

SUPERFICIAL PULSE₁

- Vega is speed or BPM of heart; vāta rate ≥ 70 bpm; pitta ~ 60 ; kapha ≤ 50 and these may be taken as a provisional targets for **condition of balance**
- Bala is force of heart beat felt in the artery; occluded artery pressure yields diastolic and non-occluded artery pressure reveals systolic reading; 120mm of Hg/ 68mm Hg is a typical **condition of balance**
- Tāla is rhythm; regularity is **condition of balance**; otherwise is imbalance
- Sirā Kathinya is hardness of the artery wall/muscle; soft correlates with kapha prakṛti, flexible with pitta, and hard with vāta prakṛti. Softness is more favorable than hardness and may be taken as a **condition of balance**
- Volume refers to the diameter of the artery under the palpating fingers; thin feel of artery is thready while wider feel of the artery is full; full volume is a desirable **condition of balance**