

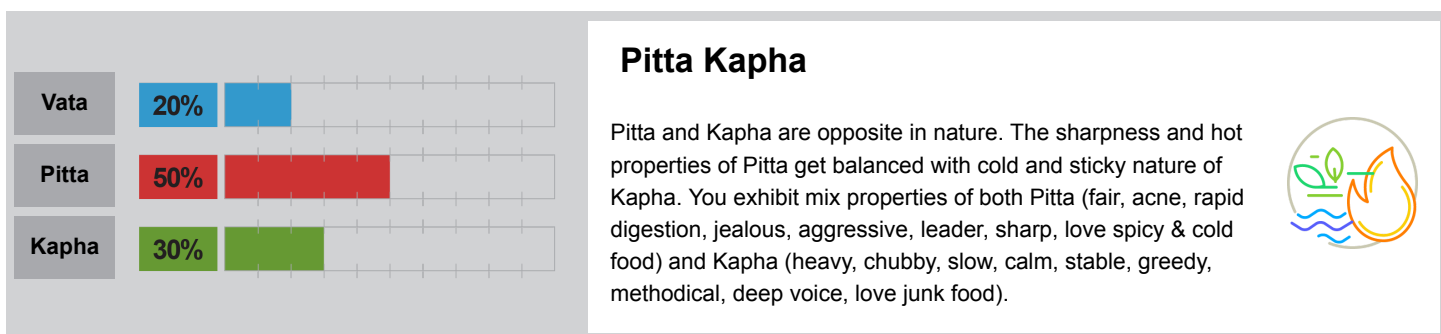
Ayurveda clinic

c - 208 , panchshil tower, karol bagh, Baroda, Assam - 110055,



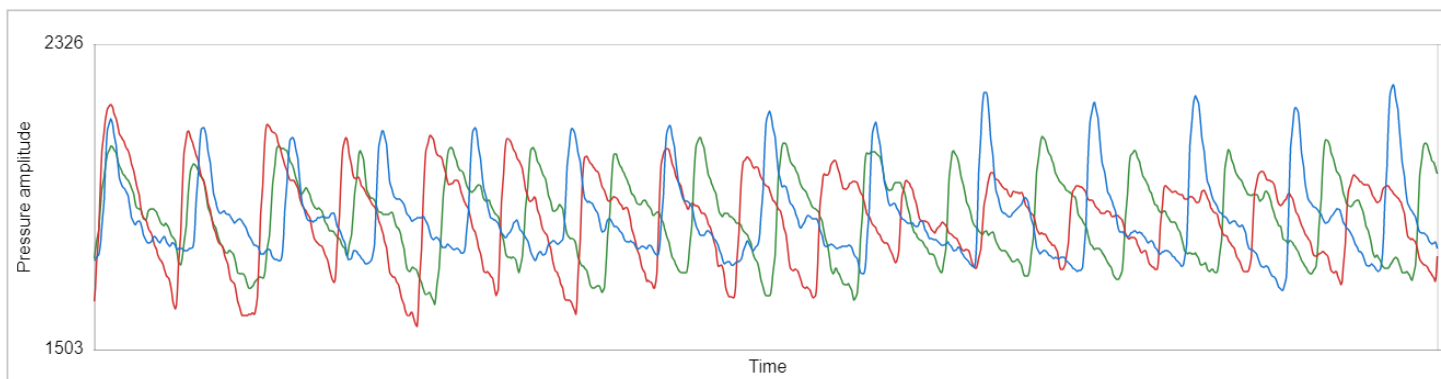
REPORT DATE : 18/02/2019	REPORT TIME : 07:20 AM	PREVIOUS REPORT : 16/02/2019 07:29 AM
PATIENT NAME : Ruchi Upadhyay	PATIENT CODE : R1	
AGE : 25 Years	GENDER : Female	WEIGHT : 60 kg HEIGHT : 165 cm

Questionnaire Based Prakruti



10 Second Nadi Graph

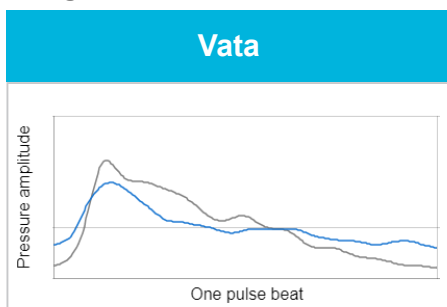
Vata — | Pitta — | Kapha —



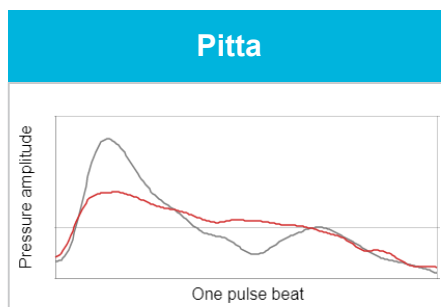
Pressure sensors convert the manual nadi feeling into pressure amplitude values ranging from 0 (lowest palpable) to 10000 (highest palpable) on y-axis. Your nadi at all the three Vata location (index finger) , Pitta location (middle finger) and Kapha location (ring finger) are similar in dominance. Refer to Gati based nadi on next page for understanding your vikruti.

Single Pulse Beat Graph

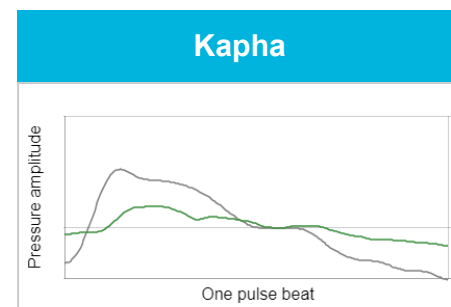
Vata — | Pitta — | Kapha — | Healthy Average —



As compared to the healthy reference pulse of your age group, gender and prahar, the nadi at Vata location has similar values. It preliminary indicates: sustaining of proper functioning of all organs, controlling and directing mind, strong digestion, metabolism

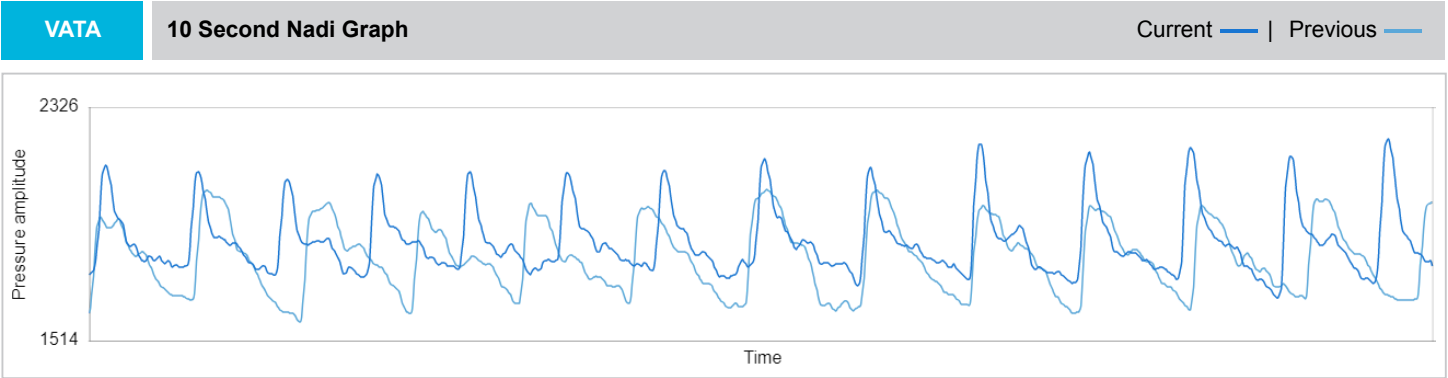


As compared to the healthy reference pulse of your age group, gender and prahar, the nadi at Pitta location has low values. It preliminary indicates: weak of digestive activity, coldness, loss of luster

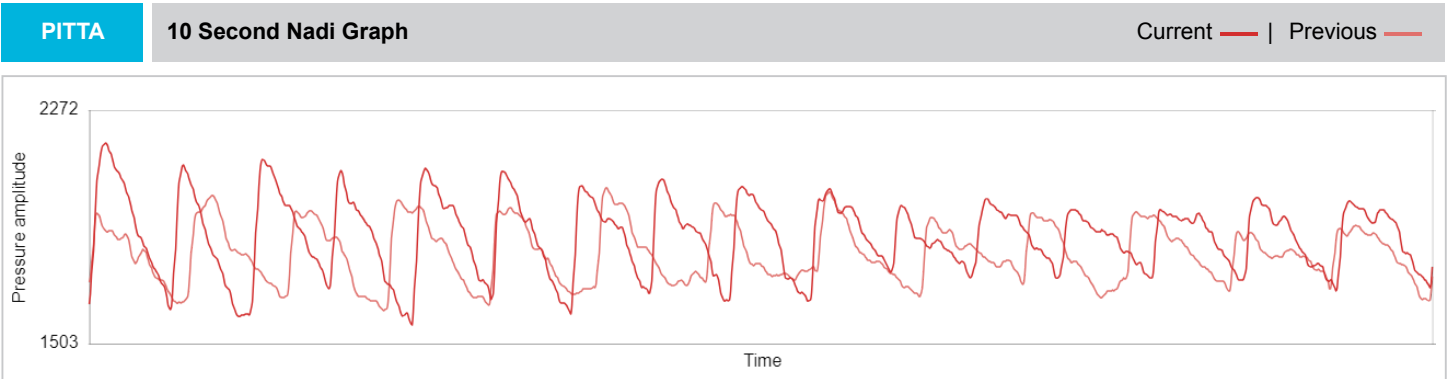


As compared to the healthy reference pulse of your age group, gender and prahar, the nadi at Kapha location has low values. It preliminary indicates: delusion, dizziness, emptiness of the organs of Kapha, palpitation, looseness of the joints

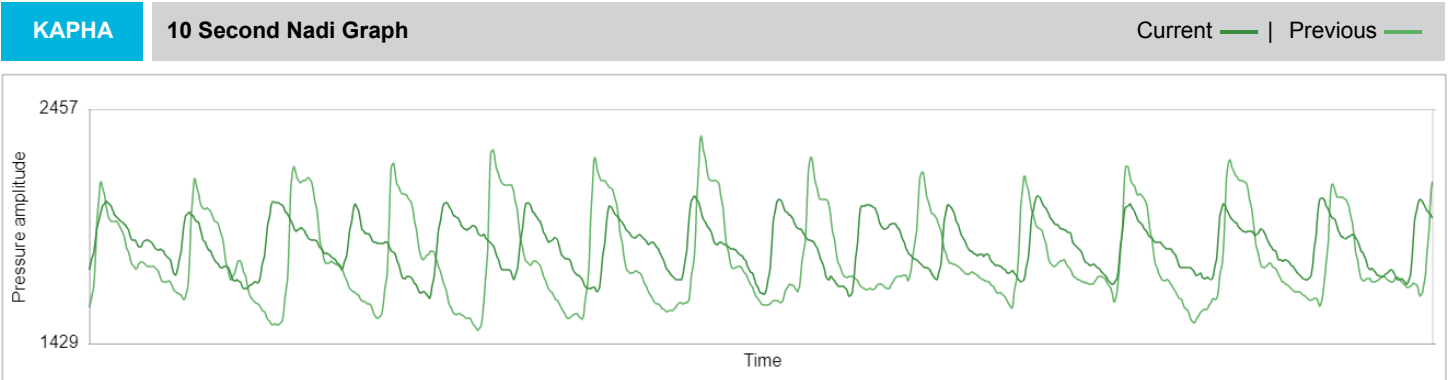
VISUAL CURRENT / PREVIOUS VISIT COMPARISION



- Your nadi is collected by exerting more pressure on the sensors.
- As compared to the nadi of your previous visit, the pressure amplitude values of the current visit have similar dominance.



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Parameter	Pulse	Rhythm	Sama/Niram	Manda/Vegawati
Current Visit	92	Regular	Nirama	Manda
Previous Visit	79	Regular	Nirama	Manda

NADI PARAMETERS

BALA		Current ■ Previous ■
Current	<div><div style="width: 20%;">20%</div></div>	<ul style="list-style-type: none"> - Bala is the force by which nadi exerts the pressure back on the finger. It is related to the strength of disease. - Usually bala is more in Pitta prakruti, less in Vata prakruti and moderate in Kapha prakruti. - Observation: Pitta bala with 20 % value was found, which means the Pitta symptoms or vyadhi are more than other two doshas. - The preliminary indications are :excess of hunger, thirst, IBS, Grahani, burning in chest, abdomen, headache, less sleep. - As compared to the previous visit, bala in nadi of the current visit is low.
Previous	<div><div style="width: 40%;">40%</div></div>	

AGNI		Current ■ Previous ■
Current	<div><div style="width: 40%;">40%</div></div>	<ul style="list-style-type: none"> - Agni is the digestive fire needed for metabolism, ansorbtion of food. Here, jatharagni is computed. - Observation: Tikshnagni with 40 % value was found. i.e. the fire element is high or strong. - The preliminary indications are :excess hunger, burning in chest, burning in abdomen, hyperacidity, tissue damage, headache, anger, obesity. - Compared to the previous visit, agni in nadi of the current visit is similar.
Previous	<div><div style="width: 40%;">40%</div></div>	

GATI BASED NADI			
Gati	Vata Location	Pitta Location	Kapha Location
Sarpa Gati	<div><div style="width: 30%;">30%</div></div>	<div><div style="width: 10%;">10%</div></div>	<div><div style="width: 10%;">10%</div></div>
	<div><div style="width: 30%;">30%</div></div>	<div><div style="width: 20%;">20%</div></div>	<div><div style="width: 10%;">10%</div></div>
Manduka Gati	<div><div style="width: 70%;">70%</div></div>	<div><div style="width: 30%;">30%</div></div>	<div><div style="width: 20%;">20%</div></div>
	<div><div style="width: 20%;">20%</div></div>	<div><div style="width: 30%;">30%</div></div>	<div><div style="width: 90%;">90%</div></div>
Hansa Gati	<div><div style="width: 20%;">20%</div></div>	<div><div style="width: 40%;">40%</div></div>	<div><div style="width: 50%;">50%</div></div>
	<div><div style="width: 30%;">30%</div></div>	<div><div style="width: 40%;">40%</div></div>	<div><div style="width: 20%;">20%</div></div>

- Gati is the description of nadi based on comparing it to the movements of different animals / birds. It is the way of teaching nadi.
- Typical Vata, Pitta and Kapha gatis are Sarpa, Manduka and Hansa respectively. e.g. When nadi feel is jumping like a frog, it is Pitta and so on.
- Observation: Manduka gati is more under Vata location, instead of or along with Sarpa gati, making jumping with moderate speed. In other words, Pitta is affecting Vata (manduka is chasing sarpa) in the body. Note that bhrajak, pachak pitta and samana, prana vayu might have got provoked. This preliminarily indicates: swollen inflamed joints, gout, skin diseases, irritability, graying of hair, hair fall, good appetite, digestion
- Observation: The hansa gati is more at kapha location, which shows kapha related symptoms. Note that kledaka, bodhaka kapha might have provoked. This preliminarily indicates : loss of appetite, oedema, laziness, obesity, diabetes, nocturnal micturition, prediabetes, heaviness in chest, cold, cough, excess sleep.

Parameter	Gati
Current Visit	Pitta Kapha (Manduka Hansa)
Previous Visit	Pitta Kapha (Manduka Hansa)

NADI GUNA

Current ■ | Previous ■

Laghu



Guru

- Laghu guna is light in feel, fast moving and which indicates no any doshavruddhi (increased vitiated dosha) or no presence of aam (toxins). It is Vata and Pitta guna.
- Opposite to Laghu is Guru guna which is heavy, slow and dull which indicates doshavruddhi (increased vitiated dosha) or presence of aam (toxins). It is property of kapha dosha.
- High laghu guna is usually light, fast moving and indicates healthy nadi. It enhances the fire, good appetite, digestion, assimilation and excretion. It preliminarily indicates : lightness, proper digestion, assimilation, excretion, vata disorders, osteoporosis, arthritis, loss of sleep, loss ...

Kathina



Mrudu

- Kathina guna is the hard touch of nadi. It is preliminary found in the vitiation of rakta / mansa / asthi.
- Opposite to Kathina is Mrudu guna, which is soft in touch. i.e. When we press mrudu nadi, it easily gets pressed. Mrudu guna is typically found in healthy and young person.
 - Balanced kathina guna preliminarily indicates : ajirna, piles, dysentery, skin diseases, rakta dushti, constipation.
 - Compared to your previous visit, Kathina guna of the current visit is similar.

Sthula



Sukshma

- Sthula nadi is thick in the feeling. This is because the nadi is filled with aam (toxins), rakta, mansa.
- Opposite to Sthula, Sukshma nadi is thin and not easily found. It is usually empty and with less bala. It is preliminarily found in vitiation of asthi / dhatu.
- High Sthula guna preliminarily indicates : fever, hypertension, kidney disorders, hyperacidity, migraine, anger, pittavrut vata, raktapitta.
- Compared to your previous visit, Sthula guna is similar.

Tikshna



Manda

- Tikshnata indicates sharpness, has pricking penetrating action. Typically, it is the guna of Pitta.
- Opposite to Tikshna is Manda guna, which decreases the fire. Typical manda nadi has low energy.
- Balanced Tikshnata preliminarily indicates balanced pitta function of digestion and absorption. It also indicates proper functioning of pachak pitta and ranjaka pitta. Further : proper hunger, digestion, assimilation, sound sleep, regular and healthy menstruation, complexion, intellect .
- Compared to your previous visit, tikshnata of the current visit is similar.

Snigdha



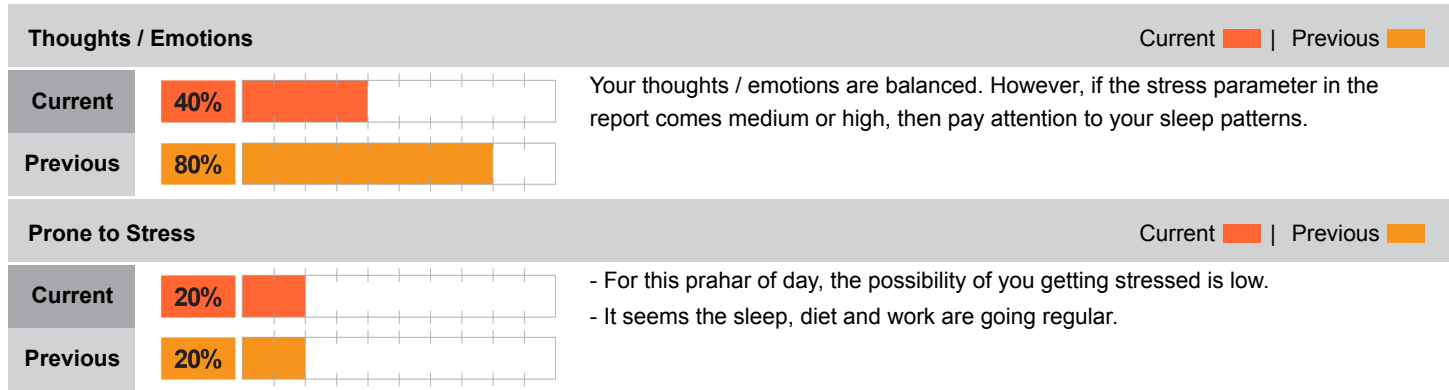
Ruksha

- Snigdha guna forms the oiliness, softness of dosha, dhatu and mala.
- Opposite to Snigdha is Ruksha guna, which is dryness and property of Vata dosha.
- High Snigdhata is soft in touch and preliminary indicates kapha predominant disorders like : cold, cough, asthma, diabetes, obesity, kidney disorders, laziness, heaviness, ajirna, agnimandya.
- Compared to your previous visit, Snigdha guna is similar.

WELLNESS PARAMETERS

The variability in the consecutive intervals in the nadi beats is pulse rate variability (PRV). It is the manifestation of heart rate variability. It indicates imbalances between sympathetic and parasympathetic nervous systems. The sympathetic nervous system prepares the body for intense physical activity and is often referred to as the fight-or-flight response. The parasympathetic nervous system has almost the exact opposite effect and relaxes the body and inhibits or slows many high energy functions.

- PRV is affected by many factors including age, physical conditions, but is most affected by extreme activities, sleep-wake cycle, meals, mental stress and physical stress.
- Typical stress condition happens when the Sympathetic nervous system is active / pulse rate is high / PRV is low.
- Typical relaxed condition happens when the Parasympathetic nervous system is active / pulse rate is low / PRV is high.
- Thoughts or emotions are typically distinguished by changes in rhythm, bala and tikshnata parameters of nadi.



Summary

- The nadi was recorded in the morning Kapha prahar, when you get up and move your body. This is the time of day when rigorous exercise is particularly beneficial. Typically, There will be low agni, tikshnata and high bala, guruta, mruduta, sthulata, snigdhatta.
- Based on your height of 165 cm and weight of 60 kg, your BMI is 22. You are in healthy category.
- For your age, regular rhythm means rugna bala is moderate with good heart activity. As your prakruti is Pitta Kapha and the current vikruti is Pitta Kapha , Vyadhi is sukhasadhya (the treatment will typically take less time to complete). - Considering Pitta bala, Tikshna Agni, manduka gati at Vata location , hansa gati at Kapha location , laghuta, sthulata, snigdhatta; the possible preliminary indications are IBS, burning in chest, headache, obesity, laziness, diabetes, cold, cough, excess sleep, ajirna, daurbalya

Prakruti	Vikruti
Pitta Kapha 	Pitta Kapha 

Dr. Ruchi Pandya

Diet Recommendations















	DO'S	DONT'S
Grain	wheat, jowar, basmati rice, oats, Ragi, barley, brown rice, jowar bajara mix	corn, bajara, refined flour, new crop of rice and wheat
Legume	Green Gram Dhal, Red Gram , Cow Pea Dhal , sesame, urad dal, flax seeds	Chickpeas whole, horse gram, kidney beans, red gram
Veg	ridge gourd, snake gourd, pumpkin, okra, cauliflower, little gourd, cucumber, bottle gourd, bitter gourd, ripe tomatoes, Green Peas, ash gourd, Ridge Gourd	carrot, cluster beans, drum stick, White Radish Leaves, bell pepper, unripe tomatoes
Spices	dry ginger, bay leaf, Kokam, cumin seed, mint, saindhav, coriander	fenugreek, black pepper, All Spices, tamarind, onion, ginger, spices mostly chilies
Leafy veg	Amarathus Green, spinach, mint, lettuce	spring onion, methi, green sorrel, white raddish leaves, drumstick leaves, dill leaves, sorrel leaves
Oil	olive, sunflower, coconut	mustard, peanut, sesame
Non-veg	mutton, chicken, egg white, river water fish, clear mutton soup	prawns, egg yolk, sea fish, dried fish, pork, beef spicy chicken and mutton, tandoors
Fruits	coconut, pomegranate, melon, amla, Chickoo/ Sapota, jamun, watermelon, apple, cherries, blue berries, strawberries, litchi, musk melon, ripe mango, black grapes, ripe oranges	jujube, jackfruit, lemon, papaya, pineapple, banana, sugarcane, unripe fruits, tamarind, plum, peach, unripe mango, sour apple
Nuts and Dry fruits	figs, black raisins, apricot, soaked almonds, Lotus Seeds, dry dates	peanut, cashew, pista, roasted dry fruits
Milk product	milk, buttermilk, soya milk, pure ghee, cream	curd, lassi, salted butter, cottage cheese, tofu, vegetable ghee

Lifestyle Recommendations

	DO'S	DONT'S
Recipe	upama, sheera, dosa, uttapam, veg parathas, kheer, Green garam dosa, Thalipeeth, Stuffed Paratha, Sol Kadhi, aamras, shevaya kheer, shrikhand, phulka, Aam ka Panna, jowar paratha, roti, jowar uttappa, modak, khichadi, butter milk, rotali, parwal sabji, dhokla, rice, baigan bharaata, pooran poli, lapsi, chokha na rotala, daily mung dal, mirchi bada, Besan Bhindi, besan laddoo	poha, misal, bhel, pavbahji, samosa, vadapav, sabudana khichadi, idli, appe, alcohol , aerated soft drinks, methi thepala, sabudana vada, bajari bhakari, masala pav, cluster bean fry, surali chi vadi, fried fish, khandavi, khaman dhokala, Omelette, methi ki sabji, tur dal na dhokala, kaju katli, dahi kadhi, mirchi ki sabzi
Yoga	paschimottanasana, dhanurasana, padmasana, sheetali pranayama, moderate yoga, sitting pose, matsyasana, yoga mudra, ushtrasana, bhujangasana, navasana, ardha dhanurasana, padahastanasana, baddha konasana	power yoga, bikrama yoga, simhasana, shirsasana, utkatasana, virabhadrasana
Fitness	hiking, skiing, swimming, surfing, skating, karate, hockey, soccer, basketball, sports, moderate paced walking, mountain biking	

दिनचर्या

Balanced prakruti | Good digestion | Maintain health | Gain peace

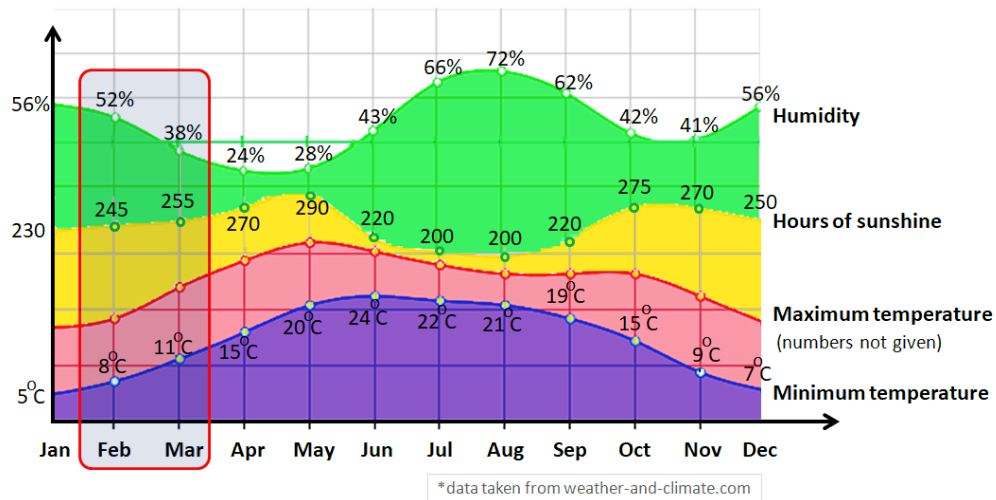
	Start your day early before sunrise with a feeling of freshness and lightness. ब्राह्म मुहूर्तम् is mentioned as 96 minutes before sunrise.
	Wash your face and clean the teeth (दंत धावनम्) with soft toothbrush or bitter astringent herbs like नीम. Massage the gums with a herbal powder mixed with honey. Clean the tongue by gentle Scrubbing (जिह्वा निर्लेखन). You may repeat this after every food intake.
	Gargle with oils, decoctions, honey, milk, water etc. It gives strength to the jaws and teeth. Note that गंडुशम् means holding a large quantity of fluid into mouth and कवलम् means holding pasty solutions in mouth for soothing.
	Apply nasal drops prepared using oils. This inhalation (नस्यम्) helps to lubricate the nose, clear the sinuses, give clear vision & strength to sense organs.
	Perform bowel cleaning / evacuation whenever the urge comes naturally. Do not inhibit or stimulate these urges.
	Apply oil all over the body (अभ्यंगम्) especially on head, ear and feet and gently massage. Massaging process is very beneficial to skin, helps to reduce stress, fatigue, makes body smooth & strong and prevents the signs of aging. It is advisable to use sesame oil or coconut oil.
	Any type of exercise should be practiced according to your capacity and body constitution. Yoga can be performed along with सूर्यनमस्कार. This improves flexibility of the body and improves the mental capacity, brings about lightness, stability and stimulates the digestive fire.
	Take bath with luke warm water, wash the head with normal water only. Before bathing, massaging with herbal powder opposite to the direction of hair growth is recommended. Bathing is purifying refreshes body and mind. It removes sweating, fatigue & dirt and increases appetite & ojas.
	Meditation and प्राणायाम in the morning are keys to the healthy body & mind. Meditation improves your ability to focus. It has a calming effect on the mind. It releases stress and gives strength to the mind. Chanting "ॐ" will clear out your thoughts and will help to connect with an inner sole. Meditation will bring peace and harmony.
	Worshiping and offerings to lord (ईश्वर पूजा) increases gratitude.
	Most importantly, throughout the day, maintain a good habit of eating satvik food with षडरस on time. Include fresh fruits and vegetables. Eat with full attention towards food. Avoid eating in hurry or while watching TV, computer or under stress, grief. Avoid overeating or fasting for a long time. Avoid going to bed immediately after dinner.
	Select your job respectfully and carry out to the best of abilities; to benefit not only self but the whole society. Habit of kindness for benefits of nation should always be part of the daily deeds.
	Power nap of 10 -15 minutes is useful in the afternoon. Sleeping on the left side is said to be most digestive.
	Daily sleep of 6 to 8 hours is essential, so decide the sleeping time depending upon your wake up time. Avoid having a full meal just before retiring to bed. Sleeping on the right side is the most relaxing.

ऋतुचर्या : वसंत

Rutu Sandhi Kaal :

- This is the period when new season is going on, showing its influence in nature and on our body.
- During this period one should start transformation of the aahar and vihar from previous season to current / ongoing season.
- Should start adapting with new season regimen- diet and actions gradually .
- This will help to maintain health and to cope up with the changes from new season.
- In this period Agni / digestive fire and Sharir bala gets disturbed so to avoid decline of immunity should follow Rutu Sandhi kaal regimen.

According to present climatic condition Vasant Rutu is going on, Which comprizes of mid february to mid april. The season span may vary as per the latest climatic changes.



The climate change in this period are - This is the pleasant season of the year as nature shows blossom and trees put forth new leaves. Wind blows towards south. Wet and cool weather reflects the moist cool heavy properties of kapha. There is rise in temperature which liquifies the toxins and accumulated kapha.

- **Sharira Bala** : Madhyama / moderate
- **Jaatharagni** : Mand / low digestive fire

Recommended food :

- Food items should be of Tikta (bitter), Katu (pungent), and Kashaya (astringent) rasa. Guna of laghu, ruksha, kshara ahar vyayam is advisable to balance kapha and cleansing in madhyam or low strength people.
- Vegetables like fenugreek leaves, bitter melon, radish, brinjal, amaranthus and onion leaves; spices like dry ginger, black pepper, garlic, coriander, cumin, turmeric, fennel etc., Asava (Fermented Infusion), Arishta (Fermented Decoction) and warm water is advisable. Roasted meat is to be taken. Wheat, jowar, millet, great millet, rice or sathi rice, barley etc. grains should be consumed. All grains should be at least one year old. Rajgira, nachni and honey are also advised. Pulses like lentils and green gram are to be taken.

Prohibited food :

- Madhura (sweet), Amla (sour), Salty, Snigdha (unctuous), Guru (heavy), Sheeta (cold) and kapha aggravating food are to be prohibited.

Recommended actions :

- Do daily oil massage (abhyang) or dry powder massage (Udvardana), before exercise and apply paste of chandan, agar and kesar on all over the body and bath with warm water.
- Do gargles with decoction made of turmeric, rock salt, dry ginger etc. kapha reducing herbs.

Prohibited actions:

- Being in air conditioned rooms, Consuming oily foods, Sleeping during the daytime should be avoided.

Possible Ailments :

- Cough, Cold & Asthma are the most common ailments faced in this season.

Panchakarma Recommended :

- Generally advised panchakarma or detoxification therapies in this season are Vaman, Nasya & Dhoomapana. These therapies helps to expel vitiated kapha dosha from our body and thus maintains the health. Consult your health care advisor to know more about.

DISCLAIMER

- Recommendations and information provided on this report are not intended as a substitute for medical advice offered by a physician.
- Please do not self-diagnose. Please consult a physician or a healthcare specialist.
- The analysis on the report is subject to the accuracy of the patients medical information and correct usage of the device for capturing the Nadi patterns.
- All reports have their limitations and need correlation with other related tests and clinical signs / symptoms. Kindly interpret accordingly. Practitioners to rely on their own experience and knowledge of the patient for complete diagnosis.

NOTES