



# Prana Darshika

Your Chitta Vrutti Indices



Studio name :

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Client name: Test C

Age : 34 Years

Gender : Male

Client id : 122212

Visit date : 04/07/2025 | 03:50 PM

Client name : Test C

Date : 04/07/2025 | 03:50 PM

# PRAMANA

"योग चित्तवृत्ती निरोध"

Page No.

## 01. Vikruti or Imbalance Analysis

Vikruti is deviated you, means imbalanced Tridosha from your balanced constitution i.e. Prakruti

3

## 02. Gut, Mind, Flexibility & Immunity

Digestive fire, Metabolism, Anxiety level, Stress level, Muscle Tone, Joint-stiffness, Inner strength, Stomach toxins

4

## 03. Summary

Analysis of your Nadi Vikruti with respect to your Prakruti, Age, Bala, Vaya, Inner strength

8

## 04. Diet and lifestyle

Satvik food, incorporated with six rasa, cooked with love and affection nourishes mind and body

9

## 05. 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

12

Client name : Test C

Date : 04/07/2025 | 03:50 PM

## Vikruti or imbalance analysis

Vikruti is deviated you means imbalanced tridosha from your balanced constitution i.e. Prakruti.



### Prakruti : Pitta Vata

Earth, Water, Fire

- Metabolism is good but vata destroys the tissue formation giving you moderate to low body strength.
- Pitta gives you oily and sensitive skin.



### Manas Prakruti : Satva

- Your consciousness is very strong, aggressive.
- You should maintain positivity of Satva around your consciousness.



### Nadi Vikruti : Pitta

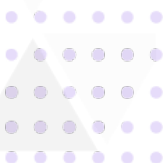
- Fire, Water elements are imbalanced.



Pulse Rate: 116



Rhythm: Irregular



Client name : Test C

Date : 04/07/2025 | 03:50 PM

## 01. Gut health level - 80 (High)

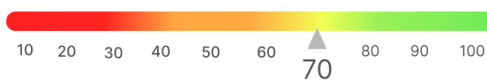
The term 'gut health' refers to the well-being of the gastrointestinal (GI) tract, comprising the stomach, small intestine, and large intestine. A healthy gut is essential for maintaining overall health because it performs various functions, including digestion, nutrient absorption, immune system support, and even influencing mental health.



### Digestive fire

A strong and balanced digestive fire is fundamental to overall health and well-being. Agni is considered to govern important metabolic functions such as digestion, absorption, and assimilation of nutrients. When Agni functions optimally, it prevents the build-up of toxins (ama) in the body and supports the nourishment of tissues. Ayurveda identifies various types of Agni, with an individual's constitution (Prakruti) influencing their digestive capabilities. Moreover, diet, lifestyle, and emotional well-being significantly affect the strength or weakness of one's digestive fire.

Digestive fire : 70 (Moderate)



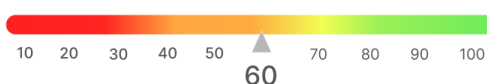
The nadi shows aggravated Pitta, which has elevated the digestive energy to an excessive level. Today's nadi analysis reveals a strong digestive fire.



### Metabolism

A balanced and strong digestive fire is crucial for overall health and well-being. Agni is believed to govern various metabolic processes, including digestion, absorption, and assimilation of nutrients. When Agni is functioning optimally, it helps prevent the accumulation of toxins (ama) in the body and supports the proper nourishment of tissues.

Metabolism : 60 (Moderate)



Metabolism tends to slow down with age, partly due to a decrease in muscle mass and changes in hormonal levels. Hormones, such as thyroid hormones, insulin, and cortisol, play crucial roles in regulating metabolism.



Client name : Test C

Date : 04/07/2025 | 03:50 PM

## 02. Mind health - 60 (Moderate)

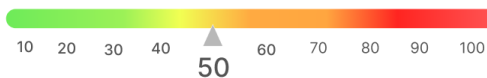
In Ayurveda, mental health is viewed as integral to overall well-being, emphasizing balance in mental, emotional, and spiritual aspects. It recognizes three mental qualities or doshas: Sattva (clarity, harmony), Rajas (activity, passion), and Tamas (inertia, darkness), with a focus on maintaining Sattva predominance. Ultimately, mind health involves nurturing a state of inner peace, contentment, and connection with oneself and the universe.



### Anxiety

Anxiety in Ayurveda is often considered a disturbance in the balance of the mind, body, and spirit. It is commonly associated with an excess of Vata dosha, which exhibits qualities of instability, fear, and worry.

Anxiety level : 50 (Moderate)



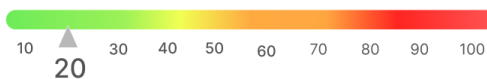
There are more persistent feelings of aggression, tension, or fear, anger that can disrupt daily activities and productivity. Physical symptoms such as muscle tension, restlessness, and difficulty concentrating may be evident.



### Stress

Stress is understood as a disruption in the natural equilibrium of the body and mind, often stemming from imbalances in the doshas, particularly Vata and Pitta. It manifests as physical, mental, and emotional tension, which can lead to various health issues.

Stress level : 20 (Low)



Occasional and manageable stress is present due to everyday challenges or minor disruptions. It typically doesn't have a significant impact on overall well-being and can often be dealt with effectively.

Client name : Test C

Date : 04/07/2025 | 03:50 PM

### 03. Flexibility level - 50 (Moderate)

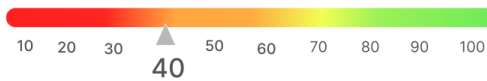
The ability of your joints and muscles to move without pain or stiffness through their full range of motion defines joint and muscle flexibility. The vata and kapha elements in the body assist in maintaining proper movement and lubrication of these areas. Flexibility is a vital part of physical fitness, important for daily activities, sports, and exercise. Good flexibility helps prevent muscle strains, ligament sprains, and joint injuries.



### Muscle tone

Muscle tone refers to the state of tension or firmness in a muscle at rest. Particularly the Kapha element with its soft, unctous, strengthening properties offers proper muscle toning. With Vata at a moderate level and Kapha balanced, there is noticeable softness and oiliness in the soft tissues, muscles, and ligaments. This balance supports flexibility and comfort, promoting overall health and well-being.

Muscle tone : 40 (Moderate)



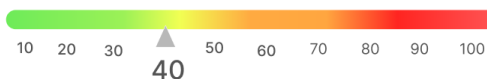
Early indications suggest moderate muscle tone, firmness, and strength, indicating robust physical capability.



### Joint stiffness

Joint stiffness refers to a sensation of reduced ease and smoothness in the movement of a joint. Usually the excess of vata and kapha element results into stiffness, pain and swelling on joints and muscles. The joints display moderate lubrication. Nonetheless, heaviness in the joints and body may cause inflammation and swelling, leading to restricted movements and discomfort. Maintaining adequate lubrication is essential for joint health and mobility.

Joint stiffness : 40 (Moderate)



Early indications suggest morning joint stiffness and pain, suggesting discomfort and limited morning mobility.

Client name : Test C

Date : 04/07/2025 | 03:50 PM

## 05. Immunity level - 40 (Moderate)

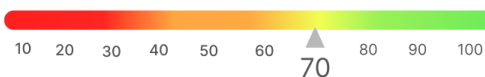
In Ayurveda, immunity is referred to as 'Vyadhikshamatva' or 'Bala' or 'Ojus', encompassing the body's ability to resist and overcome diseases, infections, and other health challenges. It is viewed as a multifaceted concept involving physical, mental, and spiritual aspects of well-being. According to Ayurvedic principles, strong immunity arises from a harmonious balance of the body's three doshas (Vata, Pitta, and Kapha), optimal digestive fire (Agni), toxin levels, proper elimination of waste (Mala), and maintenance of a healthy lifestyle, diet, and mental state.



### Inner strength

Inner health refers to the state of well-being that encompasses not only physical health but also mental, emotional, and spiritual aspects of an individual. It involves the harmonious functioning of various bodily systems, balanced emotional responses, clarity of mind, and a sense of connection with oneself and others. Inner health is often characterized by qualities such as inner peace, resilience, vitality, and a deep sense of contentment and fulfillment.

Inner strength : 70 (Moderate)



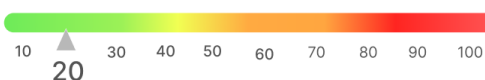
Strong immunity and inner strength are essential for successfully overcoming any health issues. Continue with your healthy diet, yoga, and lifestyle habits to maintain your health. Fewer efforts and a shorter duration of therapies are required to achieve health and a harmonious life.



### Stomach toxins

In Ayurveda, 'Ama' is the term used for undigested or improperly digested food particles or metabolic waste that accumulates in the body due to weak digestive fire (Agni) or imbalanced doshas (Vata, Pitta, Kapha). Ama is considered a toxin or waste material that obstructs the channels (Srotas) of the body, leading to various health issues.

Stomach toxins : 20 (Low)



Your nadi indicates a low level of toxins present in your gut. This will help avoid channel blockages and allow for free energy flow of Vata, Pitta, and Kapha.

Client name : Test C

Date : 04/07/2025 | 03:50 PM

## Summary

Analysis of your nadi Vikruti with respect to your Prakruti, Age, Bala, Vaya, Inner strength.



01.

The nadi was recorded in the day time Vata prahar. It is a good time to work on a math problem, to write, to compose music or anything that requires brain power and creativity. Typically, there will be moderate guruta, sukshmata, rukshata.

02.

Mind and body when works in harmony brings the health. Your physical and mental stress found on moderate side.

03.

Strong digestive fire offers proper metabolism and gut health resulted proper hunger and bowel cleaning in your body.

04.

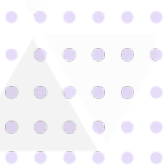
Lubricating factor is well balanced in body which will give lubrication of joints and maintain nourishment of body tissues.

05.

To gain muscle flexibility and to relieve pain regular yoga-sane, Sun salutations practice is needed.

06.

Your immunity is high which will help to gain balance of mind, body and consciousness effectively.



Client name : Test C

Date : 04/07/2025 | 03:50 PM



## Diet and lifestyle

Satvik food, incorporated with six rasa, cooked with love and affection nourishes mind and body.



### Grain

- ✓ Wheat, Jowar, Cereals
- ✗ New grains, Corn, Muesli



### Legume

- ✓ Black beans, Green gram dal, Red gram
- ✗ Black gram dal, Horse gram, Tur dal



### Veg

- ✓ Sprouts, Cooked carrot, Parsley
- ✗ Capsicum, Green chillies, Brinjal



### Spices

- ✓ Neem leaves, Cardamom, Coriander seeds
- ✗ Fenugreek, Salt, Thyme



Client name : Test C

Date : 04/07/2025 | 03:50 PM

**Leafy veg**

- ✓ Mustard leaves, Sesame leaves, Taro leaves
- ✗ Coriander, Asparagus, Amaranthus green

**Oil**

- ✓ Soybeans, Canola, Olives
- ✗ Mustard, Corn, Safflower

**Non-veg**

- ✓ Chicken, Egg white, River water fish
- ✗ Sea fish, Egg yolk, Sea foods

**Fruits**

- ✓ Figs, Oranges (sweet), Watermelons
- ✗ Unripe and sour fruits, Mangoes (green), Plums (sour)

**Nuts and Dry fruits**

- ✓ Amla jam, Soaked almonds, Kokum
- ✗ Walnut, Hazel nut, Brazil nuts

Client name : Test C

Date : 04/07/2025 | 03:50 PM

**Milk product**

- ✓ Salted butter, Hard cheese, Yogurt
- ✗ Buffalo milk, Yogurt (freshly made & diluted), Buttermilk

**Recipe**

- ✓ Jowar Paratha, Jowar Ka Uttapa, Roasted Lotus Seeds (Phool Makhana Namkeen)
- ✗ Thalipeeth, Roasted Lotus Seeds (Phool Makhana Namkeen), Jwari Bhakri

**Yoga**

- ✓ Padmasana, Baddha konasana, Moderate yoga

**Fitness**

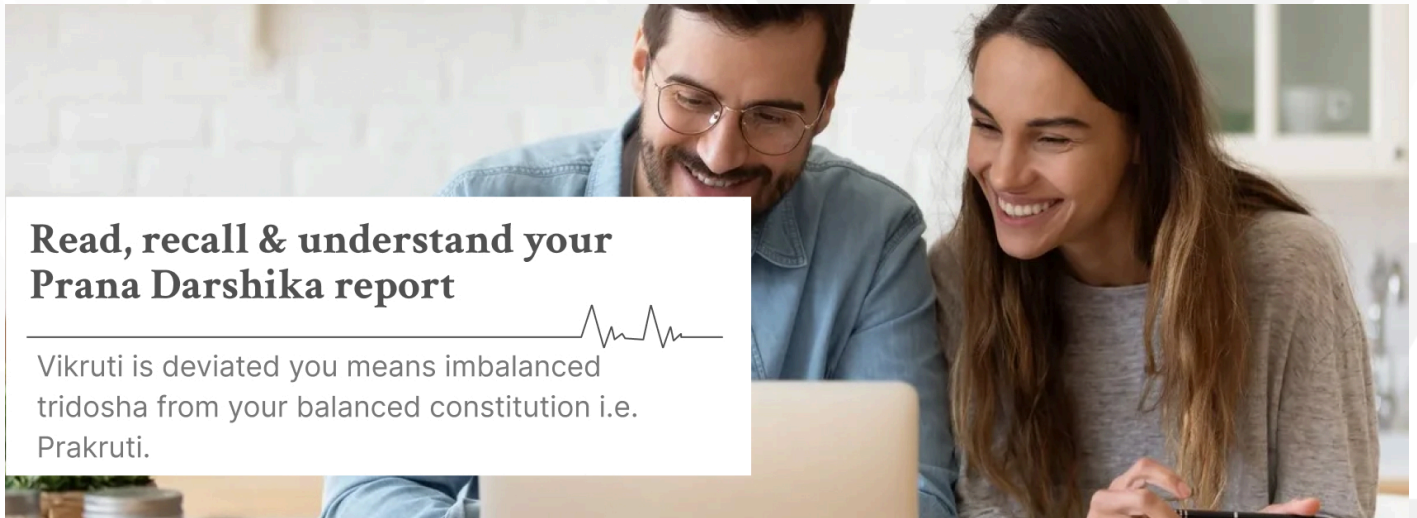
- ✓ Surfing, Hockey, Mountain biking

**Disclaimer**

1. Recommendations and information provided on this report are not intended as a substitute for medical advice offered by a physician.
2. Please do not self-diagnose. Please consult a physician or a healthcare specialist.
3. 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.

Client name : Test C

Date : 04/07/2025 | 03:50 PM



## Read, Recall & Understand your Prana darshika report

### An Wellness & yoga Practitioner can help you clinical correlate this report and provide you with health related explanations

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 Prana darshika report card. We will explain to you what to read & understand from this Prana darshika Report. Your Prana mirror at just one click!!

#### 01.What is the Prana Darshika report?



The Prana Darshika 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).

Client name : Test C

Date : 04/07/2025 | 03:50 PM

**02.How to understand Mind health?**

Mind health is consciousness and wisdom together to adapt and adopt healthy lifestyle to avoid diseases. It is calculated as per Nadi guna and Nadi Vikruti.

Prakruti or body types defines your level of Immunity. As age, lifestyle, food habits and exercise changes which leads to imbalances and differs from actual Bala. It is studied to understand prognosis of any disorder.

**03. What is immunity?****04.Why Gut health is crucial?**

Balanced Digestive fire is the key of mental and physical health. Mind and Gut are two side of a coin. Balance state of each leads o Health and Peace.

It is study of Nadi Guna in correlation with Vata and Kapha dosha is flexibility of joint and muscles. Asthi and Mansa dhatu leads to health of bones and muscles.

**05. How to understand flexibility?****06.What do you Know 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".

Client name : Test C

Date : 04/07/2025 | 03:50 PM



योगेन चित्तस्य पदेन वाचां मलं शरीरस्य च वैद्यकेन ।  
यो पाकरोक्तं प्रवरं मुनीनाम् पतञ्जलिं प्राञ्जलिरानतोऽस्मि ॥



For further information and appointment  
booking, please contact:

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Monday to Friday 8.00am - 5.00pm  
Saturday 8.00am - 12.00pm

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