

Pulse Exercises

Exercise 3

Prakṛti V2P3K1
Vikṛti V2P3K2

Subdoṣas: Pv Uv / Rp / Ak
Organs: Lungs, Kidneys/Adrenals
Tissues: Me

What signs and symptoms do you anticipate?

What herbs would you recommend?

What diet would you recommend?

What Lifestyle (changes) would you recommend?

Exercise 4

Prakṛti V3P2K1
Vikṛti V3.5P2.5K1.5

Subdoṣas: Pv Uv Sv / Rp Sp / Ak , Bk
Organs: Lungs, Liver, Stomach, Kidneys/adrenals/
Tissues: Rs, Rk, Mm, Me

What signs and symptoms do you anticipate?

What herbs would you recommend?

What diet would you recommend?

What Lifestyle (changes) would you recommend?

Pv = prāṇa vāta
Uv = udāna vāta
Sv = samāna vāta
Ap = apāna vāta
Vv = vyāna vāta

Pp = pācaka pitta
Rp = ranjaka pitta
Sp = sādḥaka pitta
Ap = alocaka pitta
Bp = bhrajaka pitta

Kk = kledaka kapha
Ak = avalambaka kapha
Bk = bodhaka kapha
Tk = tarpaka kapha
Sk = śleṣaka kaph