



VIBE AYURVEDA SHORT INTERACTIVE ONLINE COURSES

Ayurvedic Pulse Analysis(NadiPariksha) for Good Health & Self-Care Choices

Universal law of Nature :

Law of (Pulse) Vibration:Energy(Prana) is Everything! Thoughts & Feelings are energy. Energy is potential, momentum and flow of life. Whenever you are sensitive to someone else's feelings, when you are aware of your own feelings, this is conscious perception of a vibration and Vibration is Energy and is forever moving into and out of different forms and can never be created or destroyed. Energy is constantly flowing and all energy(quantum) fields are connected.

Self-Pulse Assessment:Training in Ayurvedic Pulse Diagnosis begins with self-pulse assessment and by evaluating your own pulse. Learning the basis of perfect balance of the pulse & by correcting the imbalances before even the disease manifests by changing the diet & lifestyle.

Three Day Course -21st -23rd Nov, 2020

Course Description

Pulse reading has been an integral part of traditional approaches to medicine for thousands of years. This ancient, time tested knowledge was passed on to her as a family tradition by her grand father, as Dr Vanita Sharma is the **fifth-generation trained Ayurvedic Doctor from Punjab University India**. It was his principal source of diagnosis for generations. He wanted her to keep this wisdom and knowledge alive as part of future of Ayurveda by continuing this ancient practice and after 20 years of her practice, she still kept his wish and do initial consultation by Pulse diagnosis. Pulsereading is regarded not only as a diagnostic and therapeutic technique, but a technique for self-discovery as well. According to Ayurveda, Pulse is the heart, the centre of circulation for the entire body and a seat of pure consciousness. Taking a pulse is, at its core, a process of deep listening and learning to know ourselves better & develop the ability to assess the imbalances in the body systems, and tissues.

This course provides the theory and practical technique by assessing the balance and imbalance in the body by feeling your own pulse. With the release of this online course, Dr Vanita Sharma feels blessed to have the opportunity to teach this ancient technique to anyone willing to learn to assist yourself, family, clients & friends.

Topics Covered

Day 1

- Overview of Ayurvedic assessment methodologies
- Importance of using all the three tools in assessing Constitution (Prakriti) and Disease (Vikriti)
 - Observation (Darshana)
 - Touch (Sparshana)
 - Questioning (Prashna)
- Do's and Don'ts during Ayurvedic assessment
- Assessment of Constitution vs Disease

Day 2

- Pulse Diagnosis- practical methodologies based on classical Ayurvedic texts
 - Overview of Pulse assessment
 - Methodology of assessing Prakriti and Vikriti
 - Various layers of pulse
 - Methodology of assessing various systems diseases
 - Understanding specific disease conditions from Pulse
 - Practical assessment

Day 3

- Key considerations for accurate Ayurvedic Pulse diagnosis
- Critical rules for Pulse examination
- Differences in Technique for Men and Women
- Practical assessment and technique of examining the Pulse



Course Information

Estimated Time: 3 days

Format: Live streamed

Dates: Nov21-23, 2020

Schedule: Sat-Mon Morning Session 10:00am -12:00pm
& Afternoon Session 3:00pm - 5:00pm

Instructor: Vanita Sharma (AYURVEDA DOCTOR & PULSE DIAGNOSIS EXPERT)

Recording of the course will be available online for a month who miss out live sessions.

Course Fee: AUD 600

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