

# PRAKṚTI PULSE

The Technique:

Simultaneously Press all 3 Fingers to 7<sup>th</sup> Level (deepest level of spikes) and total-up spikes in each of the vāta/pitta/kapha zones

V P K

The diagram consists of three identical, vertically oriented, rounded rectangular boxes arranged horizontally. Each box is labeled with a letter above it: 'V' for the first box, 'P' for the second, and 'K' for the third. Inside each box, there are two vertical lines, one on the left and one on the right, extending from the top edge to a horizontal line near the bottom. These lines represent the pulse zones for recording data.

