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Prakriti and Pulse: The Two Mysteries of Ayurveda

By Dr Vinod Verma

Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Two important and fascinating aspects of Ayurveda are: Prakriti, the individual constitution and Nadi Pariksha, the pulse examination for diagnosis. Prakriti is not only the fundamental human constitution at physiological level, but also denotes the basic personality of an individual. People find it fascinating and are many times mystified when they are told about their basic likes and dislikes, as well as their fundamental behavioural patterns just by observing them externally. Prakriti ascertains your identity and individuality, though at a very basic level. Due to the prevalence of mechanistic view of life for the last two hundred years, all human beings are treated like machines and at the same level. Parents tell their children: Why cannot you be like your brother (or sister)? Couples tell each other: Why cannot you get dressed quickly like I do? A friend or someone in a group may be condemned for not deciding quickly or sleeping too much. Another may be criticized for eating too much or too little. With the concept of prakriti that ascertains natural variation in individuals, people get...



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