



Nadichikitsa.com

No. 60/4, 17th Cross, Between 4th & 6th Main, Malleswaram, Bangalore – 560055. Mobile: +91 99000 45199
email: mail@nadichikitsa.com website: <http://www.nadichikitsa.com>

Schedule for Nadi Pariksha Course

Day	07:30am – 10:30am	10:30 am– 12:30pm	12:30 – 2:00pm	2:00 – 4:30pm	6:30 – 7:30pm	7:30pm
1		Welcome Tea & Introduction	Lunch	Tea & Introduction to Nadi Pariksha Course	Introduction to Ayurveda from a Nadi Pariksha Perspective	Dinner & discussion (General)
2	Introduction to Ayurveda Introduction to the 5 elements Tridosha Body's Defense System Ama Vata dosha Pitta Dosha Kapha Dosha Vata, Pitta and Sleshma Nadis The 6 seasons Agni	Tea & Questions and Clarifications	Lunch	Learning Nadi Pariksha Nature of the Pulse Vata Pulse Pitta Pulse Kapha Pulse Examining a Patient(theory) Visualisation & Observation Gati Vata Gati (theory) Pitta Gati(theory) Kapha Gati(theory) Use of Mantras (theory) Choosing a Mantra	Questions and Clarifications	
3	Five fingers as five elements Examining a Patient(theory & practice) Visualisation & Observation Gati Vata Gati (theory &	Tea & Questions and Clarifications	Lunch	Feeling the Doshic Pulse (theory) Knowing Prakrti (theory) Types of Constitution (theory) Finding Vikruti (theory) Movement of Pulse Finding Systolic & diastolic Pulse	Questions and Clarifications	Dinner & discussion (General Topics)



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	practice) Pitta Gati(theory & practice) Kapha Gati(theory & practice) Vega(theory & practice) Use of Mantras (theory & practice) Tala Bala Akruti Tension in the Vessel (theory & practice) Prakrti & Vikruti			(theory & practice) People with Hypertension Understanding different types of pulse (theory) Organ Pulse (theory) Finding out activity in organs (theory & practice) Deficient or Excessive organ Understanding different types of pulse (theory)		
4	Feeling the Doshic pulse (theory & practice) Knowing Prakrti (theory & practice) Finding Vikruti (theory & practice) Finding Systolic & Diastolic pressure (practice) Understanding different types of pulse (theory & practice) Organ Pulse (theory & practice) Finding out activity in	Tea & Questions and Clarifications	Lunch	Understanding different types of pulse (theory & practice) Other types of pulse (theory) Finding out activity in other parts of the body (theory) Deficient or Excessive metabolism (theory) Meditating on the pulse So-Hum Meditation (theory & practice)	Questions and Clarifications	Dinner & discussion (General Topics)



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	organs (theory & practice) Deficient or Excessive organ					
5	Understanding different types of pulse (theory & practice) Other types of pulse (theory) Finding out activity in other parts of the body (theory & practice) Deficient or Excessive metabolism (theory & practice) Demonstration and practice of Nadi Pariksha Being an instrument of healing Identifying cause and effect (theory & practice) Healing yourself through Nadi Pariksha & Chikitsa	Tea & Discussion	Lunch	Finding aspects of Mind (theory & practice) Finding emotions Finding Subconscious beliefs & Patterns (theory & practice) Knowing the tools of Transformation (theory) Practicing the tools for Transformation (theory & practice) Meditating on the pulse So-Hum Meditation (theory & practice)		Dinner & discussion (general topics)
6	Meditating on the pulse So-Hum Meditation (theory & practice)	Tea & Discussion	Lunch	End of Programme		

*Practical Demonstration of Nadi Pariksha on each of the participants will be done between 05:30 – 06:30am on the days of the workshop