667	66.7	
<i>KV 8</i>	51.667	46.666667	66.7	
VP 2	55	30	50	
<i>KV 8</i>	55	30	50	
KV 8	45	50	50	
<i>KP 9</i>	45	50	50	
<i>KV 8</i>	45	50	50	
P 4	26	36	28	
<i>KP 9</i>	25	50	25	
<i>PV 5</i>	25	50	25	
P 4	26.25	32.5	28.8	
<i>P 4</i>	26.667	33.333333	25	
<i>VK 3</i>	25	30	40	
PK 6	38.571	42.857143	39.3	
<i>PK 6</i>	40	40	32.5	
<i>PK 6</i>	50	35	40	
<i>PV 5</i>	30	45	25	
KP 9	35	50	40	
<i>PK 6</i>	35	50	40	
P 4	42.5	37.5	40	
<i>PK 6</i>	42.5	37.5	40	
PK 6	30	30	40	
<i>PK 6</i>	30	30	40	
PK6	40	65	50	

<i>PK 6</i>	40	65	50		
<i>PV 5</i>	25	40	26.4		
<i>KP 9</i>	22.5	45	25		
<i>PV 5</i>	22.5	45	25		
<i>PK6</i>	25	45	32.5		
<i>PK 6</i>	25	45	40		
<i>PV 5</i>	25	45	25		
<i>PV 5</i>	25	38.333333	25		
<i>PV 5</i>	25	38.333333	25		
<i>VP 2</i>	30	30	25		
<i>VP 2</i>	30	30	25		
<i>V 1</i>	20	45	25		
<i>P 4</i>	20	45	25		
<i>V 1</i>	20	45	25		
<i>VK 3</i>	47.5	27.5	37.5		
<i>V 1</i>	45	25	25		
<i>V</i>	45	25	25		
<i>VP 2</i>	50	30	50		
<i>VK</i>	50	30	50		
<i>VP 2</i>	28	32.666667	27.7		
<i>P 4</i>	28.333	31.666667	30		
<i>VK 3</i>	25	30	40		
<i>VP 2</i>	30	32.5	25		
<i>PK6</i>	25	40	25		
<i>VP 2</i>	25	40	25		
<i>PV 5</i>	30	25	25		
<i>PV 5</i>	30	25	25		
<i>VP 2</i>	28	33	27.5		
<i>KP 9</i>	25	45	50		
<i>VP 2</i>	28.333	31.666667	25		
<i>Grand Total</i>	35.75	40.333333	36.2		

Statistical analysis

T- test

The ***t*-test** is any statistical hypothesis test in which the test statistic follows a Student's *t*-distribution under the null hypothesis.

A *t*-test is most commonly applied when the test statistic would follow a normal distribution if the value of a scaling term in the test statistic were known. When the scaling term is unknown and is replaced by an estimate based on the data, the test statistics (under certain conditions) follow a Student's *t* distribution. The *t*-test

can be used, for example, to determine if the means of two sets of data are significantly different from each other.

Calculations

Explicit expressions that can be used to carry out various t -tests are given below. In each case, the formula for a test statistic that either exactly follows or closely approximates a t -distribution under the null hypothesis is given. Also, the appropriate degrees of freedom are given in each case. Each of these statistics can be used to carry out either a one-tailed or two-tailed test.

Once the t value and degrees of freedom are determined, a p -value can be found using a table of values from Student's t -distribution. If the calculated p -value is below the threshold chosen for statistical significance (usually the 0.10, the 0.05, or 0.01 level), then the null hypothesis is rejected in favor of the alternative hypothesis.

One-sample t -test

Edit

In testing the null hypothesis that the population mean is equal to a specified value μ_0 , one uses the statistic

Where \bar{x} is the sample mean, s is the sample standard deviation and n is the sample size. The degrees of freedom used in this test are $n - 1$. Although the parent population does not need to be normally distributed, the distribution of the population of sample means is assumed to be normal.

By the central limit theorem, if the observations are independent and the second moment exists, then \bar{x} will be approximately normal $N(\mu_0; \frac{s^2}{n})$.

Independent two-sample t -test

Equal sample sizes, equal variance Edit

Given two groups (1, 2), this test is only applicable when:

- the two sample sizes (that is, the number n of participants of each group) are equal;
- it can be assumed that the two distributions have the same variance;

Violations of these assumptions are discussed below.

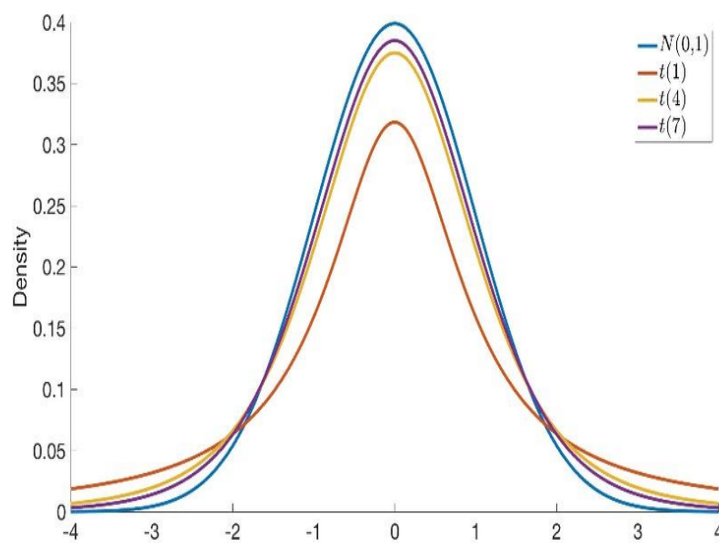
The t statistic to test whether the means are different can be calculated as follows:

Here s_p is the pooled standard deviation for $n = n_1 = n_2$ and s^2

X_1 and s^2

X_2 are the unbiased estimators of the variances of the two samples. The denominator of t is the standard error of the difference between two means.

For significance testing, the degrees of freedom for this test is $2n - 2$ where n is the number of participants in each group.



Dependent t -test for paired samples

This test is used when the samples are dependent; that is, when there is only one sample that has been tested twice (repeated measures) or when there are two samples that have been matched or "paired". This is an example of a paired difference test.

For this equation, the differences between all pairs must be calculated. The pairs are either one person's pre-test and post-test scores or between pairs of persons matched into meaningful groups (for instance drawn from the same family or age group: see table). The average (X_D) and standard deviation (s_D) of those differences are used in the equation. The constant μ_0 is zero if we want to test whether the average of the difference is significantly different. The degree of freedom used is $n - 1$, where n represents the number of pairs.

Analysis of variance (ANOVA)

Analysis of variance (ANOVA) is a collection of statistical models and their associated estimation procedures (such as the "variation" among and between groups) used to analyze the differences among group means in a sample. ANOVA was developed by statistician and evolutionary biologist Ronald Fisher. The ANOVA is based on the law of total variance, where the observed variance in a particular variable is partitioned into components attributable to different sources of variation. In its simplest form, ANOVA provides a statistical test of whether two or more population means are equal, and therefore generalizes the *t*-test beyond two means.

The simplest experiment suitable for ANOVA analysis is the completely randomized experiment with a single factor. More complex experiments with a single factor involve constraints on randomization and include completely randomized blocks and Latin squares (and variants: Graeco-Latin squares, etc.). The more complex experiments share many of the complexities of multiple factors. A relatively complete discussion of the analysis (models, data summaries, ANOVA table) of the completely randomized experiment is **available**.

Post hoc analysis

In a scientific study, **post hoc analysis** (from Latin *post hoc*, "after this") consists of statistical analyses that were not specified before the data was seen. This typically creates a multiple testing problem because each potential analysis is effectively a statistical test. Multiple testing procedures are sometimes used to compensate, but that is often difficult or impossible to do precisely. Post hoc analysis that is conducted and interpreted without adequate consideration of this problem is sometimes called *data dredging* by critics because the statistical associations that it finds are often spurious.

Bland-Altman plot

The **Bland-Altman plot** (Bland & Altman, 1986 and 1999), or **difference plot**, is a graphical method to compare two measurements techniques. In this graphical method the differences (or alternatively the ratios) between the two techniques are plotted against the averages of the two techniques. Alternatively

(Krouwer, 2008) the differences can be plotted against one of the two methods, if this method is a reference or "gold standard" method.

Horizontal lines are drawn at the mean difference, and at the limits of agreement, which are defined as the mean difference plus and minus 1.96 times the standard deviation of the differences.

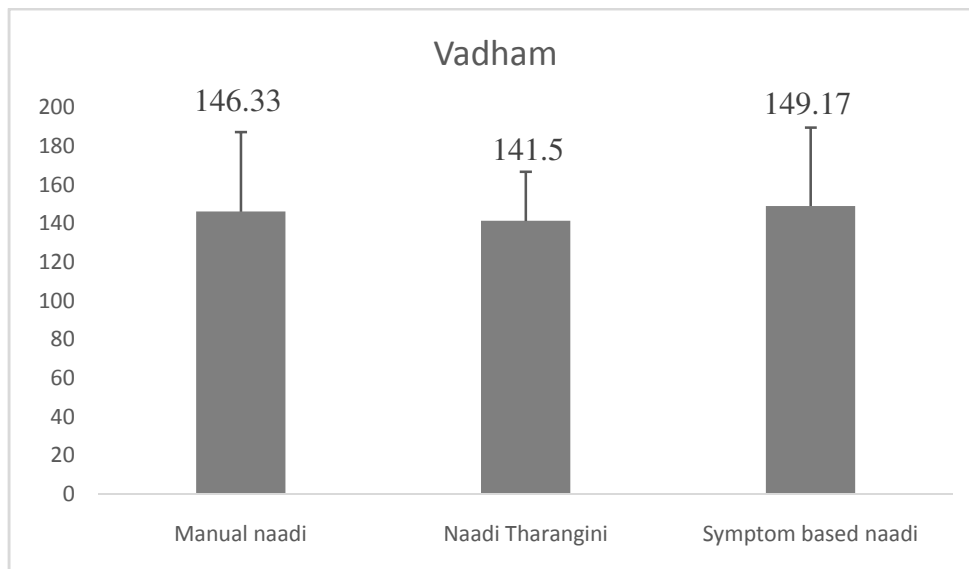
If you have duplicate or multiple measurements per subject for each method, see Bland-Altman plot with multiple measurements per subject.

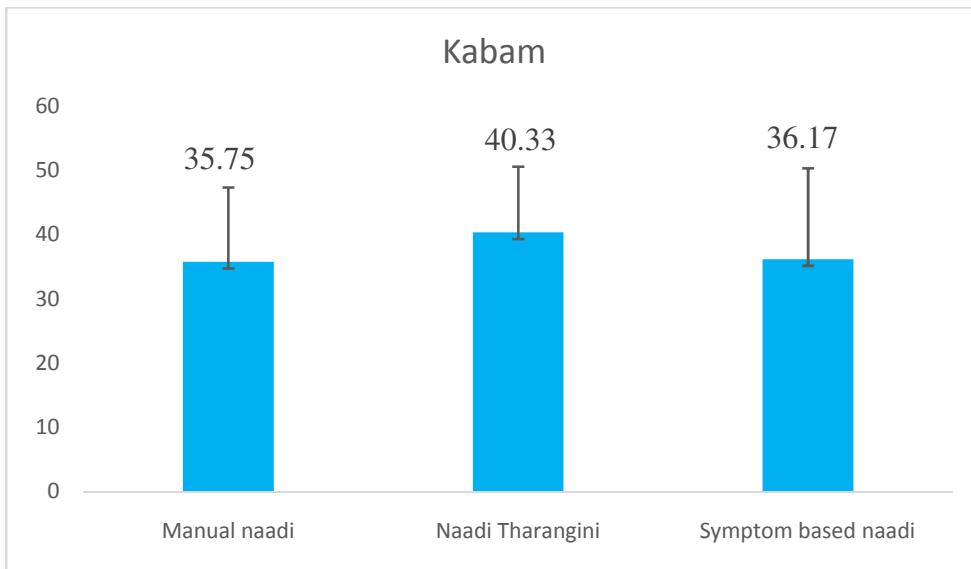
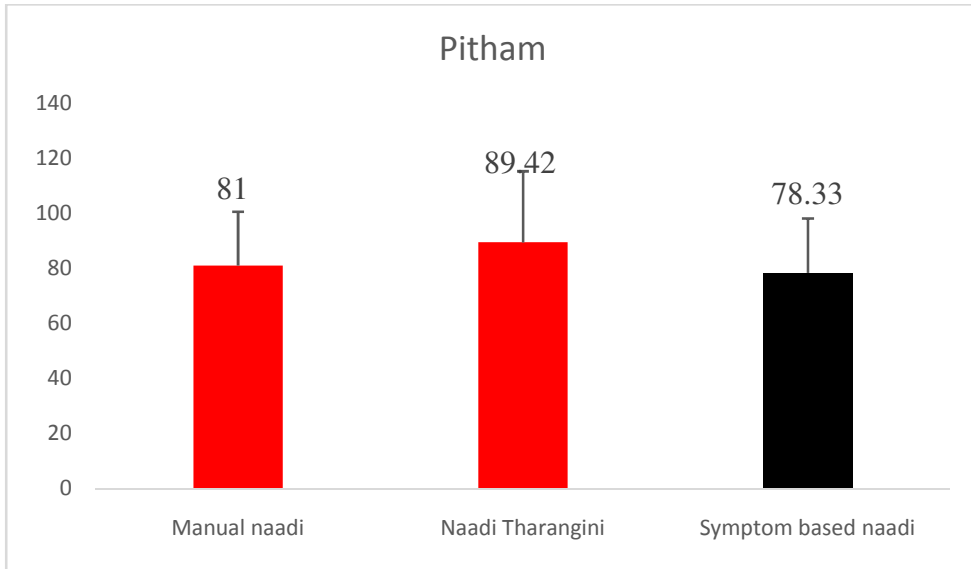
STATISTICAL ANALYSIS

ONE WAY ANOVA TEST

One way ANOVA followed by dunnet post hoc test was performed to understand the test of significance

Vadham	Std. Deviation
146.33	41.158
141.5	25.5
149.17	40.643
Pitham	
81	19.567
89.42	25.843
78.33	19.78
Kabam	
35.75	11.602
40.33	10.246
36.17	14.153





MANUAL NAADI & NAADI THARANGINI

COMPUTE mean=Mean(M.NADI,N.TNADI).

EXECUTE.

T-TEST

/TESTVAL=0

/MISSING=ANALYSIS

/VARIABLES=difference

/CRITERIA=CI(.95).

T-Test

One-Sample Statistics

	N	Mean	Std. Deviation	Std. Error Mean
difference	60	-.2167	1.72805	.22309

One-Sample Test

Test Value = 0

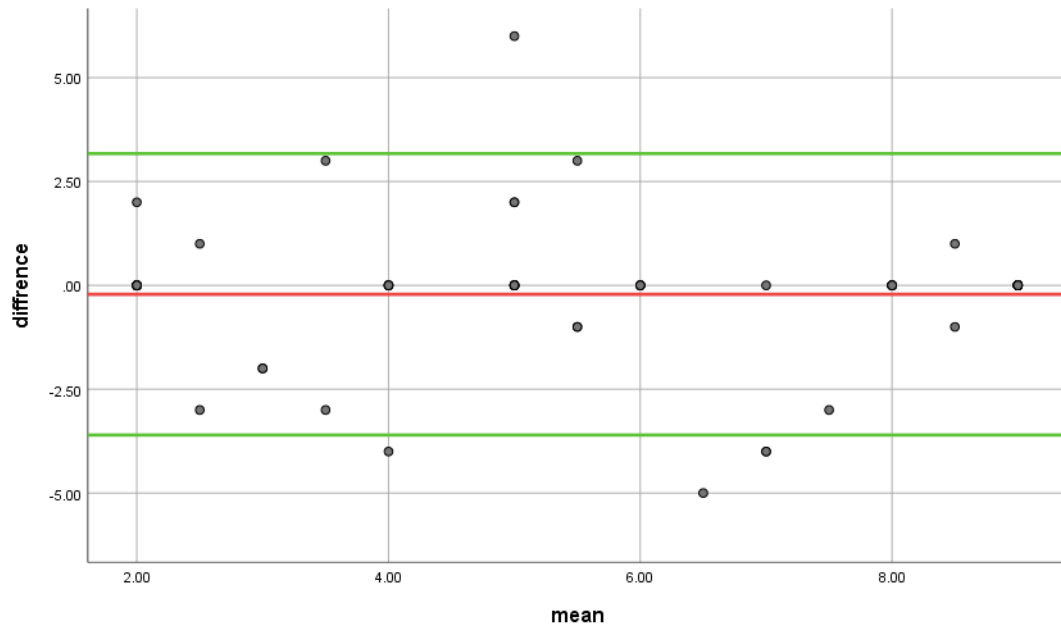
	t	df	Sig. (2-tailed)	Mean Difference	95% Confidence Interval of the Difference	
					Lower	Upper
difference	-.971	59	.335	-.21667	-.6631	.2297

GRAPH

/SCATTERPLOT(BIVAR)=mean WITH difference

/MISSING=LISTWISE.

Graph



Correlations

		1	2
1	Pearson Correlation	1	.788**
	Sig. (2-tailed)		.000
	N	60	60
2	Pearson Correlation	.788**	1
	Sig. (2-tailed)	.000	
	N	60	60

** . Correlation is significant at the 0.01 level (2-tailed).

MANUAL NAADI & SYMPTOM BASED NAADI(1& 3)

T-Test

Paired Samples Statistics

		Mean	N	Std. Deviation	Std. Error Mean
Pair 1	1	5.3500	60	2.60914	.33684
	3	5.2667	60	2.63527	.34021

Paired Samples Correlations

		N	Correlation	Sig.
Pair 1	1 & 3	60	.842	.000

Paired Samples Test

		Paired Differences					t	df	Sig. (2-tailed)
		Mean	Std. Deviation	Std. Error Mean	95% Confidence Interval of the Difference				
			n		Lower	Upper			
Pair 1	1 - 3	.08333	1.47627	.19059	-.29803	.46469	.437	59	.664

T-Test

One-Sample Statistics

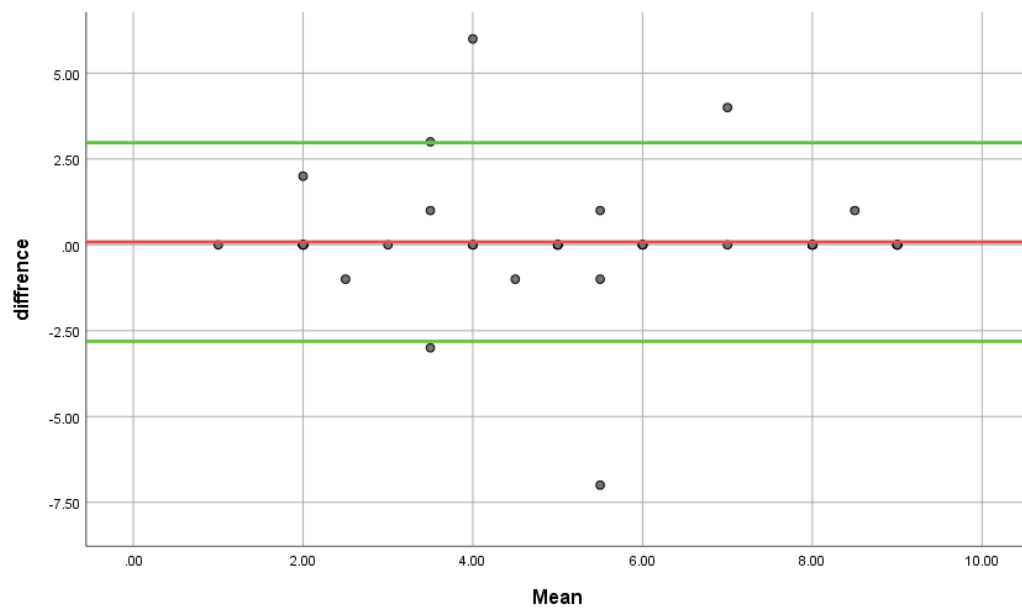
	N	Mean	Std. Deviation	Std. Error Mean
diffrenc	60	.0833	1.47627	.19059

One-Sample Test

Test Value = 0

	t	df	Sig. (2-tailed)	Mean Difference	95% Confidence Interval of the Difference	
					Lower	Upper
diffrenc	.437	59	.664	.08333	-.2980	.4647

Graph



Correlations

		1	3
1	Pearson Correlation	1	.842**
	Sig. (2-tailed)		.000
	N	60	60
3	Pearson Correlation	.842**	1
	Sig. (2-tailed)	.000	
	N	60	60

** . Correlation is significant at the 0.01 level (2-tailed).

Curve Fit

Variable Processing Summary

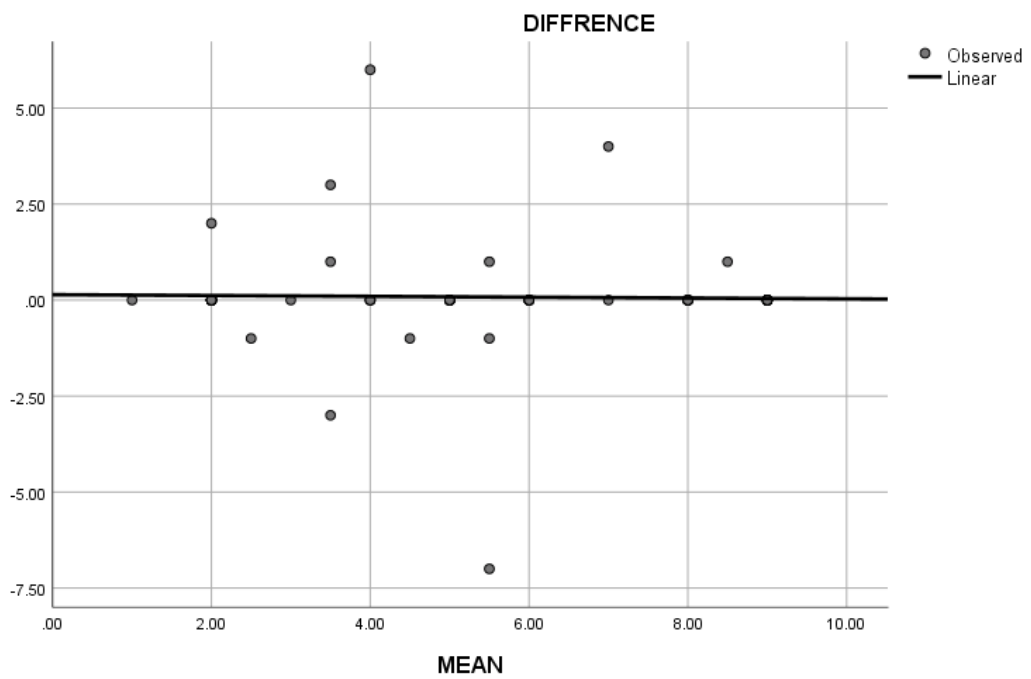
		Variables	
		Dependent DIFFRENC E	Independent MEAN
Number of Positive Values		7	60
Number of Zeros		48	0
Number of Negative Values		5	0
Number of Missing Values	User-Missing	0	0
	System- Missing	0	0

Model Summary and Parameter Estimates

Dependent Variable: DIFFERENCE

Equation	Model Summary					Parameter Estimates	
	R Square	F	df1	df2	Sig.	Constant	b1
Linear	.000	.020	1	58	.889	.141	-.011

The independent variable is MEAN.



SYMPTOM BASED NAADI & NAADI THARANGINI (3&2)

T-Test

One-Sample Statistics

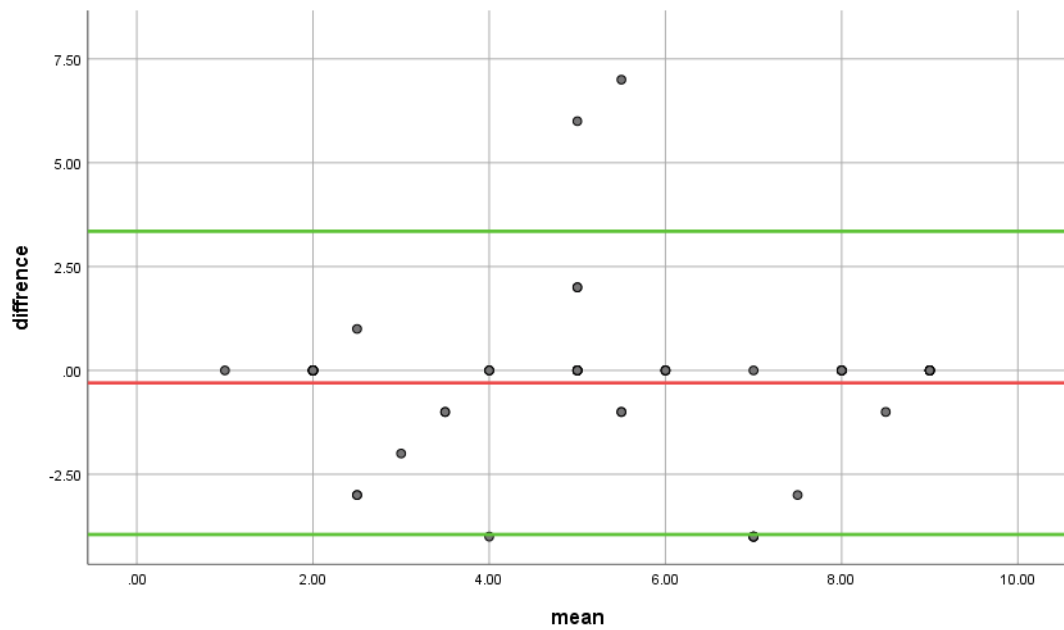
	N	Mean	Std. Deviation	Std. Error Mean
diffrence	60	-.3000	1.86220	.24041

One-Sample Test

Test Value = 0

	t	df	Sig. (2-tailed)	Mean Difference	95% Confidence Interval of the Difference	
					Lower	Upper
diffrence	-1.248	59	.217	-.30000	-.7811	.1811

Graph



Correlations

		3	2
3	Pearson Correlation	1	.756**
	Sig. (2-tailed)		.000
	N	60	60
2	Pearson Correlation	.756**	1
	Sig. (2-tailed)	.000	
	N	60	60

** . Correlation is significant at the 0.01 level (2-tailed).

Curve Fit

Variable Processing Summary

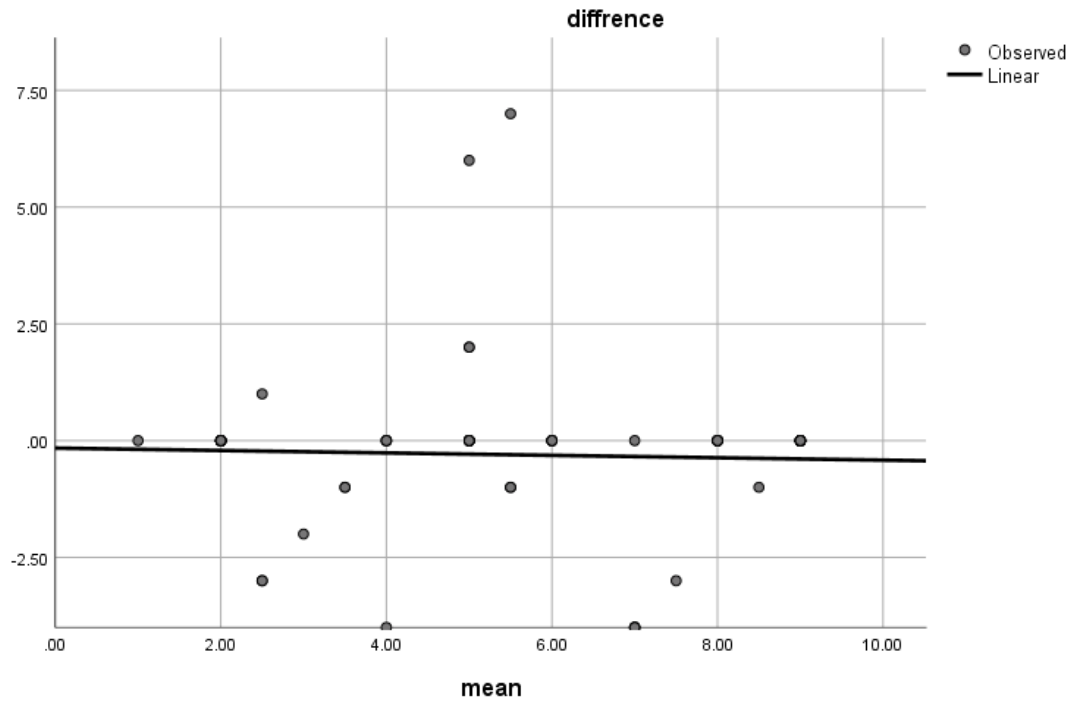
		Variables	
		Dependent diffrence	Independent mean
Number of Positive Values		5	60
Number of Zeros		41	0
Number of Negative Values		14	0
Number of Missing Values	User-Missing	0	0
	System- Missing	0	0

Model Summary and Parameter Estimates

Dependent Variable: difference

Model Summary						Parameter Estimates	
Equation	R Square	F	df1	df2	Sig.	Constant	b1
Linear	.001	.070	1	58	.793	-.160	-.026

The independent variable is mean.



13.DISCUSSION

Distribution of naadi pattern

Distribution of vadham - 4.16%, vadhapitham – 35%, vadha kabam – 2.5%, pitham – 12.5%, pithavadham- 29.15%,pithakabam – 17.5%, kabam – 3.33%, kabavadham- 17.5% & kabapitham – 27.5%.

Individual Naadi pattern is less than the thondha naadi presentation.vadha pitham is the highest presentation followed by pitha vadham & kabapitham.pithakabam has even distribution of cases in3 type of analysis. Vadha pitham 7 pithavadham is moreover same in case distribution.vadhakabam is rare naadi pattern to cure and in naadi tharangini has no case.

The distribution of Naadi pattern of Manual Naadi & Naadi Tharangini is cherted.In vadham -1.16%, vadhapitham - 23.3%5 & 20 % , vadha kabam-3.3 % ,pitham -8.3% & 20%, pithavadham – 16.6%& 8.6%,pithakabam – 11.66% & 13.3% ,kabam 3.33% & 1.6%,kabahavadham – 11.6% & 8.6%,kabapitham – 18.3% & 16.6% are distributed.

Gender presentation

Male & Female presentation in symptom based Naadi respectively vadham - 3.33% & 1.66%, vadha pitham – 13.3% & 10%, vadhakabam – 0% & 1.66%, pitham – 1.66% & 3.33%,pithavadham -10% & 11.66% ,pithakabam – 3.33% & 8.33%, kabam – 0% & 1.66%, kabavadham 3.33% & 10%, kabapitham – 3.33% &11.66%.

Male presentation in Manual Naadi is 3.30%, 13.3%,3.30%, 1.66%, 6.66%, 8.33%, 0%, 8.33% & 3.33% respectively for vadham, vadhapitham, vadhakabam, pitham, pithavadham, pithakabam, kabam, kabhavadham & kaba pitham.

Female presentation is 0%, 10%, 0%, 10%, 3.3%, 3.3%, 3.33%, 15%.

Highest presentation is females in kabapitham about 15%.vaham & vadha kabam has no female distribution & kabam has none male case.

In naadi thrangini has no case in vadha kabam. absence of males in kabam & absence of female in vadham which is individual naadi. Vadhapitham has equally distributed cases in males and females about 10 %.highest value is 16.6 % in kabapitham for females & pitham & pithakabam has 11.66%of male distribution.

Humours presentation

Manual Naadi analysis in pivot chart vadha is dominant in vadha based Naadis like vadham, vadhapitham & vadhakabam respectively 190, 185 5 199.9 %.vadha is two times dominant from its normal level, 100 % which is four times of normal range of kabam, 25%.average of vadham in all naadi presentation is 146.18% which is 1½ times of vadham from its normal presentation.the pitham in pitham and pitha vadham naadi is nearly equal to vadham.If pitham is two times dominant & more or less equal to vadham indicates pitham dominant diseases.

Kabam is equal to pitham in kabam dominant diseases.kabam is nearly not mentioned in other than kabadises particularly in vadha dominantdises, where is huge range of differentions present.

In Naadi tharngini average of vadham ,pitham & kabam is 141.5%, 89.41 40.33%.vadham is not increased double the time but above the normal level. but in pitham Naadi presentation it is above the double amount. But the ratio between average of vadham,pitham & kabam is 3:2:1.pithakabam & kaba pitham is seems very similar.pitham has the highest point about 50.7% in kabapitham.

Symptom based naadi

The value of the vadha, pitha kabam is obtained from the numeric limitation from text reference.Individual naadi dominance means double the amount of naadi mathirai in percentage expressions.for example vadham ,pitham & kabam is respectively 4: 2: 1 in percentage 100 : 50 : 25. (1 mathitai is 25%).if the individual naadi dominance means double the pressure value naadi. Vadham dominance means $100 * 2 = 200\%$. In kabam $25 * 2 = 50\%$. In thondha naadi the first dominant naadi is under this condition and the next ones not exceeds double the amount & above from normal level. For example in pithavadham pitham is double the amount ($500 * 2 = 1000$) and the vadham is not exceeds the amount & above from normal level. Between 100- 200%.Most of the

time it is nearly midrange and low. According to this condition the average of vadham ,pitham & kabam is respectively 146% : 79.8% : 36.05%.this is the control test to analysis the other two varrient which are not clearly difined. History taking error is the only drawbakeof this kindof study. It is totally dependent in history takking.some time Naadi denotes the internal condition an asymptomatic disease ,but the patient is not aware of it.

Pivot chart table

The vadham grand average of Manual Naadi – 146.9%, Naadi tharangini – 143.09% & symptom based naadi – 150.9%.

There is no significant varrience in oneway T-Test and one way ANOVA .

Pitham is calculated as 81%, 89.4%, 78.3% in 3 analysis. The difference between Manual Naadi & Naadi tharangini is not significantly variable. The difference between symptom based naadi & Naadi tharangini is same. But there is significant variation is present between naadi tharangini & symptom based naadi.

There is no marked significant variation present in symptom based naadi.

14. SUMMARY

- Naadi diagnosis is the best diagnostic method in siddha system.
- Tree Naadi analytical methods, manual Naadi, naadi Thrangini & symptom based Naadi , are used in this descriptive analysis based on Agathiyar vaidhya sadhaga Naadi.
- The fundamentals and basic of Naadi and it's diagnostic methods are discussed and data collected.
- The data analysis and interpretation done by T-Test and one way annova by using SPSS software and the results are discussed.

15. CONCLUSION

Naadi diagnosis is the best diagnostic method in siddha system. Tree Naadi analytical methods, manual Naadi, naadi Tharangini & symptom based Naadi ,are used in this descriptive analysis based on Agathiyar vaidhya sadhaga Naadi. The fundamentals and basic of Naadi and it's diagnostic methods are discussed and data collected. The data analysis and interpretation done by T-Test and one way annova by using SPSS software and the results are discussed.

The author concluded the descriptive analytical study of Naadi thervu and it's clinical features based on "sadhaga naadi" if effective in diagnosis of disease. According to one way ANOVA The symptom based naadi is take as a control test & other two analysis of Naadi patern Manual Naadi & Nadditharangini is compared with one another.there is no significantly difference in between Manual naadi and symptom based naadi. The naadi tharangini and manual naadi is not significantly variable. Pitham only is significantly variable in between symptom based naadi and naadi tharangini. Author conclude that the brief history taking based on sadhaga naadi clinical feature and compare any one of the naadi thervu by manual or electronic based divice and correlative comparison method is effective in naadi based diagnosis. The naadi tharangini is not much more effective in diagnosis compared with the Manual naadi and symptom based naadi .

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