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Patient Details

Patient Name : (TestPatient)
Age/Sex : 24 Male
Weight : 57 Kg
Date : 22 Oct 2026 / 02:50 PM
Height : 175 Cm

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Welcome to your personalized Swasthya Darshika report.

This detailed insight, derived from the ancient wisdom of Nadi Pariksha and modern wellness analytics, maps your body's rhythm, highlights imbalances, and empowers you with knowledge. Use it as a guide to nurture harmony, vitality, and mindful living, tailored uniquely to you.



Prakruti: **Pitta Kapha**

blend of fire (dominant) and water/earth elements

Your constitution is Pitta Kapha, which brings together qualities of both doshas. As a male with a normal body type, your tendencies reflect this combination—physically and mentally. You are likely to experience traits from both doshas depending on your lifestyle, season, and stress levels. Understanding your prakruti helps you choose foods, routines, and habits that support balance, health, and resilience.

Vikruti: **Pitta**

blend of fire (dominant) and water elements

Your current Pitta imbalance is creating an excess of metabolic heat that is accelerating your heart rate and stressing your digestive and integumentary systems.



Pulse Rate	Rhythm	Remark
101	**Regular**	**Bad**

Digestive & Nutritional Vitality

Health Parameter Level



Digestion Level - Medium

Medium, Your digestive fire is active but currently prone to over-intensity, which can lead to metabolic discomfort.



Toxin Level - Medium

Medium, There is a moderate accumulation of metabolic waste that is currently hindering optimal tissue function.



Hydration Level - High

Your high hydration level is a significant asset that helps buffer your internal heat.

Body Strength



Immunity Level - Medium

Medium, Your vitality is stable but requires consistent nourishment to support your high metabolic demands.



Flexibility Level - High

High flexibility indicates good structural health, which we must preserve through balanced activity.

Mind Strength



Overthinking Level - Medium

Moderate hyperthinking indicates a need for mindfulness to prevent mental exhaustion.



Stress Level - Medium

Your moderate stress level is contributing to your elevated heart rate.

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Potential Risk

Current	Gastroesophageal reflux disease, The intense metabolic heat generated by your Pitta-dominant constitution, coupled with the presence of accumulated metabolic waste, is causing a breakdown in the protective barriers of your upper digestive tract. This creates an environment where digestive enzymes are no longer contained, leading to significant internal irritation, Thyroid disorder, Your current metabolic state, driven by an overactive Pitta, is placing excessive demand on your endocrine system. This chronic state of internal heat can eventually disrupt the delicate regulatory functions of your hormonal glands, leading to long-term instability
Future	Muscle stiffness, The persistent internal heat and metabolic waste accumulation are depleting your tissue reserves, leading to a loss of suppleness and increased tension in your structural framework, Sleep disturbance, The constant state of metabolic agitation and elevated heart rate prevents your nervous system from entering a state of deep restoration, leading to chronic restlessness

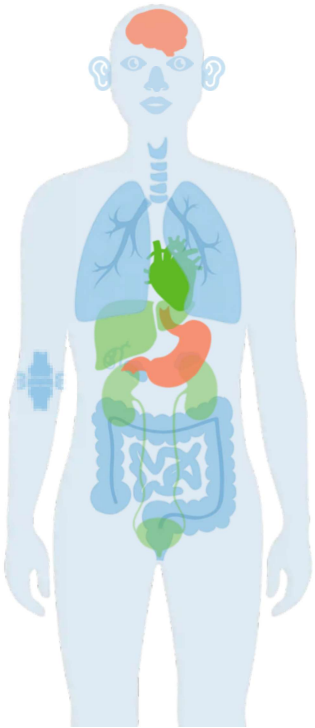
Organ Insights

Strong

- Kidney, Your high level of hydration supports the optimal filtration and fluid balance maintained by this organ, ensuring it remains resilient and efficient
- Heart, Despite the elevated rate, the structural integrity and rhythm of this organ remain consistent, demonstrating a high degree of functional stability
- Liver, This organ demonstrates high resilience, as it remains completely unobstructed by your current systemic imbalances

Weak

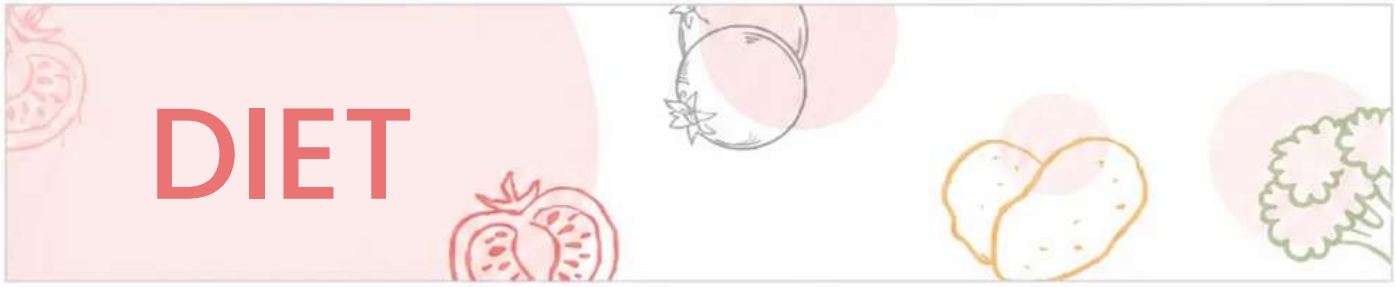
- Stomach, The accumulation of metabolic waste is creating a coating that interferes with the natural secretory functions of your digestive lining, leading to localized irritation
- Skin, Your current internal heat is being expressed through your integumentary system, which is struggling to maintain its natural cooling and protective barrier
- Mind, The presence of metabolic waste is clouding your mental clarity and contributing to the persistent state of over-activity that prevents deep relaxation



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Your personalise Wellness Plan

Your personalized journey toward balance begins here. Based on your Nadi Pariksha insights, the following recommendations encompass diet, yoga, aromatherapy, herbs, and medicines. Thoughtfully designed, they aim to harmonize your energies, strengthen your vitality, and guide you toward a healthier, more balanced lifestyle—one mindful step at a time.



Do's

- Split Mung Bean Stew (Moong Dal), 1 bowl, easy to digest and cooling
- Basmati Rice, 1 cup, grounding and gentle on the stomach
- Cucumber, 1 medium, highly hydrating and cooling
- Coconut Water, 1 glass, natural electrolyte replenishment
- Coriander Leaves, 1 tablespoon, helps reduce internal heat
- Ghee, 1 teaspoon, lubricates the digestive tract

Dont's

- Chili Peppers, increases internal heat
- Garlic, overly stimulating for your current state
- Pickles, high acidity exacerbates digestive discomfort
- Deep Fried Snacks, difficult to digest and increases toxins
- Coffee, increases heart rate and acidity

Disclaimer : The dietary suggestions provided are for general informational purposes only. Please consult a qualified clinical physician or registered dietitian before making any changes to your diet, especially if you have underlying health conditions. Atreya Innovations Private Limited has no intervention with the treatments and therapies suggested

Yoga at Home



Padmasana
Encourages a grounded

Bhujangasana
Opens the chest and helps to improve respiratory efficiency

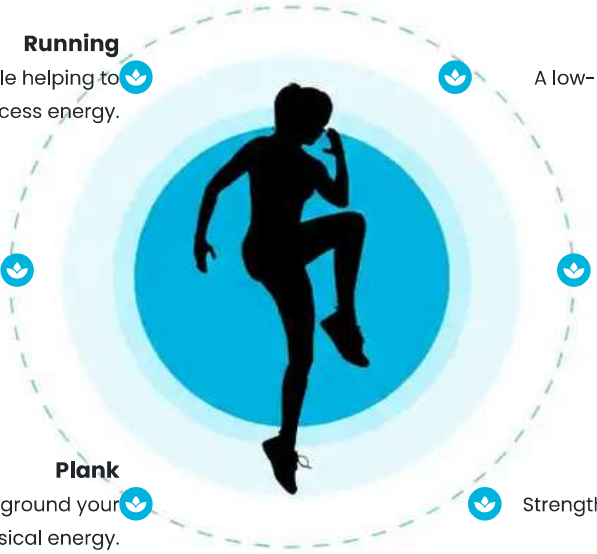
Kapalabhati
Clears the respiratory passages and helps to energize the system in a balanced way

Malasana
Promotes pelvic health and aids in the natural elimination process

Pavanamuktasana
Assists in releasing trapped digestive gases and soothing the abdominal area

Trikonasana
Improves circulation and helps to balance the body's energy distribution

Exercise Outside



Running
Provides cardiovascular conditioning while helping to release excess energy.

Cycling
A low-impact way to improve heart health and circulation.

Push-Ups
Develops upper body strength and helps to maintain muscle tone.

Shoulder pushups
Enhances shoulder stability and promotes balanced upper body development.

Plank
Builds core stability and helps to ground your physical energy.

Bent-Over Rows
Strengthens the posterior chain and supports good posture.

Disclaimer : The home-based yoga and exercise instructions provided for studio practice are meant for informational and wellness purposes. It is recommended to consult a certified yoga therapist or wellness practitioner or certified fitness trainer before starting any new yoga regimen. Individuals should practice within their comfort and safety limits. Atreya Innovations Private Limited has no intervention with the treatments and therapies suggested

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Panchakarma



Shirodhara	Deeply calms the nervous system and reduces the mental over-activity associated with your current state
Netra Tarpana	Provides a cooling effect that helps to draw out excess heat from the head and eyes
Udvartana	Helps to mobilize and clear deep-seated metabolic waste from the tissues

Aromatherapy

Sandalwood	Provides a powerful cooling effect that helps to pacify internal heat and soothe the mind
Lavender	Promotes deep relaxation and helps to stabilize your heart rate
Lemongrass	Helps to clear metabolic waste and refresh the system



॥ आयुः प्रजननं बलं वीर्यं सुखं मनोऽनुग्रहः
सर्वं शरीरसुखाय नित्यं स्वस्थं प्रजानयेत् ॥

Disclaimer : The Panchakarma therapies and Aromatherapy are described for educational purposes only. Consult a certified Ayurveda practitioner or licensed Panchakarma therapist before undergoing any Panchakarma treatment. Depending upon individual health conditions the requirements for herbs, oils and duration of therapy may vary. Atreya Innovations Private Limited has no intervention with the treatments and therapies suggested

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Ayurvedic Supplements

Amla Vitamin-C Capsules	Provides a potent cooling source of antioxidants to reduce internal inflammation.
Triphala Tablets	Gently supports the digestive tract and aids in the clearance of metabolic waste.

Health Supplements

Omega-3	Supports cardiovascular health and helps to reduce systemic inflammation.
Multivitamin	Ensures your body has the necessary micronutrients to support high metabolic demands.

Disclaimer : Ayurvedic supplements and Health supplements suggestions are for general educational purposes. It is strongly recommended to consult a clinical physician, Ayurveda practitioner, or qualified wellness expert before consuming any supplements, particularly if you have medical conditions or take other medications. Atreya Innovations Private Limited has no intervention with the treatments and therapies suggested

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Ayurvedic Herbs

Brahmi Leaves	Calms the mind and helps to reduce the intensity of hyperthinking.
Neem Leaves	Acts as a powerful cooling agent to clear heat and support skin health.



Ayurvedic Medicines

Giloy Ghanvati	Supports immune function and helps to reduce systemic heat.
Shankhpushpi Syrup	Promotes mental clarity and helps to soothe the nervous system.

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FAQ

1. What is Pulse Rate? What does it mean?
Your pulse rate of 101 bpm is significantly elevated, indicating a state of tachycardia that requires immediate attention to stabilize your cardiovascular rhythm.

2. What is your rhythm? What does it mean?
While your pulse rhythm is regular, the high rate suggests your system is currently under significant metabolic strain, likely driven by internal heat.

3. What is your toxin level? What does it mean?
Medium toxin levels suggest an accumulation of metabolic waste, likely due to digestive inefficiency.

4. What is your immunity level? What does it mean?
Your immunity is at a moderate level, requiring consistent support to maintain long-term resilience.

5. What is your digestion level? What does it mean?
Your digestion is currently overactive, leading to internal heat and potential discomfort.

6. What is your hyperthinking level? What does it mean?
Moderate hyperthinking indicates a need for mindfulness to prevent mental exhaustion.

7. What is your stress level? What does it mean?
Moderate stress is contributing to your elevated heart rate and requires active management.

8. What is your hydration level? What does it mean?
High hydration is a key strength that helps maintain your internal cooling mechanisms.

9. What is your flexibility level? What does it mean?
High flexibility indicates good structural health, which we must preserve through balanced activity.

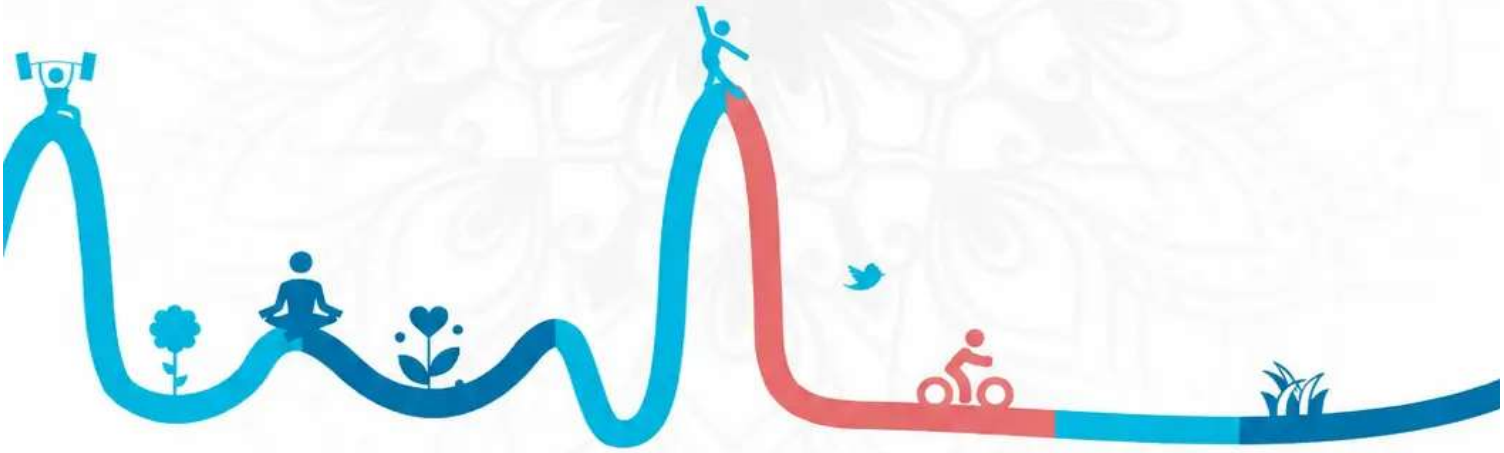
For Further information and Appointment booking Please contact

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शरीरमिदं धार्यते । त एव व्यापन्नाः प्रलयहेतवः.