

Report on National Conference Nadi –Tongue Agnikarma Workshop

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Abstract—A one-day workshop on “Nadi – Tongue Agni Viddha Karma” was organized by the Ayurveda Welfare Foundation, Solapur, in collaboration with Anushastra, Pune, as part of the Pre-Satellite Seminar of the 10th World Ayurveda Congress & Arogya Expo 2024. The workshop aimed to impart theoretical insights and practical training in Nadi Pariksha (pulse diagnosis) and Agni Viddha Karma (therapeutic cauterization technique). Eminent speakers, including Dr. Shilpa Yerme and Dr. Amol Bansode, guided participants through diagnostic and therapeutic principles rooted in Ayurvedic science. Delegates from Maharashtra, Karnataka, and Andhra Pradesh participated enthusiastically. The event successfully bridged traditional Ayurvedic wisdom with modern clinical application, emphasizing skill development and integration of ancient therapeutic modalities in contemporary healthcare practice.

I. INTRODUCTION

The science of Ayurveda emphasizes the balance of Doshas Vata, Pitta, and Kapha as the foundation of health and wellbeing. Nadi Pariksha (pulse diagnosis) serves as a vital diagnostic tool to understand the physiological and pathological state of Doshas, while Agni Viddha Karma, a form of Agnikarma, offers therapeutic benefit through the controlled application of heat to correct imbalances and relieve pain. To promote clinical competency and revive traditional Ayurvedic procedures, the Ayurveda Welfare Foundation, Solapur, in association with Anushastra, Pune, organized a one-day workshop titled “Nadi – Tongue Agni Viddha Karma.” This program was conducted as part of the pre-satellite seminars of the 10th World Ayurveda Congress & Arogya Expo 2024, an international platform promoting evidence-based Ayurveda.

II. OBJECTIVES

- To enhance understanding of Nadi Pariksha and Tongue diagnosis as a diagnostic tool in clinical practice.
- To provide hands-on training in Agni Viddha Karma for pain management and tissue rejuvenation.
- To encourage the integration of classical Ayurvedic procedures into modern therapeutic frameworks.

III. INAUGURAL SESSION

The inaugural ceremony was graced by the presence of Dr. Raghvendra Nadargi, Ayurved Consultant Solapur, Dr. Ramesh Shendge Treasure Ayurved Welfare Foundation Solapur, Dr. Amol Bansode (Expert Speaker) Anushastra, Pune, and Dr. Shilpa Yerme (Expert Speaker) President Ayurveda Welfare Foundation Solapur. The dignitaries emphasized the relevance of diagnostic precision and the revival of traditional procedural knowledge in Ayurvedic education. The session began with the traditional lighting of the lamp, symbolizing the dissemination of knowledge.

IV. WELCOME ADDRESS

The workshop commenced with a warm welcome address by Vd. Dr. Shilpa Yerme, who greeted all dignitaries, expert speakers, and participants arriving from various parts of Maharashtra, Karnataka, and Andhra Pradesh. In her address, she emphasized the core objective of the Ayurveda Welfare Foundation to promote, preserve, and propagate the authentic

wisdom of Ayurveda at both the national and global levels.

Dr. Yerne highlighted that Ayurveda, being a timeless science rooted in preventive and holistic healthcare, has immense potential to address modern health challenges when integrated with contemporary approaches. She stressed the importance of skill-based education, evidence-supported research, and clinical competency as essential pillars for the global recognition of Ayurveda.

Encouraging participants to become ambassadors of Ayurvedic knowledge, she remarked that such academic collaborations and hands-on workshops serve as bridges between classical learning and modern healthcare delivery. Her inspiring words set a positive and enthusiastic tone for the sessions that followed, reflecting the vision of making Ayurveda a globally accepted and scientifically validated health system.

V. SCIENTIFIC SESSIONS

Session I: Nadi Pariksha – Diagnostic Art of Ayurveda
Delivered by Vd. Shilpa Yerne, the first session focused on the theoretical and practical aspects of Nadi Pariksha. Dr. Yerne elaborated on the physiological basis of pulse examination and its relevance in assessing the Tridoshic state. The participants were guided on identifying pulse characteristics corresponding to Vata, Pitta, and Kapha predominance. Live demonstrations enabled attendees to experience the nuances of pulse assessment and interpret findings in clinical contexts.

Session II: Tongue Diagnosis – Reflecting Internal Health through Ayurvedic Perspective

The second session, led by Vd. Shilpa Yerne, focused on the art and science of Tongue Diagnosis (Jihvā Pariksha) an important observational tool in Ayurvedic diagnostics. Dr. Yerne elaborated on how the tongue serves as a mirror of internal health, reflecting the state of Agni (digestive fire), Dosha balance, and Dhātu status.

She explained that subtle changes in color, coating, texture, moisture, and shape of the tongue can reveal underlying systemic imbalances, particularly those related to the gastrointestinal tract and metabolic functions. Participants were guided on correlating

various tongue features with specific doshic conditions.

A live practical demonstration was conducted, wherein participants observed real-time tongue examinations and learned techniques for systematic assessment. Dr. Yerne emphasized the importance of combining Nadi Pariksha with Jihvā Pariksha for a more comprehensive understanding of a patient's constitutional and pathological status. The session was highly interactive, with participants engaging in hands-on practice and case-based discussions, making the learning experience both informative and clinically enriching.

Session Iii: Agni Viddha Karma – Concept, Technique, And Therapeutic Significance

The third session, conducted by Vd. Dr. Amol Bansode, focused on the detailed theoretical foundation and procedural methodology of Agni Viddha Karma, one of the specialized modalities of Agnikarma Chikitsa described in classical Ayurvedic texts. Dr. Bansode elaborated on the scientific rationale behind using controlled thermal energy (Agni) as a therapeutic tool to balance aggravated Vata and Kapha doshas, which are primarily responsible for pain, stiffness, and chronic musculoskeletal disorders. He provided a systematic overview of the Dahanopakaranas (heating instruments) used in Agnikarma, explaining their selection based on the nature of disease, affected tissue (Dhātu), and patient constitution (Prakṛti). The discussion encompassed key aspects such as temperature regulation, depth of cauterization, site selection, and post-procedural care, emphasizing patient safety and clinical precision.

A live demonstration of Agni Viddha Karma was conducted, allowing participants to observe the step-by-step technique under expert supervision. Attendees were also given the opportunity to perform the procedure on practice models, gaining hands-on familiarity with the process. The session successfully bridged theoretical knowledge with clinical application, highlighting the potential of Agni Viddha Karma as a minimally invasive, effective modality for pain management, tissue rejuvenation, and functional recovery.

Session Iv: Valedictory Function

The valedictory session marked the formal conclusion of the workshop and was held in the esteemed

presence of Vd. Meera Suryanishi, Chairman, Sai Charitable Trust, Vairag. The session served as an occasion to acknowledge the dedication and enthusiasm of all participants and organizers who contributed to the success of the event.

Vd. Shilpa Yerne extended a warm welcome to Vd. Meera Suryanishi, appreciating her continued support and commitment toward Ayurvedic educational initiatives. During the ceremony, all participants were awarded certificates of participation, recognizing their active engagement and learning throughout the workshop.

A special felicitation was accorded to Vd. Amol Bansode by Vd. Ramesh Shendge in appreciation of his valuable contribution as an expert speaker and resource person.

The smooth coordination and success of the workshop were credited to the sincere efforts of the organizing team members Abhishek Aikhande, Bhumi Surana, Sanjivani Patil, Shruti Goyal, Shubhi Jain, and Anisha Jain whose teamwork and dedication ensured seamless execution of all sessions.

The valedictory concluded with expressions of gratitude to all dignitaries, participants, and volunteers, reaffirming the collective vision of promoting Ayurveda through continuous academic collaboration and skill-oriented training programs.



VI. PARTICIPANTS AND INTERACTION

The workshop drew participants from across Maharashtra, Karnataka, and Andhra Pradesh, including practitioners, postgraduate students, and academicians. The sessions were highly interactive, encouraging open discussion and experience sharing. Participants expressed keen interest in adopting these techniques for enhancing diagnostic accuracy and therapeutic outcomes in their clinical settings.

VII. FEEDBACK AND OUTCOME

Feedback from participants emphasized the workshop's balanced integration of theoretical understanding and practical skill development. Attendees appreciated the clarity of concept presentation, systematic demonstration, and the opportunity for direct hands-on experience. Many participants expressed that the sessions significantly enhanced their confidence in performing Nadi Pariksha, Tongue Diagnosis, and Agni Viddha Karma with improved diagnostic precision and procedural accuracy.



The workshop was widely commended for its well-structured format, interactive teaching methodology, and expert guidance provided by the resource persons. Delegates acknowledged the relevance of these traditional techniques to current Ayurvedic clinical practice, particularly in pain management and preventive healthcare.

Overall, the success of the event reflected a growing academic and clinical enthusiasm toward evidence-based exploration of classical Ayurvedic procedures, reinforcing the vision of integrating time-tested traditional knowledge with modern scientific frameworks.

VIII. CONCLUSION

The “Nadi – Tongue Agni Viddha Karma” workshop served as an effective platform for knowledge exchange and skill enhancement. It reinforced the importance of combining classical Ayurvedic techniques with modern scientific understanding. The initiative by the Ayurveda Welfare Foundation, Solapur, in collaboration with Anushastra, Pune, exemplifies the potential of academic partnerships in promoting practical Ayurveda education. Such programs play a pivotal role in nurturing competent Ayurvedic professionals capable of delivering holistic, safe, and effective healthcare.

IX. ACKNOWLEDGEMENTS

The organizers extend heartfelt gratitude to all dignitaries, expert speakers, participants, and volunteers for their valuable contribution. Special thanks to the Ayurveda Welfare Foundation, Solapur, and Anushastra, Pune, for their collaborative efforts and organizational excellence. Appreciation is also extended to the World Ayurveda Congress & Arogya Expo 2024 Committee for recognizing and supporting this academic initiative.

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