

Kari Nokela

Physicist & Ayurveda specialist, FINLAND

## CONTACT


**Email**
kari.nokela123@gmail.com

**Phone**
+358 451240931

**Location**
Kuopio
Country: Finland

**Website**
Alternative Medicine

**Linkedin Profile**

**Facebook Profile**


# About

MY NAME IS KARI NOKELA(M.SC IN PHYSICS)PHYSICIST AND I AM FROM FINLAND. THE PASSION OF MY LIFE ARE ALTERNATIVE TREATMENTS. BUT I ALSO STUDIED MEDICINE. I HAVE A POINT FOR DOCTORS AND THE ACADEMIC COMMUNITY: THE ECG-HRV RECORDING COMPUTING SYSTEM INTEGRATES ALTERNATIVE THERAPIES INTO THE SAME BASIC THEORY. MANY OF THE VARIABLES CONSIDERED TO BE HUHU RECEIVE A MORE MEDICALLY ACCEPTABLE EXPLANATION WHEN THE SUBJECT IS A CARDIAC FILM, THE ECG AND ITS HRV. (NOTE: I DO NOT SELL THE DEVICE. I JUST USE IT.)

## My Topic

### Heart rate variability and alternative medicine practises

Heart rate variability means variation in the time between successive heart beats. Because heart beats can be measured with ECG devices, alse HRV can be calculated from these same *ECG devices* with modern computer calculation technology.

The most common HRV method is to register heart beats about 5 minutes and store into computer memory the successive intervals between heart beat ”peaks”. If all the intervals are equally long, there is only one frequency in HRV caused by the basic rhytm. That is about one herz, if heart beats once in a second. When the intervals change in long run, also very low frequencies exist.If there are also rapid variations, then also high frquencies exist.

Almost all scientists agree that HRV is related to overall state of central nervous system. Many studies have already been conducted, but no concensus yet. Everyone says ”more studies needed”.

Russian space center physicist called traditional Eastern ayurveda and chinese masters to find the common roots of these seemingly different practises. They found a common theory which unites ayurveda and chinese methods and also many other alternative medicine practises into same basic origin. According to this common theory ”pretty much everything needed to know about a man holistically, can be measured from heart electrical signals using HRV methods."

Russians found out, that the lowest HRV frequences correspond to ayurvedic vata dosha states of central nervous system and highest frequences correspond to kapha states. ”Ayurvedists have always known, that so called ”dosha states” vata, pitta and kapha relate to central nervous system”.

When you measure patient’s individual profile of the 3 doshas (how much high frequences? How much middle frequencies? And how much low frequences?), you can give right kind of individual food and lifestyle recommendation.

For example scientists agree, that too much salt is bad for health. But ayurveda knows, there are certain dosha (=central nervous system) conditions, that need more salt than other doshas.

***IMPORTENT ARTICLE RELATED TO "EXPLORING NEW HORIZONS IN TRADITIONAL & ALTERNATIVE MEDICINE"***


1. Consciousness is the Unified Field - By Quantum physicist John Hagelin (25/10/2016)
2. A fresh and very professional study about *Vedapulse and HRV* by Dr. p. ram manohar(Dec 17)
3. Heart rate variability (HRV) - Wikipedia.
4. What Is Heart Rate Variability (HRV) & Why Does It Matter? by Tiina Hoffman (Exercise Physiologist & Master Trainer, Firstbeat.)