

Course Content

- 1. Foundations of Pulse Diagnosis (Nadi Pariksha) :** Understand the core principles of Nadi Pariksha and why pulse remains Ayurveda's most precise diagnostic tool.
- 2. Pulse as an Expression of Pranamaya Kosha:** Learn how pulse reflects disturbances in the energy body long before disease appears physically.
- 3. Purusha & Prakruti: Consciousness and Constitution:** Explore how universal consciousness and individual constitution shape health, disease, and healing response.
- 4. Panchamahabhuta and Dosha Dynamics:** Decode how the five elements express through the pulse and influence physiological balance and imbalance.
- 5. Vata, Pitta & Kapha in Pulse Reading:** Develop clarity in identifying doshic dominance, deficiency, and mixed patterns through pulse.
- 6. Classical Classification of Nadis:** Study the traditional Ayurvedic framework that forms the foundation of authentic pulse diagnosis.
- 7. The Five Types of Nadi in Ayurveda:** Understand Vata, Pitta, Kapha, Bhootha, and Athma Nadis and what each reveals about deeper health layers.
- 8. Ida, Pingala & Sushumna: The Three Energy Channels:** Learn how lunar, solar, and central channels govern vitality, balance, and disease progression.
- 9. Mayukha: Regional Energy Zones of the Body:** Understand how pulse changes across body regions and what this reveals about systemic imbalance.
- 10. Granthis: Energetic Knots and Disease Formation:** Identify energetic blockages that restrict healing and contribute to chronic disease patterns.
- 11. Chakra System and Pulse Correlation:** Learn how chakra disturbances reflect in the pulse and influence long-term physical and emotional health.

12. Kundalini, Neural Pathways & Evolutionary Energy: Explore the relationship between pulse, neural pathways, and the evolutionary force of consciousness.

13. Amrutha Kala and Vital Essence Assessment: Assess vitality, healing capacity, and regenerative strength through subtle pulse indicators.

14. Zodiac and Organ Correlation in Pulse Diagnosis: Understand organ tendencies and energetic predispositions reflected through zodiacal influences.

15. Methods of Pulse Diagnosis: Learn multiple traditional approaches to pulse reading for deeper diagnostic accuracy.

16. Organ-Specific Pulse Mapping: Gain clarity in identifying stress and dysfunction in specific organs through pulse examination.

17. Organ-Specific Diagnosis: Identify organ stress and functional imbalance through precise right and left hand pulse interpretation.

18. Pulse Diagnosis in Chronic and Terminal Illness: Learn how pulse diagnosis supports assessment and care in complex, long-standing conditions.

19. Pranamaya Kosha and Energy-Based Disease Origin: Understand why many chronic illnesses originate in the energy body and how pulse reveals this early.

20. Integrating Pulse Diagnosis into Clinical Practice: Learn how to apply pulse diagnosis confidently and ethically in real-world clinical settings.