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 columns are to be filled in as appropriate. For VPK give numbers as appropriate. For guṇa, vega, tāla, balā, kathinya, and organs use numbers, letters (guṇas) as appropriate.

Date	Time	Vikṛti	Prakṛti	Guṇa	Vega	Tāla	Balā	Kathinya	Organs

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