

Vasant Lad

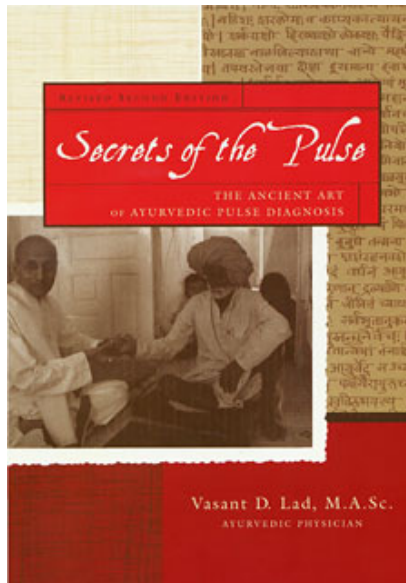
Secrets of the Pulse

Leseprobe

[Secrets of the Pulse](#)

von [Vasant Lad](#)

Herausgeber: The Ayurvedic Press



<http://www.unimedica.de/b9743>

Sie finden bei [Unimedica](#) Bücher der innovativen Autoren [Brendan Brazier](#) und [Joel Fuhrmann](#) und [alles für gesunde Ernährung](#), [vegane Produkte](#) und [Superfoods](#).

Das Kopieren der Leseproben ist nicht gestattet.

Unimedica im Narayana Verlag GmbH, Blumenplatz 2, D-79400 Kandern

Tel. +49 7626 9749 700

Email info@unimedica.de

<http://www.unimedica.de>



Secrets of the Pulse

Secrets of the Pulse

The Ancient Art of Ayurvedic Pulse Diagnosis Second Edition

by

Dr. Vasant Dattatray Lad



The
Ayurvedic
Press

The Ayurvedic Press
Albuquerque, New Mexico

Although the information contained in this book is based on Ayurvedic principles practiced for thousands of years, it should not be taken or construed as standard medical diagnosis or treatment. For any medical condition, always consult with a qualified physician.

Copyright © 1996, 2006 by Vasant Dattatray Lad

ALL RIGHTS RESERVED. First edition 1996

Second edition 2006

Printed in Canada

15 14 13 12 11 10 09 08 07 06 5 4 3 2 1

No part of this book may be reproduced in any form by any electronic or mechanical means including information storage and retrieval systems without permission in writing from the publisher, except by a reviewer who may quote brief passages in a review.

Sanskrit passages translated by Vasant Lad.

All illustrations and drawings by Vasant Lad.

Cover design by Michael Quanci.

Layout by Laura Humphreys.

Edited by Margaret Smith Peet. Revision editors Glen Crowther and Barbara Cook.

Library of Congress Cataloging-in-Publication Data

Lad, Vasant, 1943-

Secrets of the pulse : the ancient art of ayurvedic pulse diagnosis /
by Vasant Dattatray Lad. -- 2nd ed.

p. cm.

Summary: "A resource on learning ayurvedic pulse diagnosis, including the seven levels of the pulse and its interpretations of disease and health. Offers detailed techniques for learning to evaluate the radial pulse while explaining the ayurvedic understanding of the body's systems, its disorders and how to correct them" --Provided by publisher.

Includes bibliographical references.

ISBN-13: 978-1-883725-13-6 (pbk. : alk. paper)

ISBN-10: 1-883725-13-5 (pbk. : alk. paper)

1. Pulse. 2. Physical diagnosis. 3. Medicine, Ayurvedic. I. Title.

RC74.L33 2006

616.07'54--dc22

2005036262

Published by **The Ayurvedic Press** • P.O. Box 23445 • Albuquerque, NM 87192-1445

For more information on Ayurveda, contact:

The Ayurvedic Institute

11311 Menaul Blvd. NE

Albuquerque, NM 87112

(505)291-9698 • Fax 505.294.7572 • www.ayurveda.com



॥ श्रीः ॥

This book is dedicated with all my heart to my loving wife, Ushā, who has inspired and supported me in all walks of my life.



Lord Ganesha

ॐ गं गणपतये नमः ।

Salutation to Lord Ganesha who is the seed of wisdom and light.

(translation of sūtra)

Lord Ganesha first wrote the story of human life in the form of the Mahabharata, dictated to Him by Maharshi Vyāsa, which later became the true history of mankind, revealing various potentials and characteristics of human beings. With His love and blessings one may learn the hidden secrets of the pulse as written in this book.

Ganesha is the son of Shiva and Parvati. He is the first Lord to be worshipped at the beginning of any auspicious work. He removes obstacles and brings success, fulfillment and great joy to the life of every human being.

Table of Contents

The Use of Sanskrit / xiii

Preface / xv

Acknowledgments / xvii

CHAPTER ONE

Nādi Vijñānam, The Art of Reading the Pulse / 1

Nādi Prediction / 7

Pulse Technique / 9

General Characteristics of Vāta, Pitta and Kapha Pulses / 11

Gati (Movement) / 13

Vega (Rate) / 16

Tāla (Rhythm) / 17

Bala (Force) / 18

Ākruti (Volume and Tension) / 19

Tapamāna (Temperature) / 21

Kāthinya (Consistency of the Vessel Wall) / 21

CHAPTER TWO

Prakruti and Vikruti, Balance and Imbalance, Levels Seven and One / 25

The Seven Levels of the Pulse / 27

The Prakruti Pulse / 27

The Vikruti Pulse / 29

CHAPTER THREE

Organ Pulses, Levels Seven and One / 33

Colon / 36

Lungs / 39

Gallbladder / 41

Liver / 42

Pericardium / 44

Circulation / 46

Small Intestine / 49

Heart / 50

Stomach / 53

Spleen / 54

Bladder / 57

Kidney / 59

Influence of the Seasons on the Pulse / 60

The Biological Clock and the Pulse: A Symbolic Representation / 61

CHAPTER FOUR

Subtypes of the Doshas Through the Pulse, Level Three / 65

Vāta Dosha Subtypes / 67
Pitta Dosha Subtypes / 68
Kapha Dosha Subtypes / 69

CHAPTER FIVE

Dhātus through the Pulse, The Examination of Biological Tissues, Level Five / 73

Kalā / 74
Disorders of the Dhātus / 77
 Rasa / 77
 Rakta / 78
 Māmsa / 78
 Meda / 79
 Asthi / 79
 Majjā / 80
 Shukra and Ārtava / 81
Examples of Specific Diseases Found in the Fifth Level Pulse / 82
Other Aspects of the Fifth Level Pulse / 87
 Samprāpti—The Process of Disease / 87
 Pregnancy / 89
 Gandakāla in the Fifth Level Pulse / 91
 Summary / 93

CHAPTER SIX

Prāna, Tejas, Ojas, The Subtle, Refined Essences of the Tissues, Level Four / 95

Treatment of Depleted Prāna / 97
Treatment of Depleted Tejas and Ojas / 101
Balancing Prāna, Tejas and Ojas / 102

CHAPTER SEVEN

Manas Prakruti and Vikruti, The Mental Constitution and the Present Flow of Consciousness, Levels Six and Two / 105

Planetary Principles in the Nādi / 110
Chakras in the Pulse / 113
The Present Flow of Consciousness / 115
 Specific Conditions of Manas Vikruti / 118

CHAPTER EIGHT

The Effects of Gemstones and Crystals on the Pulse / 121

Ruby (padmarāga mani or mānikyam) / 122
Pearl (moti) / 123
Gomed (tapomani) / 123
Yellow Sapphire (pushkarāja) / 123
Red Coral (pravāla) / 124
Diamond (vajra) / 124
Blue Sapphire (nīlam) / 124

Lapis Lazuli (indranīla) / 125
Emerald (harinmani) / 125
Moonstone (vaidūrya, lasnya) / 125
Sūryākānta / 125
Quartz Crystal (sphatika) / 126
Onyx (tribhuja, harita pīta mani) / 126
Bloodstone (lohita, jyotirāja) / 126
Jade (nephrite, yashava, bhisma pashan) / 126
Amethyst (nīla sphatika) / 127
Opal (sāgararāja, varuna) / 127
Alexandria (hemaratna, harshal) / 127
Aquamarine (harita nīla mani) / 127

CHAPTER NINE

Other Pulse Types and Pulse in Prognosis / 131

Reading the Pulse at Other Locations / 131
The Pulse in Prognosis / 133
Coma / 135
Unfavorable Prognosis / 136
Pulse Conditions with Unfavorable Prognosis / 137
Summary / 138

Glossary / 143

Bibliography and Selected Readings / 160

Index / 161

About the Author / 172

List of Illustrations

Sāṅkhya—The Flow of Consciousness and the Pulse / 3
So-hum Breathing / 5
Guru Nādi / 7
Tan Mātra / 8
Finger Positions of Three Basic Pulses / 9
Correct Finger Placement / 9
Basic Qualities of the Pulse / 12
Three Basic Pulses / 13
Jalauka Gati (Leech Pulse) / 14
Mayūra Gati (Peacock Pulse) / 14
Ushtra Gati (Camel Pulse) / 14
Gaja Gati (Elephant Pulse) / 14
Kamala Gati (Lotus Pulse) / 14
Other Pulse Movements / 15
Sinus Arrhythmia Pulse / 17
Volume and Tension / 19
Water Hammer Pulse / 20

The Pulse and Agni / 21
 Finger Positions of Vāta, Pitta and Kapha / 25
 Position of Vāta Spike / 26
 Position of Pitta Spike / 26
 Position of Kapha Spike / 26
 Prakruti Pulse—V₁P₂K₃ / 28
 Prakruti Pulse—V₁P₃K₂ / 29
 Vikruti Pulse—V₁P₃K₄ / 30
 Vāta Pushing Pitta in the Vikruti / 30
 Organ Pulses of the Left and Right Hand / 35
 Feeble Colon Pulse and Doshic Disorders / 37
 Pulse during Colic / 38
 Vāta Gulma (Diverticulosis) / 38
 Bhagandar (Fistula in Ano) / 38
 Feeble Lung Pulse and Doshic Disorders / 39
 Emphysema and Asthma / 40
 Tuberculosis / 40
 Kāsa (Cough) / 40
 Feeble Gallbladder Pulse and Doshic Disorders / 41
 Feeble Liver Pulse and Doshic Disorders / 43
 Halimaka (Malignant Jaundice or Hepatitis C) / 44
 Feeble Pericardium Pulse and Doshic Disorders / 45
 Circulation of Prāna and Nutrients / 47
 Feeble Circulation Pulse and Doshic Disorders / 48
 Feeble Small Intestine Pulse and Doshic Disorders / 49
 Feeble Heart Pulse and Doshic Disorders / 51
 Hrid Roga (Heart Disease in General) / 52
 Myocardial Hypertrophy / 52
 Stenosis of the Mitral Valve / 52
 Mitral Incompetence / 52
 Atrial Flutter with Fibrillation / 52
 Mitral Valve Stenosis with CCF / 52
 Āma on the Tongue in the Stomach Area / 53
 Feeble Stomach Pulse and Doshic Disorders / 53
 Mukha Pāka (Stomatitis) / 56
 Feeble Spleen Pulse and Doshic Disorders / 55
 Madhumeha (Glycosuria, Diabetes Insipidus) / 56
 Plīha Roga (Splenic Disorders) / 56
 Feeble Bladder Pulse and Doshic Disorders / 58
 Mūtrakrichra (Strangury) / 59
 Feeble Kidney Pulse and Doshic Disorders / 60
 Shotha (Pulse in Edema) / 60
 The Biological Clock and the Pulse / 62
 Subdoshas of Vāta, Pitta and Kapha / 66
 Retrograde Movement of Pulse / 67
 Subtypes of Vāta Dosha / 68
 Subtypes of Pitta Dosha / 69
 Subtypes of Kapha Dosha / 71
 Dhātus in the Pulse / 73

Quality of Vāta, Pitta and Kapha Spikes / 74
 Kalā in Relation to Dhātu / 75
 Kalā Pulses / 76
 Granthi Rūpa Nādi (Syphilitic Arteriosclerosis) / 82
 Upa Damsha (Syphilis) / 82
 Granthi Roga (Lymphadenitis) in the Pulse / 82
 Shlīpada (Elephantiasis of the Leg) / 82
 Visphota (Herpes Zoster or Shingles) / 82
 Visarpa (Erysipelas) / 83
 Jatru Granthi (Hyperthyroid) / 83
 Asthi Saushiryam (Osteoporosis) / 83
 Nīla Sweta Mandala (Blue Sclera) / 83
 Avabāhuka (Arthritis of the Shoulder Joint) / 84
 Āma Vāta (Rheumatoid Arthritis) / 84
 Glaucoma and Thinning of the Sclera / 84
 Urustambha (Paraplegia) / 84
 Dhanustambha or Hanustambha (Tetanus or Lockjaw) / 85
 Vepathu (Parkinson's Disease) / 85
 Sūryavārta (Migraine) / 85
 Garbhā Sravanam (Miscarriage or Abortion) / 86
 Pradara (Leukorrhoea) / 86
 Kanda (Prolapsed Uterus) / 86
 Soma Roga (Endometriosis) / 86
 Samprāpti (Pathogenesis) / 87
 Samprāpti, the 5th Level of the Pulse / 89
 Pregnancy and the Little Finger Pulse / 90
 The Movement of Pulse in Pregnancy / 91
 Pulse and Gandakāla / 92
 Ojas, Tejas and Prāna / 96
 Alternate Nostril Prānāyāma / 98
 Bastrikā (Breath of Fire) / 99
 Bhrāmarī Prānāyāma / 99
 Shāmbhavī Mudrā / 100
 Samputa Mudrā / 101
 Double-Arrowed Attention / 103
 Manas Prakruti / 106
 Manas Prakruti and Finger Position / 109
 Pañcha Koshas, the Five Energy Fields / 110
 Planetary Influences in the Nādi / 111
 Chakras in the Pulse / 113
 Bīja Mantras for the Chakras / 114
 Flow of Consciousness and Thought Waves through the Nādi / 116
 Ganesha and the Five Elements / 117
 Unmāda (Psychosis) / 1189
 Brachial Pulse / 132
 Axillary Pulse / 132
 Orbital Pulse / 132
 Posterior Tibial Artery Pulse / 132
 Dorsalis Pedis Artery Pulse / 132

Wide Gap between Two Uplifts / 134
Faint Uplifts with Gaps between Them / 134
Carotid Pulse / 135
Feeble Pulse / 136
Displacement of the Pulse / 136
Pulse Felt Only Between Two Fingers / 136
Fatal Pulse / 137
Earthworm Pulse / 137
Sites Where Pulse Is Most Easily Detected / 139
The Seven Levels of Pulse / 140

List of Tables

Table 1: Elements in the Breath / 6
Table 2: Basic Qualities of the Pulse / 12
Table 3: Seven Characteristics of the Pulse / 13
Table 4: The Milestones of Age Influencing the Pulse / 16
Table 5: Examples of Gati and Their Conditions / 22
Table 6: Herbs for Treating Organ Disorders / 63
Table 7: Eight Deity Personalities and the Three Doshas / 107
Table 8: Planets and Deities / 112
Table 9: Gemstones and Their Effects / 128



PRAKRUTI AND VIKRUTI

Balance and Imbalance

Levels Seven and One

सर्व शरीरचरास्तु वातपित्तश्लेष्माणः सर्वस्मिञ्छरीरे

कुपिताकुपिताः शुभाशुभानि कुर्वन्ति

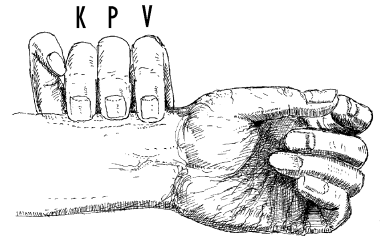
च. सू. २०:९

Vāta, pitta and kapha move in the whole body producing good or ill effects upon the entire system according to their normal or provoked states. Their normal state is prakruti and their abnormal state is vikruti.

Ca. Sū. 20:9

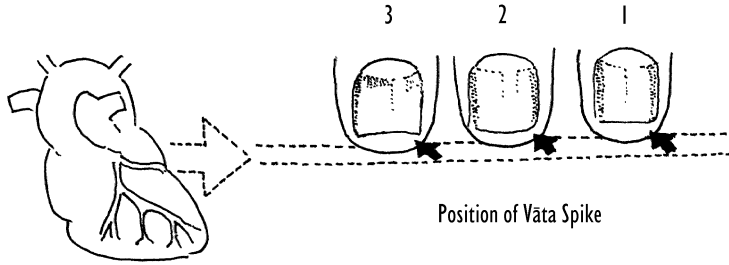
Vāta, pitta and kapha move in the blood through the rasa and rakta dhātus and it is an interesting fact that the doshas are best felt under specific fingers. We feel the qualities of vāta best under the index finger, because the nerve receptors in that finger best perceive those qualities embraced by vāta—light, subtle, mobile, dry, rough. The same is true for feeling pitta and kapha under the middle and ring fingers, owing to their respective qualities. Vāta is always the distal finger (the finger farthest from the heart) wherever the pulse is palpated, whether it is the wrist, ankle, groin or elsewhere.

I like thinking about all the animals of the pulse being in their homes. When a happy and cheerful cobra is felt under the index finger, a mellow and easy-going frog is felt under the middle finger, and a peacefully swimming swan is under the ring finger, that person is a happy and healthy human being. However, in cases of imbalance, a different animal may be felt under each finger. For instance, a frog may be felt under the index finger, where one should feel a cobra. We can say that the frog is chasing the cobra, which means pitta is blocking vāta. Perhaps under the middle finger one feels a cobra instead of a frog. In that situation, visualize the cobra

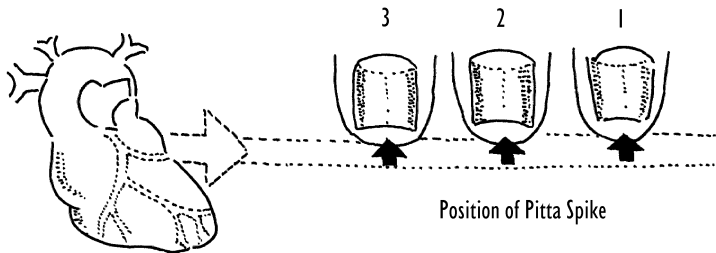


chasing the frog, which means vāta is pushing pitta. These are only two observations of many that can be made.

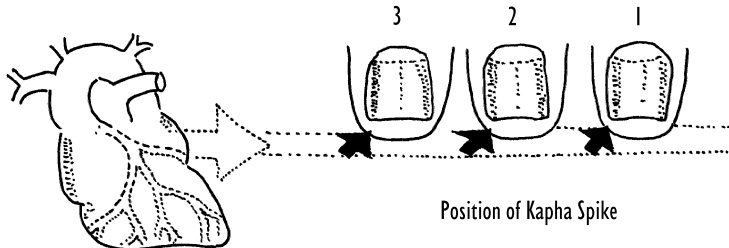
Even though the gross manifestations of the three doshas are perceived generally under the index, middle and ring fingers, their subtle qualities are felt under specific areas of each fingertip: at the distal, middle and proximal curvatures.



The most subtle dosha is vāta, which is light, mobile, subtle and expansive. With very little pressure, the blood flow can be blocked. Even if vāta is partially blocked by the finger, its subtlety will not create a spike at the proximal curvature of each palpating finger. It will easily go through to find space to expand and create a spike at the distal curvature of the fingers, as shown in the picture.



Like vāta, pitta is also light, but it is liquid, oily and substantial in nature, whereas vāta is dry and empty. Because of its light and liquid qualities, a pitta spike will be felt at the middle curvature of each of the three fingers.



Kapha is heavy, oily, static and slow, so it stops at the site on the finger closest to the heart and creates a spike at the proximal curvature of each finger.

In summary, vāta is faster and moves ahead to the distal curvature, pitta is next and moves to a central position next to vāta, while kapha is slow and stops at the proximal curvature. The curvature of the finger is a sensitive instrument, placed directly on the pulse to feel the throb. The art of pulse reading is very subtle and Āyurveda teaches us to be aware of the nature of the body, mind and consciousness of the individual and of the quality of the spikes felt separately under each finger.

The Seven Levels of the Pulse

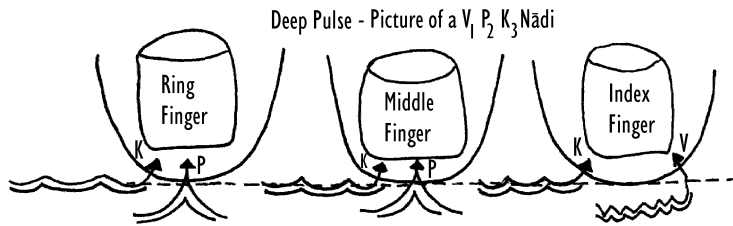
It is convenient to divide the reading of the radial pulse into seven levels. According to the Āyurvedic system of medicine, there are seven dhātus. If we take a cross-section of any extremity, from the superficial layer to the inner core, the seven dhātus are present. For instance, the superficial layer is *rasa*, the capillary layer is *rakta*, and so forth. Likewise, in the pulse, the superficial level can be called the first level, and if we go to the deepest level, after which the pulse is obliterated, we feel the seventh level. In between the superficial and deep pulse there are another five levels, to make seven in total. As we press down on the radial artery, we can feel the spikes of the pulse change as we move deeper or shallower from one level to another.

These seven levels are not explained in the Āyurvedic texts. There are various systems and methods of reading the pulse and every vaidya has his or her unique technique that has been developed from clinical practice. I respect all those methods. Whatever I say in this book comes from my guru's teaching. Āyurveda has a guru-disciple tradition and I learned about these seven levels from my guru. In modern medicine, the pulse only relates to the cardiovascular system, whereas in Āyurveda, the pulse has a wide range of perception. These seven levels can elaborate in great detail about the prakruti-vikruti paradigm, the state of each subtype of the doshas, the status of prāna, *tejas* and *ojas*, and the condition of the seven bodily tissues. An illustration of all seven levels of the pulse is shown at "The Seven Levels of the Pulse" on page 140. We will now examine each of these levels separately, beginning with the seventh.

THE PRAKRUTI PULSE

At this point, we will bring our attention to prakruti and vikruti and how to read them on the seventh and first levels respectively of the radial pulse. To avoid confusion, be aware that the locations of prakruti and vikruti are referred to in several ways—levels seven and one, deep and superficial levels, the levels of balance and imbalance. Prakruti is one's basic constitution, established at the time of conception, and is read at the seventh or deepest level. Vikruti is our present state and is read on the first or superficial level of the pulse. Āyurveda says that in some individuals, the prakruti may be $V_3P_3K_3$,

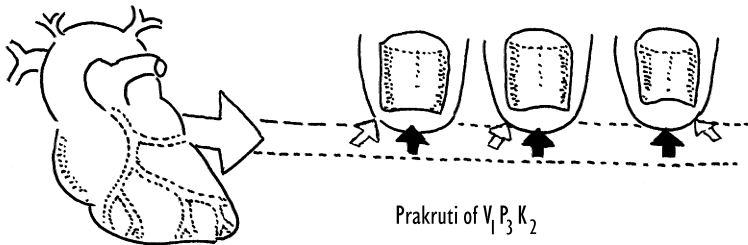
which means that all doshas are present equally. However, few people are born with this ideal prakruti, called *sama prakruti*. Most people have some combination or variation of the ideal, such as $V_2P_1K_3$ or $V_1P_2K_3$. These numbers indicate the relative ratios of the doshas present in that individual. There is almost always at least one dosha that we can describe as having a level of “3”. If there is no “3” in the reading, it indicates the person was born with a depleted dosha, called *dosha kshaya*. *Kshaya* means diminished, deteriorated or deficient.



When the superficial pulse corresponds to the deep pulse, that person is healthy and balanced. Our present status and our prakruti should be identical. For example, if a person’s prakruti at the deep (seventh) level shows $V_2P_3K_1$ and the superficial reading at the first level is the same, that person is balanced. Every individual’s balanced state will vary according to his or her constitution.

Some say that the right hand pulse of a man and the left hand pulse of a woman will give the most accurate readings. Others say that both the pulses should be felt, but that it is okay to first master one side. Either way, feel the throb of life under the fingers. Try to evaluate the relative presence of *vāta*, *pitta* and *kapha*. If you feel both arms and the pulses on the right and left sides of the body are just about equal, it indicates that the male and female energies are balanced and *vyāna vāyu* is moving the doshas equally on both sides. In some individuals, *vyāna vāyu* pushes a dosha more on one side and that pulse will be more prominent than the other. The pulse may also become feeble on one side, due to previous surgery on the forearm or from a lymph node pressing the main blood vessel.

If *pitta* is strong in a person’s pulse, a spike at the *pitta* position will be felt under all three fingers, which we describe as $pitta_3$. Likewise, if *vāta* or *kapha* is strong, a spike at their positions will be felt under all three fingers, which we describe as $vāta_3$ or $kapha_3$. However if, say, *pitta* is strong ($pitta_3$) but *vāta* is feeble, only one *vāta* spike at the distal position will be noted, which is $vāta_1$. If *kapha* is relatively strong in that person’s pulse, it will create a spike at the proximal position on two fingers. This information shows that person’s prakruti is $vāta_1 pitta_3 kapha_2$, which is abbreviated as $V_1P_3K_2$.



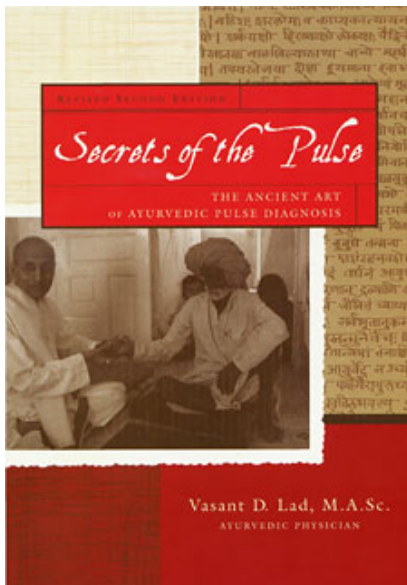
There are a number of situations that may lead to an inaccurate reading of the pulse. Sometimes the three fingers are not positioned at the same level. If, say, the ring finger and middle finger press deeply but the index finger is less deep, the reading will not be accurate. In addition, if the index finger is held directly on the radial tubercle, it may not feel any throb. Firstly, individual perception must be ruled out as the cause of an inaccurate reading. Sometimes the appearance of a person can be deceiving. Though the person may look like a healthy, chubby kapha type, the thick subcutaneous fat may cover the true sensation of the pulse. If someone is prematurely born, that person may have a prakruti reading of $V_1 P_1 K_1$. Other factors, such as umbilical strangulation, may also affect the reading. However, these things are not prakruti. They are called vikruti encroaching prakruti and, in these patients, it is difficult to read the real prakruti. In a situation such as this, asking the patient questions will be helpful.

Meditate upon each finger and feel where the spikes are located. We have to be still and observe closely. Pulse reading needs persistent, prolonged practice and it is practice that makes one perfect. This is a technique, but unless it is digested and understood, insight will never come. Insight is a product of repeated practice and through this, the art of pulse reading will develop.

At this point, select someone to practice on. Take their right or left arm and press the radial artery deeply enough to cut off the pulsation. Release slightly, just to the point where the pulsation returns. This is the seventh and deepest level, the level of prakruti. Now feel for the throbs of vāta, pitta and kapha. Count the number of throbs at the vāta site, at the distal curvature of the index, middle and ring fingers. Then feel for the number of pitta throbs in the middle of each of these three fingers. Next, count the number of throbs at the kapha site at the proximal curvature.

THE VIKRUTI PULSE

The section above refers to the seventh level of the pulse, which is the level of prakruti, the physical constitution. Now we will switch our attention to vikruti, the current physical and doshic state. This can be felt at the first level of the pulse. Prakruti is defined as the relative presence of vāta, pitta and kapha at conception. Vikruti is the deviation,



Vasant Lad

[Secrets of the Pulse](#)

The Ancient Art of Ayurvedic Pulse
Diagnosis

190 Seiten, kart.
erschienen 2006



bestellen

Mehr Bücher zu gesund leben und gesunder Ernährung www.unimedica.de