WEEK 5

Pre-Zoom Call

As a preparation for the next class, reflect on how you will learn and document the information for Nail and Tongue Analysis. An easy way is copying the tongue and nail charts and laminating them and keeping them accessible in a notebook for quick reference. To document, set up a system of either drawing or taking a picture with your phone and collecting them in a special file. This is a good time to prepare these systems so you can share with teachers in clinics easily and keep accurate files. Send an example from yourself and/or a friend. Using the textbook assessment, what do you believe it indicates in light of their symptoms?

Record your voice talking about health symptoms you have and analyze it in light of the reading on the subject. Write a short paragraph about which gunas and doshas you notice are exemplified of it. Does it correspond to your current issues or Vikruti?