

**WHY THE PULSE OF FEMALE IS FELT IN LEFT HAND RADIAL ARTERY AND OF
MALES IN RIGHT HAND RADIAL ARTERY****Inderjit Kaur***

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2235, Sector 61, Chandigarh.**ABSTRACT**

In Ayurveda pulse and body constitution diagnosis have a long historical value. Feeling the pulse is the precious art of Ayurveda. In traditional Pulse Diagnosis (nadi pariksha) three fingers (index, middle, and ring fingers) are placed just below the wrist on the radial artery to observe and understand aspects of the pulse. It is commonly known as Pulse diagnosis. The pulse communicates more than what we can feel. Energy flowing through the various channels (nadis) carries information about the health of the organs connected to them. Inside every human being there is a network of nerves and sensory organs that interprets the physiology of the physical and psychological. I have been diagnosing my patients with this pulse reading since 1995. I was surprised when we were instructed to feel the pulse of a woman from her left hand radial artery and of a man from his right hand radial artery. The anatomy of the male and female body is same as location of heart, lungs, stomach, kidneys etc. except for reproductive organs. The physiology of every system of the body is same in the man and woman, the difference is only of the sex hormones secreted by men and women and their functions. Then what causes the difference in the whole pulse, that we should feel it in left hand of a female? In other Vedic sciences like Palm reading, I have experienced that the left hand of the woman is observed. In Charak Samhita's "Sharir sthan" it is mentioned that woman should enter the bed with her left foot for Garbhadhaan Sanskar (for conceiving a baby) . After wedding ceremony the bride is advised to come to left side of the groom and while entering her new house she is advised to enter with her left foot first. So if so much importance is given to left part of the body of a female, there should be strong reason behind that. I was always curious to find the answer to this left and right hand pulse theory and with passage of time and experience I was able to find out the reasons behind it. This article of mine is an effort to create awareness among coming generations about the very basic step of pulse diagnosis that why we feel the pulse of woman in her left hand and of men on right hand radial artery.

KEYWORDS: Shiv Shakti, Right And Left Hemispheres Of Brain, Ida, Pingla And Sushumana Nadi, Masculine And Feminine Energies, Art Of Pulse Diagnosis.**INTRODUCTION**

In today's world, a human's health status is diagnosed with modern techniques which are expensive, with these techniques and instruments it became easy to detect the problems. These instruments can measure the physical and physiological changes occurring in body, but cannot measure the psychological thoughts and pain of a patient which is the main reason for the physical ailments¹. It is known that 90% of the problems are psychosomatic; the reason of problem lies in mind or we can say the subtle body, it may be the conscious mind or the sub conscious mind. Ayurveda deals with mind and physical body simultaneously to yield results.

Examination Process in Ayurveda

To confirm, evaluate and treat a disease, we perform

clinical examinations of patients where.

Textual knowledge (Aptopadesha) Direct perception (Pratyaksha) Inference (Anumana) are important components.

In Ayurveda there are three main methods mentioned for diagnosing dosha imbalance and disease process in a person. They are

1. Visual Observation (Darshana Pariksha)

By observing the patient's physical signs and symptoms, for example, colour of skin, hair, eyes, tongue, urine, stool along with behaviour and condition of the body.

2. Questioning,^[1] (Prashna Pariksha)

By asking questions regarding the reasons for imbalance of each dosha and history of illness. Along with

question related to the place a patient is living and place also refers to the body of the patient as he is the carrier of a disease. As now population has increased, the area per person required got reduced, leading to health issues. Further a patient is asked about his place of birth to know his food habits and seasons of that place, which is important to know before the treatment is done.

3. Tactile Perception (Sparshna Pariksha)

The Vaidya investigate patient by touching him. Checking his vital organs by palpitation, percussion and auscultation are included in this method. Feeling the pulse of a patient is a fine method of feeling the functions of internal organs and his psychological status.

PULSE DIAGNOSIS^[10] (NADI PAREKSHA) is the fine tool to read the status of a physical body. As per Ayurveda we follow two rules of universe for the origin of human being.

First is a. ANSHANSHA KALPANA

Second is b. PINDA BRAHMANDANYAYA

According to ANSHANSHA KALPANA, all the elements found in any organism are present in the seed of that organism in the same proportion but in minute quantities. As it grows all the qualities start manifesting with the due course of time. For example a small seed has all qualities of a tree which will manifest with due course of time.

As per the PINDA BRAHMANANDA NYAYA, whatever elements we have in universe, we find same elements in the smallest part of a human body as well and vice versa. As is said our body is a combination of five elements of universe that are SPACE, AIR, FIRE, WATER AND EARTH. The difference of ratio of these elements while combining gives rise to different nature of persons, which is called Nature or Prakriti of a person.

VATA, PITTA, KAPHA are the three basic Energies^[3] (THREE PILLERS) of Ayurveda.

VATA is a combination of ETHER AND AIR
PITTA is a combination of FIRE AND WATER
KAPHA is a combination of EARTH AND WATER



Fig. 1: Showing Three Doshas Of Human Body Related To Five Elements Of Universe.

They are responsible for every action in our body
PITTA (RAJAS: DYNAMIC) attributes to digestion and metabolism.
KAPHA (TAMAS: INERTIA) governs the structure and fluids of the body.

VATA (SATAV: ART OF BALANCE) attributes to two main aspects, one of them being associated with movements within the body and mind, the other being associated with communication.

A balance between these three vata, pitta, kapha is considered as Prakriti or healthy status and any imbalance in these three is considered as Vikriti or ill health.

Depending upon the tissues and vital organs affected in any disease, the rhythm of flow of blood gets disturbed, disturbing the graph of pulse. The PULSE gets affected by every little change in our behaviour, temperament and change in the outer environment. The reflexes of the brain start causing changes in the body and consequently the blood flow in the body gets affected, which is the vital force for living. The health status of a subject under consideration is determined by the Ayurvedic physician by feeling the pulse of radial artery by placing three fingers on it; it is called as the pulse diagnosis.

PULSE WAVE⁹ is a pressure signal measured on the wrist at radial artery as this is convenient, easy to access site. The pressure signal manifests itself due to the contraction and relaxation of the heart muscles which build up pressure across the walls of arteries. The pulse is felt by applying static pressure through index, middle and ring fingers to estimate the static and dynamic nature of Vata, Pitta and Kapha components.

Practitioner examines several parameters such as rhythm, amplitude, depth and width of a dynamic pulse to determine the health status of a subject. Variation in the pulse amplitude, duration, pulse wave velocity, blood volume and pulse rate are evaluated in a time domain. Transition of Vata, Pitta and Kapha components in time domain and frequency domain analysis indicates many physiological and pathological characteristics of the human system.



Fig. 2: How To Hold Pulse And Relation Of Five Fingers With Five Elements.

Pulse Represents the Prakriti² of the person. As Nadi(channel) is also synonym with the river and at the base of river there are no rustling movements which are otherwise seen on the surface. In the human body, the most constant non-changing thing is the Prakriti (the

basic nature of a person), so it is felt at the base and the pathology (vikriti) being new to the body is always superficial and felt easily, as it suppresses the original nature of a person.

The touch,^[4] works as the bridge between the patient and vaidya, by this touch the information gets travelled from the patient to the vaidya, who after proper decoding the information, can understand exact basic nature and the changes in patient, along with the reasons which have led to the changes in body.

Parameters^[5] For Pulse Diagnosis

There are some parameters we need to follow for pulse diagnosis. The method of pulse diagnosis (Nadi Pariksha) being a very potent diagnostic tool needs to be used very precisely to achieve the correct diagnosis. The selection of place following appropriate pressure at various levels of touch, collecting the variables in the examination and arranging them, is the basics of pulse reading. These findings are then exposed to analysis for understanding the changes in body to achieve diagnosis.

1. Nadi pariksha is done at the base of the thumb on the radial artery (angushthamula) right hand (dakshin hasta nadi) in male and left hand (vam hasta nadi) in female. Once the location is decided then all the three fingers are gently placed on the pulsating area just below the thumb at the wrist.
2. Nadi Pariksha is mainly done early morning after evacuation of stool and urination (malamutravisarjana).
3. Nadi Pariksha is done, when the patient is in sukhasan (relaxing sitting or lying position).
4. Nadi Pariksha is not performed just after eating or bathing, because of energy channelization, it varies the diagnosis of person (in these conditions pulse may be high).
5. Nadi Pariksha is not performed on patients who are hungry, thirsty, coming from outside under burning sun rays or after exercise; these conditions show palpitation (vyakula Nadi).

Rogipareeksha
Diagnosis Of The Patient Ten-Fold Ayurvedic
Diagnosis Examination Of The Pulse

Nature Of Pulse

FORCE (BALAI)	Low +	High+++	Moderate +
TENSION (VOLUME (ASRUTI))	Low +	High+++	Moderate +
CHARACTERISTICS (GUNA)	Fast, Feeble, Cold, Light, Thin, Shrunken On Pressure	Prominent, Strong, Hot, Forceful, Little Finger With Palpitation	Deep, Slow, Thick, Cool Or Warm, Regular
LOCATION (STHAN)	Inside	Middle	Ring
RYTHM (MAI)	Irregular	Regular	Regular
TEMPERATURE (TAAPMAAN)	Cold	Hot	Warm To Cool
TOUCH OF PULSE (SATHIVYAMA)	Rough Hard	Elastic Flexible	Soft Thickening
HEART RATE (VEDA)	80-90	70-80	50-60
NATURE OF PULSE (KOSHAGATI)	Sarpa	Manduka	Hansa

Fig. 3: Showing various attributes of the pulse.

Objective

The objective of this study is to create awareness among coming generations the reasons behind feeling the pulse of a female in left hand radial artery and in right hand radial artery of a male. This article is aimed to provide a comprehensive analysis of all the factors which are truly scientific and involve the functions of nervous system. I want to provide deep understanding of the contents of Ayurveda pulse diagnosis in detail as it is the basics of pulse diagnosis. Our ancient sages tried to teach us everything in simple words and by giving us images depicting every energy or five elements of universe.

REVIEW METHODOLOGY

Various ancient literatures are read. Use of Google web to read out relevant articles regarding energies, yoga, ancient medical and ayurveda literature. Texts such as Charaka Samhita, Fundamental Concepts Of Nadi Pariksha, Nadivigyan By Acharya Kanaad And Acharya Sharangdhara were explored to know the basics. All volumes of the secrets of pulse by Shri Vasanth Lad were read. The search terms used were vamangi, shiv Shakti, Purush, Prakriti, Masculine and Feminine energies. Terms related to the nervous system and anatomy and physiology of brain were also read from the contemporary medical literature. All those relevant articles to the present work have been included. Data obtained from these studies were compiled, interpreted, and presented as a narrative review. Here are some factors which depicts the topic in details..

1. Law of duality of universe
2. The law of polarity
3. Masculine and feminine energies
4. Upanishda shiv and shakti definition
5. What is yin and yang polarity
6. Yoga: ida, pingla and sushmana nadis
7. Brain: anatomy
8. Functions of left and right hemispheres and nervous system

When we think of any job or process occurring in the universe, the give and take phenomenon applies. We can take another example of opening a lock, a key goes inside the lock and lock opens in return. There is always a relationship and a balance between them and that balance is dynamic and changing. Even a human has to inhale oxygen for living but on the same time has to exhale carbon dioxide in return to complete the process; we cannot keep on inhaling oxygen only and stay healthy; we need to exhale carbon dioxide as well.

Law of Duality,^[6] Of Universe

All the phenomenon in nature follow the law of duality. The law of duality means that two exact opposite results derive out of a same thing. The nature teaches us that following each sunrise there is a sunset. After each day there is a night, after every spring there is an autumn. Look closely, it exists in all things at all times.

The Universe doesn't favour or dislike any of its creations more than the other. The law remains the same for each organism. The Duality theory states that the universe consists of two equal opposite halves, which are related by overlapping Galileian coordinates and have exactly opposite matters, energies, masses, motions, accelerations and gravities. The two halves of the universe are therefore exact opposites, but they would move as one and so they are both the same and opposite. A dual universe therefore meets the criterion of unifying quantum mechanics with general relativity in a theory which embodies both sameness and oppositeness. And it also allows a singularity to exist at the beginning of the universe, without violating the laws of quantum mechanics.

All things in nature change, no matter how slowly but they are always changing. Between any two things there will be some amount of polarity, one of them will be more in some aspect and the other will be less, only then it will generate some force or energy or give resultant.

The Law of Polarity^[7]

We are living in a complex world and the human mind is even more complicated. There is one principle that comes close to making sense of it all, it's the law of polarity.

Understanding the law of polarity is essential to living a fulfilling and happy life.

The law of polarity is the principle that everything has two "poles": good and evil, love and hate, attraction and disconnection. Think of the North and South Poles on a globe or a battery with its negative and positive terminals. Everything in the universe has its opposite. Everything is dual. And it's what allows us to experience life to the fullest and appreciate the good in the world.

"For every action, there is an equal and opposite

reaction." This is Newton's Third Law of Motion, and it sums up the law of polarity perfectly. It means that forces come in pairs: negative and positive, action and reaction, masculine and feminine. You can not only nurture certain energies within yourself, but also use the law of polarity to draw other energies to you – like a magnet.

In a relationship of humans that has an intimate connection and sexual attraction, there is polarity. Polarity in relationships is the spark that occurs between two opposing energies: masculine and feminine. Gender does not affect whether you have masculine or feminine energy. We are a combination of various energies, each present by degree.

Some energy, therefore, may dominate our nature and others will surface only on special occasions. We are the essence of the concept of polarity.

There is a range and degree of each aspect housed within the other, inseparable. Hence, a continuum of polarities exists within us. What we manifest is a combination of these polarities in varying degrees. Nothing exists in a pure state; everything blends to form unique and vibrant combination.

Masculine and Feminine Energies^[8]

Our body whether it is of a male or a female, possess two types of energies. These energies reside in the same body and take care of different functions in the body. These energies travel along with one another. The exchange of these energies lead to the functioning of our body.

We call these energies as Masculine and Feminine energies/ Solar and Lunar energy/Purush and Prakiti in hindi / Shiv and Shakti in spirituality. The Chinese people consider it as yin/yang energies.



Fig. 4: Masculine and Feminine attributes.

They are persistent in everyone, we just need to identify them. All the masculine jobs or masculine energies are related to Purusha and Prakriti takes care of all the feminine jobs or characters of the female like creation, emotion etc. In everybody both the characters are present but the left side possess the feminine qualities, but it is controlled by right hemisphere of the brain and the right

hand possess the masculine qualities but it is controlled by the left hemisphere of the brain. They control the different attributes or functions of a human body with help of each other.

We can say a human body cannot survive by working with one side of a body as is evident in the persons who suffer from paralysis, if their right side of brain got paralysed then physical functions related to left body are impaired and if left side of the brain gets affected then the functions related to right body are impaired. The function of the left and right sides of the brain are different but they are operated only when both the sides work well in harmony with each other.

The right side of the human body possess masculine qualities and is controlled by left hemisphere of brain. It is said to be related to solar energy and Pingala nadi.

The left side of the human body possess feminine qualities and is controlled by right hemisphere of the brain. It is said to be related to lunar energy and Ida nadi.

We can not confuse the energies with the gender, a male person can also possess the qualities of a female and on the other hand a female can also possess the qualities of a male depending upon various factors surrounding us.

A man or a woman who inhales through right nose or live in South direction or thinks like a man starts possessing masculine qualities as the solar energies gets high. Now a days females being on top ranks of jobs and working in male dominated society starts behaving like men and acting like men as masculine energies become dominant in her. More over sometimes when mother is pregnant and always thinks of giving birth to male child, but if a girl child is born, the girl start possessing the masculine qualities.

Sameway, a man or a woman who inhales through left nose or live in north direction or thinks like a woman starts possessing feminine qualities as the lunar energies gets high. When males work with females and remain in that aura, start behaving like woman. You can feel the change in his behaviour, his way of walking, talking, dancing and laughing.

Now a days we can see lot of dancers with male like appearance dancing like a woman and also dressed up like woman, it is due to dominance of energies. Parents should take care of their children in the adolescent age till they are mature to see his/ her behaviour, if they notice any change they should provide proper medication to the children.

In physiology and anatomy we can talk of them as afferent and efferent nervous system or sympathetic and parasympathetic nervous system, we will discuss it in detail.

This is the main reason that pulse of a female is felt in left hand of a female and in the right hand radial artery of a male.

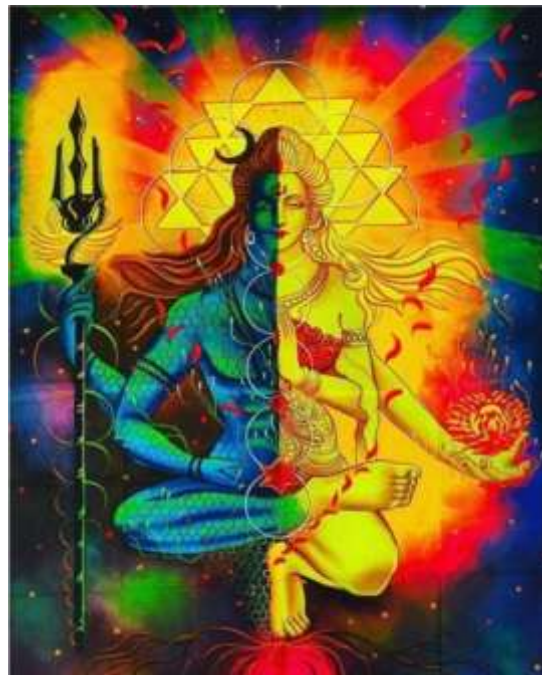


Fig. 5: Perfect Example of Masculine / Feminine Energies, Purush / Prakriti Upanishada¹² Description of Shiva and Shakti.

Our ancient sages were so intelligent they have made it easy to understand. Let us understand it according to upanishadas. It is said that there are two forces residing in our single body Purush (shiva) and the Prakriti (shakti).

These Shiva and Shakti are the twin inseparable energies. Shiva represents Masculine energy and Shakti represents Feminine energy.

Shiva is most powerful but his power is Shakti.

Shiva represents the unmanifested form and Shakti represents the manifested.

Shiva is formless and the shakti is formed. Shiva is the Pure Consciousness, but Shakti activates the consciousness.

If Shiva is Sun then Shakti is sunlight. If Shiva is ocean, Shakti is wave.

If Shiva is Father, Shakti is Mother.

Shiva and Shakti are incomplete without each other.

The roots of Shakti (Prakriti) are present in Shiva (Purush) only. They make each other complete.

Though they are spoken of separately but they are really one. They are one like a word and its meaning. I salute to the parents of the universe Parvati and Parameswara.



Fig. 6: Ardhanarishwar Avataar

It is said in the very first verse of Kalidasa's Raghuvamsa: that Shakti and Siva stand to each other in the same relationship as the word and its meaning.

They are two in one so we call them Ardhanarishwar. Our ancient scholars depicted images to make a layman understand every science.

“Vagarthaviva sampriktau Vagarthapratipattaye”

“Jagatah Pitarau Vande ParvatiParameswarau”

The image of Ardhanarishwar (Shivshakti) explains duality very well; I am trying to explain it as per my wisdom and understanding of the facts related to energies of the cosmos.

YIN / YANG ENERGIES^[13]

Further basic polarities are day and night, summer and winter, warm and cold, male and female etc. In Chinese tradition there is the polarity of Yin (feminine, passive, night) and Yang (masculine, active, day). These yin and yang are thought of as complementary forces that interact to form a dynamic system in which the whole is greater than the assembled parts. According to this philosophy, everything has both yin and yang aspects, for instance, shadow cannot exist without light.

Either of the two major aspects may manifest more strongly in a particular object, depending on the criteria on of the observation. The yin yang shows a balance between two opposites with a portion of the opposite element in each section.



FIG. 7: Showing Yin/ Yang Energies.

Yoga:^[14] Ida, Pingla and Sushmana Nadi in Yoga.

Our ancient yogis depicted the energies in Form of pictures; in this picture of ShivaShakti, we can see the right nostril possessing solar energy (masculine) and left nostril possessing lunar energy (feminine). Lunar energy affects the female physiological functions even the menstrual cycle is related to it. It is said no one can judge the nature of a female as it is directly affected by the increasing and decreasing energies of lunar. Both the lunar and solar energies are intersecting at the third eye chakra that is why when one person gets enlightened, it is said that his third eye chakra is open and that is the phase when he has become capable of balancing both the lunar and solar energy entering into his brain and body at his will. It affects the psychology of a person to a great extent. In yoga both Ida and Pingala represent this nervous system.



Fig. 8: Showing Picture Of Shivashakti, Right Nostril Possessing Solar Energy (Masculine) And Left Nostril Possessing Lunar Energy.

Ida Nadi—the Passive Channel

Ida Nadi: The Sanskrit word Ida (इडा) translates to 'comfort.' Therefore, when life-energy flows through Ida, we are in a relaxed or restful state. Ida is associated with the white or blue color and cooling and moon-like qualities such as creativity, imagination, and introversion. Imaginably, Ida is called the Moon Tube or Chandra Nadi. Chandra is Sanskrit for 'moon.'

Ida is dominant when we breathe through the left nostril, which means prana currents move in the left channel. Scientific research indicates that left-nostril breathing is associated with activity in the right brain hemisphere and parasympathetic aspects of the autonomic nervous system. It takes care of the left side of the body and possess cool nature and feminine energy, qualities or feminine attributes. Ida nadi controls the entire mental processes. It courses from the left testicle to the left nostril and corresponds to the Ganges River. Ida Nadi is one of the three main energy channels of our being according to yoga anatomy. It originates in an egg-shaped bulb in the pelvic region, travels up the spine and ends in the head.

In Western terms, Ida Nadi is related to the parasympathetic nervous system that signals the body to relax and rest.

In anatomy, Ida controls three things, namely

1. Biological and physical parts of the left side of the body.
2. All emotional/ mental processes
3. The mechanisms that help relax the body and mind.

Pingala Nadi—the Active Channel

Pingala nadi (also known as surya nadi) is Pingala Nadi - The Right or Solar Energy Channel in Yoga. Prana currents are in Pingala when the right nostril is dominant. The "tawny energy channel" is the masculine, active, yang energy channel in the subtle body. It lies to the right of sushumna nadi, and its energy is complementary to that of idanadi.

Like ida, pingala nadi also begins at a subtle level in Root (muladhara) chakra. It then goes along the back on the right side of the spine until it intersects with ida at Third eye chakra (ajna circle). Ida and pingala nadis go through the left and right parts of the torso, respectively. They indeed touch each other at the level of each chakra, but they do not cross.

It is associated with the Sun and is considered rajasic (dynamic) in nature. Pingala-like individuals have solar qualities, lots of creativity, and abundant vitality.

It is connected to right nostril and left hemisphere of the brain. It is hot like sun and deals with logical/analytical aspect. The solar channel Pingala is red in color and located on the right side of sushumana nadi. It possesses masculine energy and is associated with masculine attributes and controls all the vital processes.

It takes care of left brain which has different characters and physiological functions assigned to them.

It courses from the right testicle to the right nostril. It corresponds to the river Yamuna. Pingala is the extroverted (Active), and corresponds to the right hand side of the body and the left hand side of the brain. Pingala, located on the right side of the body, runs up the spinal cord in a crisscross pattern along with Ida on the left. Its characteristics (Guna) are hot, red, masculine, and energetic.

In Western terms, Pingala Nadi can be understood as the 'activity cycle' or the activities of the sympathetic nervous system.

In yoga literature, Pingala is associated with three things – Biological and physical parts of the left side of the body logic, reasoning, and analytical abilities. Mechanisms that lead to activity or arousal.

Sushumna Nadi—the Central Channel

Sushumna nadi, the "most gracious energy channel," is the neutral energy channel that passes through the spine in the subtle body. It begins in muladhara chakra and goes along the middle of the subtle spine to Crown chakra (brahmarandhra) of the head.

Sushumna is the expression of perfect balance and neutrality between ida nadi and pingala nadi, the polar aspects of our being. Bringing ida and pingala into equilibrium means the absorption of the energy in sushumna.

Balancing Sun and Moon or pingala and ida facilitates the awakening and rising of kundalini shakti through sushumna nadi and, thus, the awakening of higher consciousness SATAV.

Sushumna (सुषुम्णा) runs through the spinal cord in the centre and through the seven chakras. It is neither hot nor cold. It neither represents creative aspect nor represents logical aspect. It is pure from all thoughts and emotions, but reflects the activities of ida and pingala. All the life forces (Prana Shakti) travel in the nadis or channels, these channels are said to connect at special points of intensity, the chakras which are the centre point of network for a particular system of body it can be reproductive, excretory, digestive, circulatory, respiratory, nervous system etc.

Brain Anatomy^[15]

As we have discussed there is always a reaction to every action in universe, same way it also happens to our body, for example if we touch some hot surface our brain reacts quickly and we withdraw our hand from that surface. The information is transferred through one particular system to brain and brain processes this information and send back the signal of reaction which in this case is that "do not touch this surface." This phenomenon is same for every action we perform in our

day to day.

Our brain is an amazing three-pound organ that controls all functions of the body, interprets information from the outside world and embodies the essence of the mind and soul. It is Protected within the skull, the brain is composed of the

1. Cerebrum
2. Cerebellum
3. Brainstem.

The cerebrum is further divided into two halves

The right left hemisphere

The central nervous system (CNS) is composed of the brain and spinal cord.

The peripheral nervous system (PNS) is composed of spinal nerves that branch from the spinal cord and cranial nerves that branch from the brain.

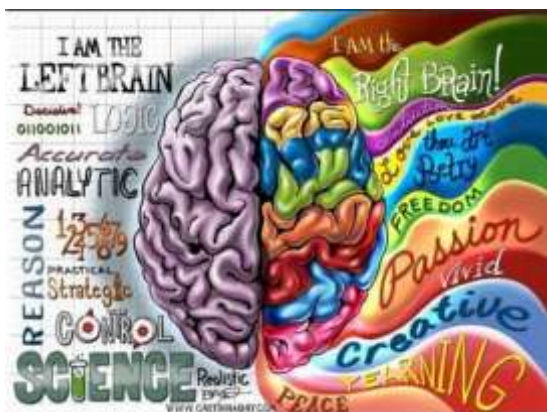


Fig. 9: Showing the functions of left and right brain hemisphere.

Functions of Left And Right Hemispheres,^[16] And Nervous System

The two sides of brain look very much alike, but there’s a huge difference in how they process information. Despite their contrasting styles, the two halves of our brain don’t work independently of each other. The brain is “cross-wired”, with the left hemisphere controlling movement on the right side of the body and the right hemisphere controlling the left side of the body. Communication between the hemispheres is achieved by means of a thick bundle of nerve tissues known as the corpus callosum, which effectively makes a full brain out of two half-brains. Nerve fibres connect different parts of our brain. If a brain injury affects the connection between sides, you can still function typically. But the lack of integration would cause some impairment. The human brain constantly reorganizes itself. It is adaptable to change, whether it is physical or through life experience. We need to know two basic concepts.....

1. The left part of our body is controlled by the right brain and
2. The right part of our body is controlled by the left brain.

In general, the left hemisphere controls speech, comprehension, arithmetic, and writing, it is dominant in hand use and language in about 92% of people. In general, the left hemisphere of the brain is responsible for rational thinking and logical skills such as mathematics, language and speech and is called the "dominant" hemisphere.

The right hemisphere controls creativity, spatial ability, artistic, and musical skills. The right hemisphere plays a large part in interpreting visual information and spatial processing. A right hemisphere dominant person excels in arts. It is visual and intuitive. It is responsible for the Creativity, Imagination, Intuition, Holistic thinking, Arts, Feelings visualization and Emotions.

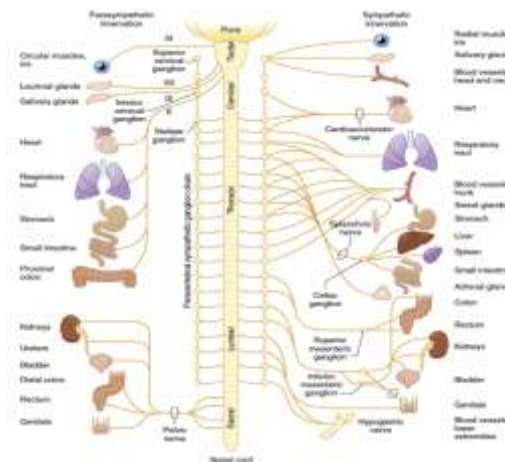


Fig. 10: Relation of Sympathetic and Parasympathic nervous system.

The brain receives information through our five senses: sight, smell, touch, taste and hearing often many at one time. It assembles the messages in a way that has meaning for us and can store that information in our memory. The brain controls our thoughts, memory and speech, movement of the arms and legs and the function of all organs within our body. So, a person who is left brain dominant is logical while the right brain dominant is more emotional.

Despite their contrasting styles, the two halves of your brain don’t work independently of each other. For example, people credit the left brain with language, but the right brain helps you understand context and tone. The left brain handles mathematical equations, but the right brain helps out with comparisons and rough estimates.

It is a fact that the two sides of your brain are different and certain areas of your brain do have specialties. Each hemisphere tends to have some functional specializations, where the neural mechanisms of a particular brain function are localized primarily in one half of the brain. In scientific terms the whole body functions are mainly controlled by the two states of the autonomic nervous system – The Sympathetic and The

Parasympathetic Nervous system

OBSERVATIONS AND DISCUSSION

Ida Nadi (TAMAS) represents parasympathetic Nervous system & Pingala Nadi(RAJAS) represents sympathetic nervous system of the body. Sushumna embodies a state of harmony (SATAV) or we can say a place of transformation of messages which reach the brain for processing. Out of all Nadi's Sushumna is a root that extends from Root chakra(Muladharachakra) to Crown chakra (Brahmarandhra). It is the spinal cord which carries every information from extremities through ida and pingla to the brain and the message of the brain to the extremities again through ida or pingla depending upon the form of message. Both Ida and Pingala seem to weave in and out of the 7 energy plexuses (chakras), they never cross each other, thereby having the power to influence these energy centres.

Every organ of the physical body is supplied air, water, nutrients, blood and other bodily fluids by the channels. In the subtle and the causal body, we call these channels as the nadis which are for the distribution of cosmic, vital, seminal, mental, intellectual, energies which we collectively described as vital force (Prana shakti) and they are important for sensations, consciousness and the spiritual aura in a person.

When prana are flowing equally among ida and pingala and there are no thoughts in your mind then you should know that sushumna nadi is awakened and the path is clear.

Sushumna interpenetrates the cerebrospinal axis. Sushumna connects the base chakra to the crown chakra.

CONCLUSION

The functions of right brain which are related to femininity like emotion and care are propagated through left side nervous system of the body, leading to vibrations in the left side of body, hence the affected blood stream is felt at left side radial artery (female), which is superficial.

Same applies to the right side also, all the functions of left brain are propagated through right side nervous system of the body, leading to vibrations in the right side of body, hence the affected blood stream is felt at right side radial artery (male), which is superficial.

So we come to the conclusion that due to the dominance of vibration of the blood flow the pulse is felt in the left hand radial artery of a female and in the right hand radial artery of a male.

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