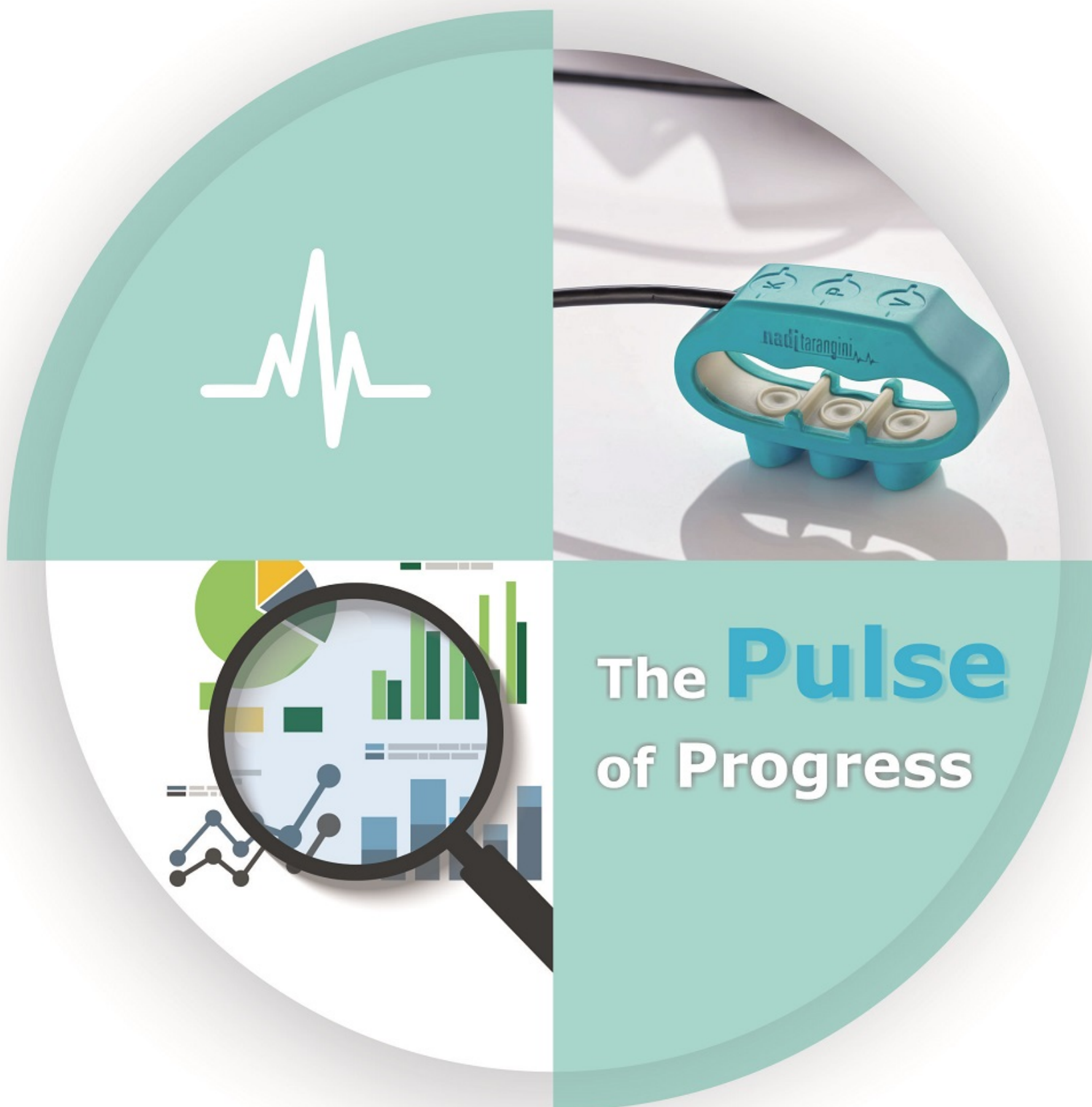


**Clinic Name :** One Turyaa  
**Doctor Name :** Dr. One turyaa .



# Suraksha KAVACH



**Patient ID :** 109655  
**Age :** 42 Years  
**Visit Date :** 13/09/2022

**Patient Name :** Test Patient Test  
**Gender :** Female

**Clinic Address :** Pune Pune 411057  
**Mobile No. :** 1234512345

**Email ID :** info@atreyainnovations.com

# How to read Report

Take the first step to transform & improve your Inner Health with India's first ever Digital Pulse diagnosis device Nadi-Tarangini. Here is your first ever digital Nadi Health report card. All that is red in color or says "high" is not always abnormal. We will explain to you what to read & understand from this Nadi Health Report card. Your health mirror at just one click!!

## ? What is a Patient Nadi Report?

✓ The Patient Nadi Report card is the mirror of your Inner Health on successfully capturing Nadi using the Nadi Tarangini device. It reflects your state of Inner Health today (Imbalanced state- Vikruti) as well as your state of Inner Health as per the ideal Body Type (Prakruti- when you were in healthy, adolescent age). Nadi Tarangini monitors and analyzes Nadi signals translating them into Today's language of digitalisation. It further simplifies and gives you three essential Health quotients expressing your Digestion, Stress & overall Wellbeing levels in the last 2-7 days. To help you with improving your Inner health it also provides personalized diet, yoga & sleep recommendations to work on in a holistic way.

## ? How can I read or understand the insights of this Patient Nadi report?

✓ Nadi Tarangini our innovative pulse diagnosis device provides a digitalised output in the form of a Patient Nadi report especially for you to help you understand the different state of your Inner Health and once you start taking care or treating yourself you can see subsequent improvement in your Inner Health. Patient Nadi report comes in the form of visually appealing, handy printed version which has your captured Nadi graph (Pulse in a wave form), your current Demographic data (age, gender, weight, height, presence of diseases, etc), Prakruti (Ideal Body type) and Vikruti levels on a scale of (low, medium, high), as well as your Inner Health Quotients which help you and your Practitioner to understand your state of Inner Health at the present moment in simple Quotients language- Digestion, Stress, Wellbeing which are also provided in a pictorial manner helping you understand the areas to focus in a easy way. Co-relate the findings with your Ayurveda expert or Nadi expert and accordingly adopt and adapt the recommendations in diet, yoga or exercise, sleep, water intake, etc. given by us.


## ? What is the science behind the Patient Nadi Report?

✓ The science behind the Patient Nadi Report is the core concept of Ayurveda, a 5000-years old Indian science of Medicine. The Sanskrit name "Ayurveda" is made up of 2 words "ayuh" meaning "life" and "veda" meaning "science". It provides personalized solutions to everyday problems by understanding the imbalance between the Prakruti (body type) and Vikruti (today's condition: balanced or imbalanced) in a person. Ayurveda believes that - "What grows from within, should be known from within and also be treated from within". Nadi Pariksha is one of the important diagnostic methods in Ayurveda which is helpful in finding the root cause of the symptoms. Using this logic in Nadi Tarangini we have combined the ancient science of Nadi Pariksha, principles of Ayurveda and enhanced it into a digitalised form to give unique wave-form graphs and provide a digital, pictorial form of a Patient Nadi Report, which you & your Ayurveda practitioner can for the first time see the issues you are facing and work on your Inner Health as well as monitor your progress using a digital, non-invasive device Nadi Tarangini.


## ? How do I read what are the results I have received in the report?

✓ We are giving you your Health report card in a specific sequence of sections: Prakruti Parikshan section Nadi Vikruti Parikshan section Inner Health Analysis section Diet & Lifestyle recommendations section Results in your Patient Nadi report are easy, simple, with use of pictures, graphs & colors it is simplified for your understanding. It carefully describes after understanding your body, mind & emotions as per your Body Type (Prakruti Parikshan), current imbalance level (Nadi Vikruti), graphs describing the state of body, mind and emotions in simple low/medium/high levels specifying the level of stability. It also provides information about Nadi based Inner Health Quotients (Digestion, Strength, Stress). Further to work on your Inner Health and stay healthy we also provide you with personalized diet, yoga, exercise, sleep, water, etc; recommendations.


### **What do you mean by Prakruti Parikshan?**

 In this section we provide you information based on questionnaire based understanding of your Ideal Body type or Prakruti. In this section you will get information about a compiled overview of Physical, Physiological and Psychological understanding of “Self”. We manifest the insights about your Prakruti parikshan based on the Tridosha concept of Vata, Pitta or Kapha. The Prakruti characteristics explained in this section provide you insights about what should be your ideal routine or dinacharya as per your Ideal Body type. With Nadi Tarangini you get information about your Prakruti in a “dwidosha” form for eg: Vata Pitta Prakruti. We also provide you specific inputs about how your gut metabolism is, what is your inclination, state of mind and your likes in short. \*\*\*An Ayurveda Practitioner can help you clinical corelerate your personal report and provide you with apt explanations\*\*\*


### **What will I get in Nadi Vikruti Parikshan?**

 In this section we provide you with “Nadi Vikruti Parikshan ”. We have explained your imbalanced state or Vikruti with respect to your current diet, environment and/or season change, new adaptations or adaptations. This new change in state which is dynamic and specific to each individual is the imbalance or "Vikruti." In the report we have given you your state of imbalance focusing on the most essential parameters: Nadi Graph: It is a graphical representation and the numbers mentioned on the graph are captured and analyzed using Nadi Tarangini. It denotes the changes in the pace, rhythm, pressure with which the Pulse moves ahead. Pulse rate/Rhythm: The pace with which the heart rate changes is captured as regular or irregular rate or rhythm. Immunity- Represents physical strength to fight against....here it is denoted as a combination of Nadi strength (bala) and Prakruti Toxins- Represents the presence or absence (Saam/Niraam) of Aam in your stomach causing weak or proper digestion and metabolism Hydration- Level of water body and Kapha dosha proportion in your body. It denotes the stickiness, umbtous or oiliness present due to Kapha dosha. Thoughts- Changes in levels of Thoughts are due to regular/irregular digestion and metabolism causing effect on your body’s response towards handling changes in your surroundings \*\*\*An Ayurveda Practitioner can help you clinical corelerate your personal report and provide you with apt explanations\*\*\*


### **What is the Inner Health Analysis?**

 The Inner health analysis is the complete understanding of your body, mind and consciousness in symbiosis with your dietary intake, physical activity, sleep cycle and water consumption pattern. These quotients or numbers that are obtained will help your Ayurvedic Practitioner or Wellness Expert to help plan a personalized Health regimen and Treatment module for you. We provide you with 2 Inner Health Quotients: Digestion Quotient:This denotes the strength of the digestive fire to digest and metabolize the toxins. Low digestion quotient denotes: weak digestion, Medium digestion quotient denotes: moderate digestion High quotient denotes: good or satisfactory digestion Strength Quotient: This section denotes the “sharir bala” or strength of the body to fight against infections and diseases. Low Strength quotient denotes: low immunity, Medium Strength quotient denotes: moderate immunity High Strength denotes: good or satisfactory immunity Stress Quotients: This section denotes the amount of stress present at the mind and body level due to changes in the inner health or the surroundings. Low Stress quotient denotes: low stress on mind and body Moderate Stress quotient denotes: moderate stress on mind and body High Stress quotient denotes: high stress on mind and body \*\*An Ayurveda Practitioner can help you clinical corelerate your personal report and provide you with apt explanations\*\*\*






### **What are the remedies or recommendations provided to take care of my health?**

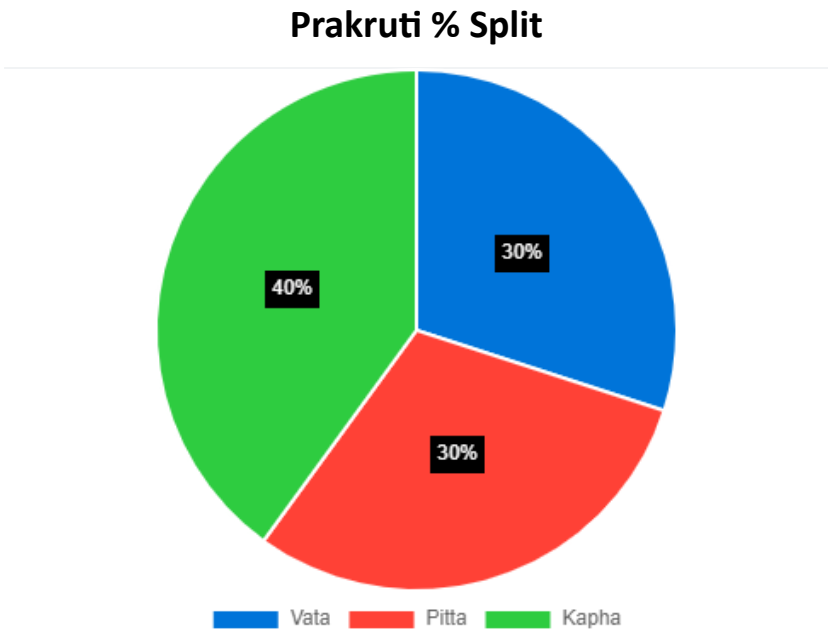
 In this section we have provided you with dietary changes, yoga, exercise schedules, sleep cycle, water consumption and all the necessary precautions to take so that you can start following a healthier routine for a better life. Please note that the components of the diet or lifestyle parts may change as per your location, temperature, likes and dislikes, presence or absence of allergies or health complaints. \*\*An Ayurveda Practitioner can help you clinical corelerate your recommendations and provide you alternatives for the same\*\*\*

### **Where do I go with this report? Where can I get my treatment or therapies?**

 An Ayurveda practitioner, Nadi Tarangini Smart clinic Experts or a certified Wellness Expert can explain to you the Prakruti, Vikruti, Inner Health analysis and also give you clinical correlations for the same. They can also provide you with necessary Panchakarma therapies and medicinal treatments.

# Prakruti Parikshan

	<b>Your Prakruti is Vata Pitta</b>
	<b>You are</b>
 <b>Metobolism :</b>	Modearte
 <b>Mental state :</b>	Rajasik, Satvik
 <b>Inclination towards :</b>	Mounteneering, Outdoor Sports
 <b>Liking of tatse :</b>	Bitter, Astringent



## Prakruti Description

Your prakruti is Pitta vata. Ayurveda calls this as Dwi doshaja prakruti. It means your prakruti is dominated with two doshas. Your body tissues are predominant of Pitta dosha, with combination of Vata dosha. From the universe, Tejas, Aakash and Vayu Mahabhuta play vital roles in your physical, physiological and psychological traits. Note that Pitta is hot, sharp and light in nature while Vata is cold, dry, subtle, rough and light in nature.As your kapha is on the lower side, you should change your lifestyle to promote the kapha. Usually, in your balanced state, you show the following characteristics.



### Physical Characteristics

- Your digestive system is disturbed and irregular.
- Moderate toxins get formed in your organ system.
- Vata and pitta together offer you lean and tall physique, small to medium sized and painful joints.
- In the child bearing age, one may need more effort to become a mother.



### Psychological Characteristics

- You are an anxious, nervous, dynamic and cheerful woman.
- Vata keeps your thoughts and actions changing and you try to attend many things at the same time with more creativity.
- Balance the vata and its restlessness and overthinking with pranayam, meditation, soothing music and relaxation therapies.
- You often get impatient.



### Conciousness Characteristics

- Your consciousness is very weak, restless and irritable.
- You should maintain positivity of Satva around your consciousness.
- You may use blue, green, yellow and orange colours in your home, office and costumes.

Knowing your Prakruti is very important as it helps to understand the “balanced state of YOU” and seek advice on daily diet and lifestyle corrections.



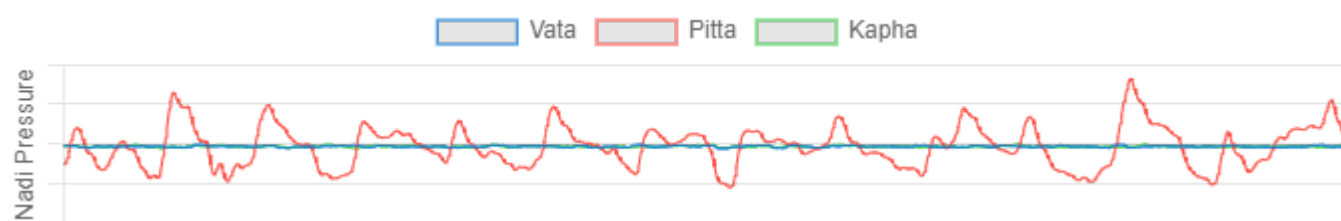
Patient Id :109655  
Patient Name:Test Patient Test  
Age :42 Years

Gender:Female  
Weight :92 Kg  
Height :168 Cm

Visit Date : 13/09/2022  
Time : 10:16 PM

## Nadi Vikruti Parikshan

### Nadi Graph



### Pulse rate / Rhythm

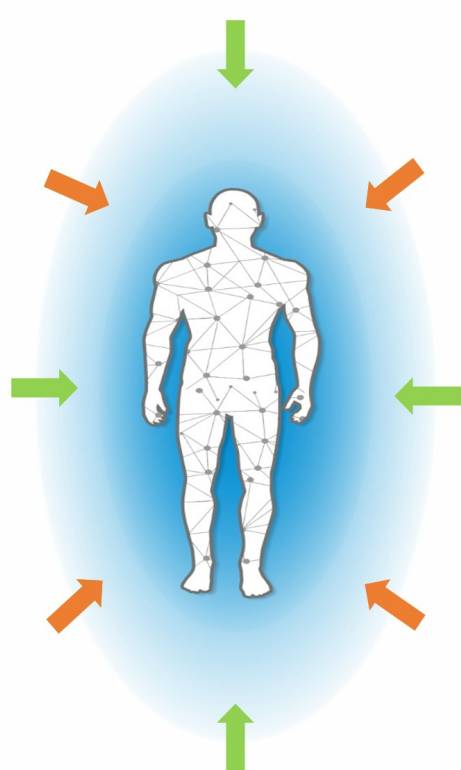
Pulse Rate

81

Rhythm

Regular

### Your nadi Vikruti is Kapha Vata



### Vikruti Description

- The nadi was recorded in the night Pitta prahar. It is a good time to clean your system by digesting everything that happened to be in our bodies during the day. Typically, There will be low guruta and high tikshnata, agni, mruduta, snigdhta.
- Based on your height of 168 cm and weight of 92 kg, your BMI is 32. You are in overweight category.
- For your age, irregular rhythm means rugna bala is low with unstable heart activity. As your prakruti is Vata Pitta and the current vikruti is Kapha Vata , Vyadhi is kashtasadhya (the treatment will typically take more time to complete). Considering Kapha bala, Manda Agni, hansa gati at Pitta location , manduka gati at Pitta location , sarpa gati at Pitta location , laghuta, mruduta, sukshмата, mandata, snigdhta; the possible preliminary indications are laziness, fever, indigestion, obesity
- In today's Nadi analysis imbalance in vata and kapha found in the surrounding of Kapha predominant weather.



**Your Immunity : High**



Today found high level of immunity. This indicates strong fighting power of body tissues against any infection. Also physical strength is high which can help to recover from health issues fast.



**Your Toxin : Low**



Root cause of many diseases lies in the digestive tract in the form of undigested material, Aam. Aam is not present in your stomach which will show proper digestion and metabolism leading to good nourishment of body tissues.



**Your Body Hydration : Medium**



Modearte proportion of water, moisture and oiliness in body tissues. This is helpful to reduce pain and dryness from body. Also, nourishes body tissues and mind resulting in healthy, long life.



**Your Thought : Medium**



Excess of thoughts are responsible for weak metabolism and poor nourishment of body and mind. Today, a moderate level of thoughts are found, try to calm your senses and control your thoughts to make your body and mind sync together for health.

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Patient Name:Test Patient Test  
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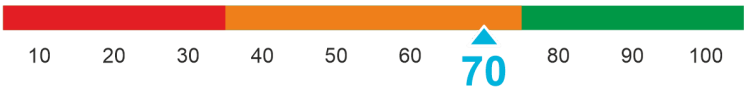
Gender:Female  
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## Inner Health Analysis



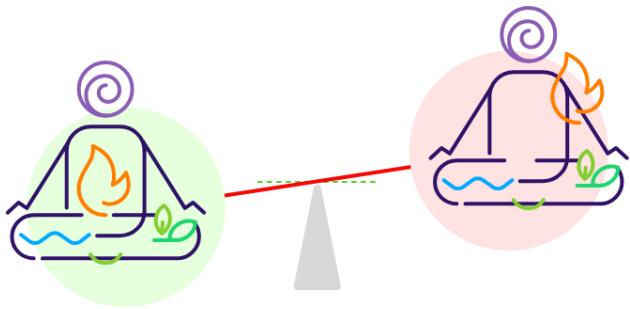
Strength Quotient :



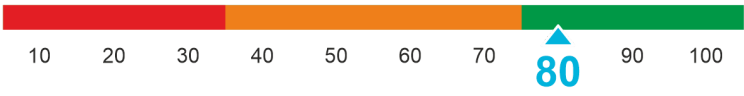
Your dominant Prakruti and today's Vikruti do not match. Your dominant Prakruti and today's Vikruti do not match. Your Wellbeing Quotient seems improving at a slow pace reflecting average Inner health parameters. Focus on your daily routine. However, your Wellbeing Quotient needs to progress, so follow the lifestyle recommendations. We need to work on your Vata and Kapha dosha.

Prakruti (ideal you)  
Vata Pitta

Vikruti (current you)  
Kapha Vata



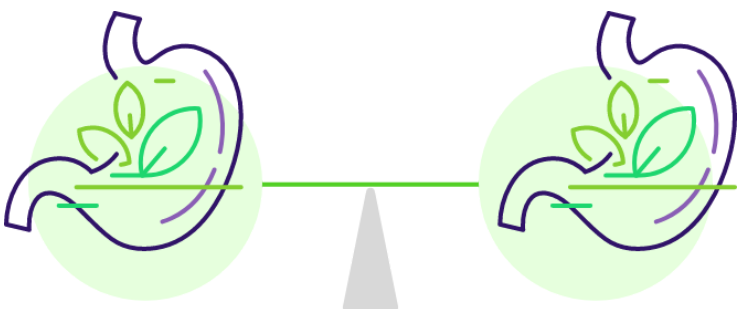
Digestion Quotient :



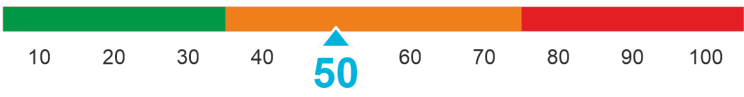
Digestive juices are strong. Few toxins are present. Proper digestion of food is going on. You may chat with your Wellness Coach if you feel acidity or burning. Note: Considering Hindu tithi 13 (Waxing Gibbous lunar phase), we are giving you low calorie diet.

Prakruti (ideal you)  
Vata Pitta

Vikruti (current you)  
Kapha Vata



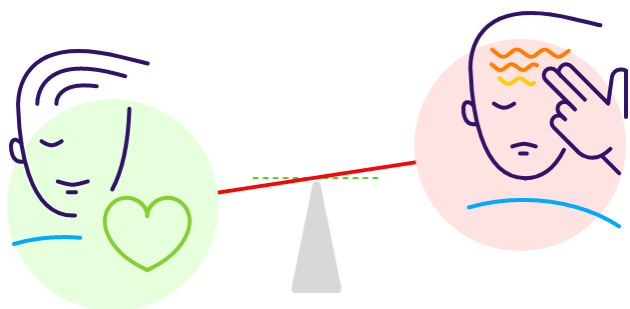
Stress Quotient :



Today moderate Stress is observed. Duration of sleep seems to be shorter than essential. Try to follow Yoga regularly. Calm down and relax a bit. Take care of your body too. If this reading does not match with the way you feel, please chat with your coach.

Prakruti (ideal you)  
Vata Pitta

Vikruti (current you)  
Kapha Vata



Patient Id	:109655	Gender:Female	Visit Date : 13/09/2022
Patient Name:	Test Patient Test	Weight :92 Kg	Time : 10:16 PM
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## Diet and Lifestyle Recommendations

	DO'S	DONT'S
 <b>Grain</b>	Amaranth, Bajara, Cereals, Cooked oats, Flax seeds, Jowar, Oat bran, Old wheat, Wheat bran	Buckwheat, Corn, New grains,
 <b>Legume</b>	Bengal gram dal, Green gram dal, Horse gram, Sesame, Vatana	Black gram dal, Kidney beans, Moth beans, Soybeans
 <b>Veg</b>	Asparagus, Bitter melons, Bottle gourd, Broccoli, Cauliflower, Celery, Cilantro, Cooked beetroot, Cooked carrot, Drumstick, Garlic, Ridge gourd, Snake gourd, Tomatoes,	Black olives, Fava beans, Pumpkin, Sweet potato, Turnip
 <b>Spices</b>	Almond extract, Anise, Basil, Black pepper, Cayenne, Coriander, Cumin seeds, Fennel, Garam masala, Ginger, Mustard, Nutmeg, Oregano, Paprika, Parsley, Poppy seeds, Saindhav, Thyme, Turmeric	Kokum, Mint, Tamarind
 <b>Leafy veg</b>	Amaranthus green, Fenugreek, Lettuce	Mustard leaves, Spinach, Spring onion
 <b>Oil</b>	Almonds, Mustard, Sunflower	Apricots, Avocados, Flax seeds, Olives, Soybeans,
 <b>Non-Veg</b>	Chicken, Eggs, Mutton	Lamb, River water fish, Sea fish, Sea foods
 <b>Fruits</b>	Amla, Bilva, Blue berries, Cranberries, Jamun, Lemons, Limes, Most astringent fruit, Papaya, Pineapples, Pomegranate, Prunes, Strawberries	Apples, Apples (sweet), Banana, Coconut, Dates, Figs, Grapes (red & purple), Mangoes (ripe), Oranges (sweet), Pineapple (sweet),
 <b>Nuts and Dry fruits</b>	Almonds, Cashew, Pista,	Brazil nuts, Dates, Hazel nut, Kokum, Lotus seeds
 <b>Milk product</b>	Buttermilk, Ghee	Buffalo milk, Butter (salted), Cottage cheese, Paneer, Shrikhand, Yogurt,
 <b>Recipe</b>	Dal Tadka Fry, Bhakri, Mirch ki Sabzi	Besan Bhindi, besan laddoo
 <b>Yoga</b>	Adhomukha shvanasana, Bhastrika pranayama, Halasana, Kapalabhati, Kapotasana, Sarvangasana, Shirsasana, Ushtrasana,	
 <b>Fitness</b>	Aerobics, Road racing, Strenuous exercise, Volleyball	

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## Terms & Conditions

1. All the results obtained from the Nadi test should be interpreted with clinical data. Please correlate clinically and communicate with your Ayurveda specialist or Doctor, if you have any queries. The results of the investigation are dependent on the time which you Nadi Pariksha was done.
2. Atreya Innovations Pvt. Ltd. is committed to delivering your reports on time. However, in unforeseen circumstances such as non-availability of instrument/ instrument dysfunctioning / natural calamities / IT related problems etc., reports may be delayed. Atreya Innovations Pvt. Ltd. will ensure that this delay is minimal each time.
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5. A follow up report is necessary after a certain period of time to ensure the effectiveness of the treatment and therapy. Kindly connect with your Ayurveda specialist and schedule a follow up appointment. Atreya Innovations Pvt Ltd is not affiliated to confirm the same and hold no responsibility with the scheduling issues or findings.