

What Does Your Pulse Reveal? ***by Shanti Parakh***

The regular throbbing of the arteries caused by the successive contractions of the heart is called the 'pulse'. No pulse means death, while a regular pulse of between 50-80 beats per minute is an indication of good health. An irregular pulse can indicate disease.

The art of Chinese pulse diagnosis depends on six different measurements of pulse on the right arm, and six different measurements on the left arm. A proper diagnosis can take from 10 minutes to three hours and is a task which requires a high degree of expertise as well as talent.

In Ayurveda, index, middle and ring finger touches will indicate the constitutional types of *vata* (80-100 beats/minute), *pitta* (70-80 beats/minute) and *kapha* (60-70 beats/minute). It takes a competent student many years of training under an expert teacher to become competent in Ayurvedic pulse diagnosis.

Today, we will be introduced to this vast topic, based on a work by immunologist and bacteriologist, Dr. Arthur F. Coca, "The Pulse Test." This book suggests that food allergies manifest in many different forms, including hay fever, asthma, high blood pressure, diabetes, epileptic seizures, acne, stammering, migraine headaches, being overweight, constipation, heartburn, sinusitis, hives, hemorrhoids, nosebleeds, and ulcers. Your pulse rate is often accelerated by food and other substances (tobacco smell, dust mites, etc.) to which you are allergic, and which cause the above mentioned symptoms. The book also suggests ways to address these food allergies by focusing on the pulse.

General Procedure:

1. Sit down and count your pulse for a full minute
 - a. just before each meal
 - b. three times after each meal at 30 minute intervals
 - c. just before retiring for the night
 - d. just after waking up (while still lying down)

* you will have a total of 14 pulse readings each day
2. Record all items you eat at each meal (just under "Foods")
3. Record this for three days

Single-food test – to be done for two days

1. Check your resting pulse
2. Then over the next 12-14 hours, eat a small portion of a different single food every hour.
3. Count the pulse before eating and again 30 minutes after eating the food
4. Do not test any food you are severely allergic to

Foods you can try include a slice of bread, a glass of milk, orange, two tablespoons of sugar in water, few dried prunes, egg, potato, coffee, meat, apple, banana, raw carrot, celery, raw cabbage, raw onion, black coffee, dates, cucumber, nuts, chocolate, grapes, corn, etc.

The pulse may be counted on the wrist or neck for a full minute. You may use a digital pulse meter as well. A big rise in pulse in the morning after waking up just before breakfast may indicate sensitivity to toiletries such as perfume, shaving cream, lotion, toothpaste, soap, shampoo, etc.

The maximum normal range of the human pulse is 16 beats. You must give up smoking at least for the duration of these tests if you want to find out what you are allergic to.

General Rules:

Rule 1: If your pulse is higher taken standing up than sitting down, this is a positive indication of present allergies.

Rule 2: For three days (14 pulse readings) if your maximum pulse is constant (within two beats) that means you have not eaten anything allergic in three days.

Rule 3: If your daily maximum rate varies more than two beats (e.g., Monday – 72, Tuesday – 78, Wednesday – 76, Thursday – 71) and if no infection is present, then you are certainly allergic to whatever you have eaten.

Generally speaking, a normal pulse rate is 72, but in truth, there is no normal pulse rate. The maximum pulse rate in a normal non-allergic child and adult is the same, about 84. Outstanding runners and other athletes can have normal pulse rates in the 30s and 40s.

Pulse Record

	Day 1	Day 2	Day 3
Before rising (resting pulse while lying down)			
Before breakfast <i>Foods</i>			
30 min after breakfast			
60 min after breakfast			
90 min after breakfast			
Before lunch (resting pulse) <i>Foods</i>			
30 min after lunch			
60 min after lunch			
90 min after lunch			
Before dinner (resting pulse) <i>Foods</i>			
30 min after dinner			
60 min after dinner			
90 min after dinner			
Before going to bed (resting pulse while lying down)			