



Nadi Tarangini Ayurveda Studio

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Patient Details:

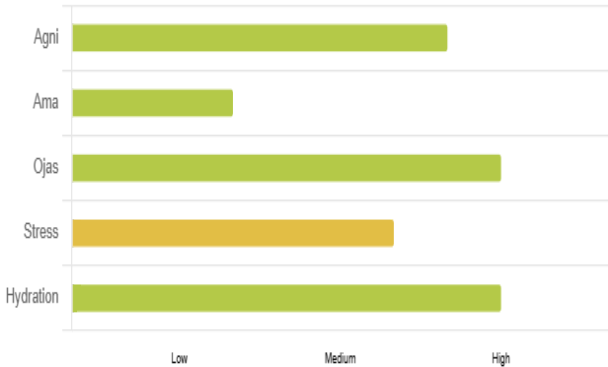
Patient Name	: Test C	Age/Sex	: 34 Male
Height	: 165 cm	Weight	: 65 kg
Date	: 04 July 2025	Time	: 03:50 PM

Constitutional Overview

Prakruti	Vikruti	Pulse	Rhythm
Pitta Vata	Pitta	116 bpm	Irregular

Physiological Findings

Agni (Metabolism)	High - The high digestion level indicates a strong metabolic fire, but the Pitta Vikruti might lead to occasional imbalances like acidity or heartburn.
Ama (Toxins)	Low - The low toxin level suggests minimal ama (metabolic waste) accumulation, which is a positive sign for overall health.
Ojas (Immunity)	High - High immunity and good digestion contribute to a robust Ojas, indicating good vitality and resilience.
Stress	Medium stress levels are impacting overall well-being and contributing to imbalances.
Hydration	Excellent fluid intake is noted, contributing to good overall hydration.



Diagnosis

Current Findings

Hypertension, due to elevated pulse rate and irregular rhythm.

Anxiety, linked to medium stress and hyperthinking.

Skin diseases, a common manifestation of Pitta imbalance.

Future Possibilities

Migraine, as a potential consequence of chronic stress and Pitta aggravation.

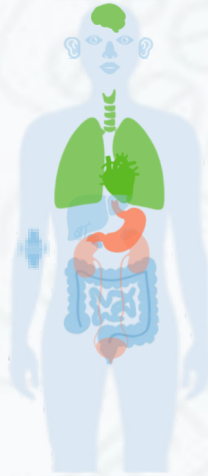
Liver issues, if Pitta imbalance is not managed, affecting detoxification.

Urinary diseases, due to increased heat and potential dehydration of the urinary tract.

Organ Insights

Strong Organs

Organ	Explanation
Heart	supported by high immunity and good digestion.
Lungs	benefiting from high immunity.
Brain	despite hyperthinking



Weak Organs

Organ	Explanation
Kidney	potentially strained by excess heat and Pitta imbalance.
Stomach	susceptible to acidity and digestive disturbances from Pitta Vikruti.

Treatment Recommendation

Nourish



Cooling foods and hydration to pacify Pitta.

Lifestyle



Stress management techniques and regular sleep schedule.

Medicine



Ayurvedic herbs and medicines to balance Pitta dosha.

Recommendations : Focus on cooling the system, managing stress, and maintaining a balanced lifestyle to pacify Pitta and support cardiovascular health.

Disclaimer

This report is not a substitute for professional medical advice and should not be used for self diagnosis; always consult a qualified physician or healthcare specialist. The analysis is based on available data and device usage accuracy, and should be interpreted alongside clinical symptoms, related tests, and practitioner expertise.

Dr. Aniruddha Joshi