## **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 and for practicing on many people. The columns are to be filled in as appropriate. For vega, tāla, guņa, balā, sirā kathinya, volume, prakrti, vikrti, and organs use numbers, letters, guņas as appropriate.

Date Time	Vega	Tāla	Balā	Sirā Kathinya	Volume	Guņas	Vikṛti	Prakṛti	Organs