ĀYURVEDA EDUCATION PROGRAMS

Pulse Assessment Experience Data Sheet

This table is designed to record your experiences with your own pulse over the course of a day or longer. The remarks column is important to indicate the physiological response to a given mental, emotional, physical event. Use Qualities box for superficial readings of the guṇas, vega for BPM, & tāla for regular / irregular pulse, strength for bala, and sirā kathinya for the arterial flexibility.

Date	Time	Qualifying Remarks Preceding Event	Qualities of Spikes	Vega	Tāla	Bala	Sirā Kathinya	Volume

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