## **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. Use VPK boxes over/under for superficial and deep readings. For vega, tāla, guṇa, balā, sirā kathinya, volume, organs, sub-doṣas, and dhātus use numbers, letters, guṇas as appropriate.

Date Time	Vega	Tāla	Balā	Sirā Kathinya	Volume	Guṇas	Prakṛti	Vikṛti	Sub- Doșas	Dhātus	Organs

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