

Pulse Exercises

Exercise 1

Prakṛti V2P3K1

Vikṛti V3P3K1

Subdoṣas: Pv Uv / Rp / Ak

Organs: Lungs, Colon, Kidneys/Adrenals

Tissues: Mj

What signs and symptoms do you anticipate?

What herbs would you recommend?

What diet would you recommend?

What Lifestyle (changes) would you recommend?

Exercise 2

Prakṛti V3P2K1

Vikṛti V3P3K1

Subdoṣas: Uv Sv / Rp Sp /

Organs: Liver, Stomach, SI

Tissues: Rk

What signs and symptoms do you anticipate?

What herbs would you recommend?

What diet would you recommend?

What Lifestyle (changes) would you recommend?