

Clinic 1

301 , city center , near symbiosis hostel, shanivar peth, Pune, Maharashtra - 411057,

REPORT DATE : 09/03/2018	REPORT TIME : 01:52 PM	PREVIOUS REPORT : 09/03/2018 01:45 PM
PATIENT NAME : riya sen	PATIENT CODE : --	
AGE : 30 Years	GENDER : Female	WEIGHT : 66 kg HEIGHT : 149 cm

Questionnaire Based Prakruti

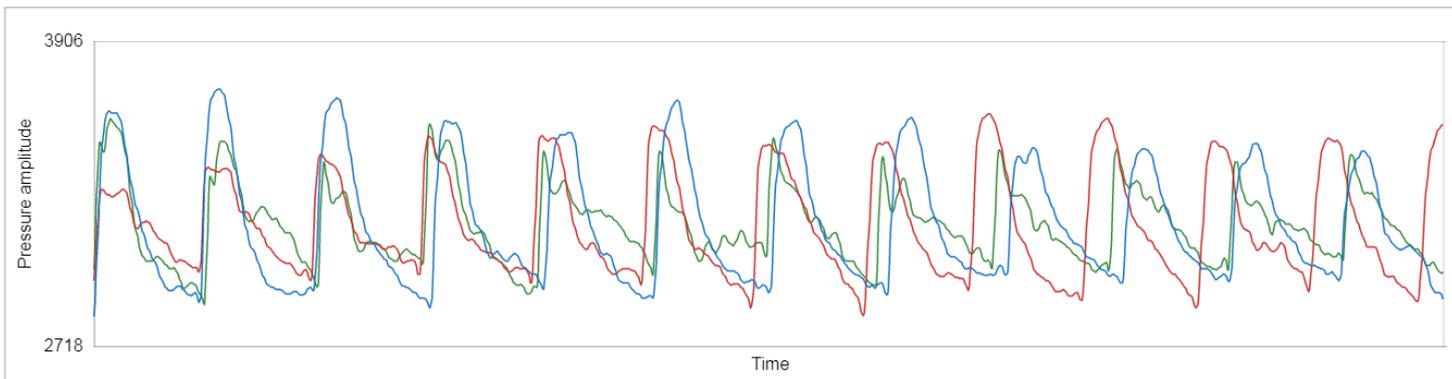
Vata	10%	
Pitta	70%	
Kapha	20%	

Pitta Kapha

Pitta and Kapha are opposite in nature. The sharpness and hot properties of Pitta get balanced with cold and sticky nature of Kapha. You exhibit mix properties of both Pitta (fair, acne, rapid digestion, jealous, aggressive, leader, sharp, love spicy & cold food) and Kapha (heavy, chubby, slow, calm, stable, greedy, methodical, deep voice, love junk food).

10 Second Nadi Graph

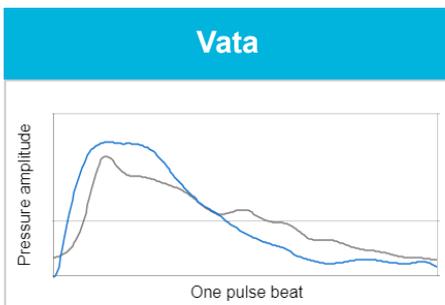
Vata — | Pitta — | Kapha —



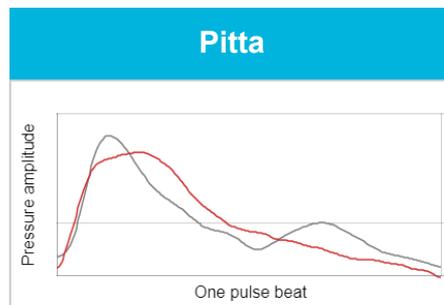
Pressure sensors convert the manual nadi feeling into pressure amplitude values ranging from 0 (lowest palpable) to 10000 (highest palpable) on y-axis. Your nadi at all the three Vata location (index finger) , Pitta location (middle finger) and Kapha location (ring finger) are similar in dominance. Refer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

Single Pulse Beat Graph

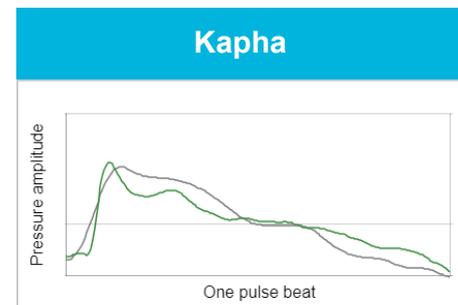
Vata — | Pitta — | Kapha — | Healthy Average —



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 and assimilation

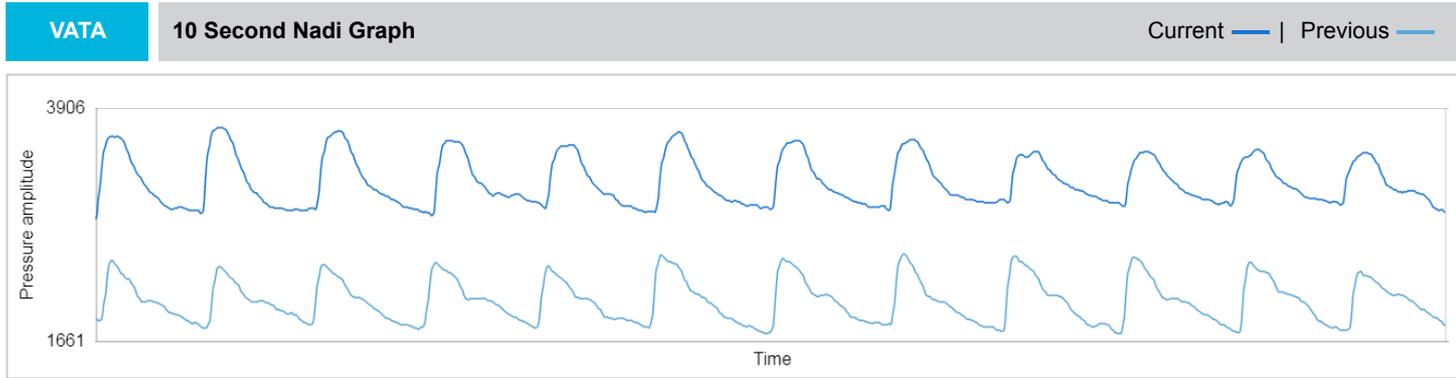


As compared to the healthy reference pulse of your age group, gender and prahar, the nadi at Pitta location has similar values. It preliminary indicates: normal digestion, normal vision, normal skin complexion

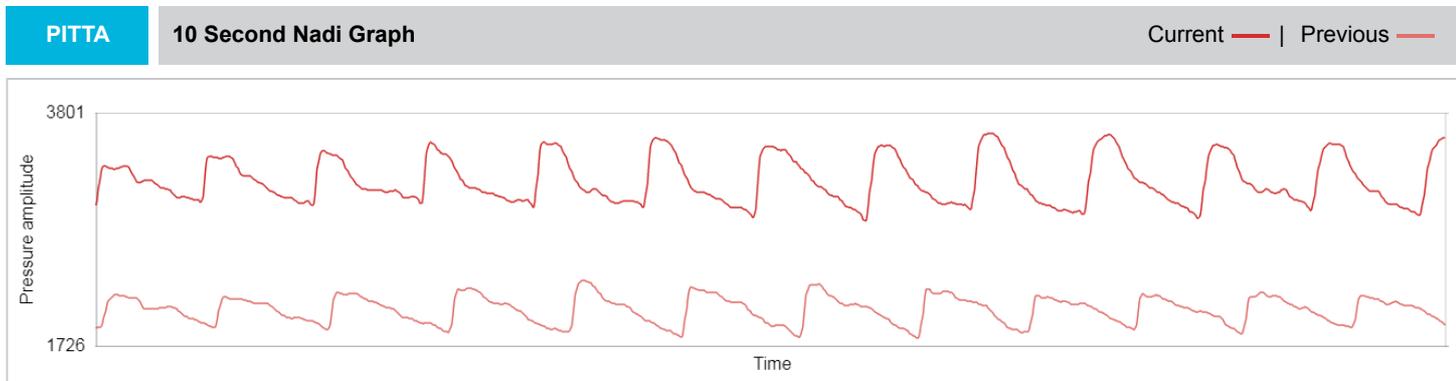


As compared to the healthy reference pulse of your age group, gender and prahar, the nadi at Kapha location has similar values. It preliminary indicates: sturdiness, good nourishment, enthusiasm, wisdom

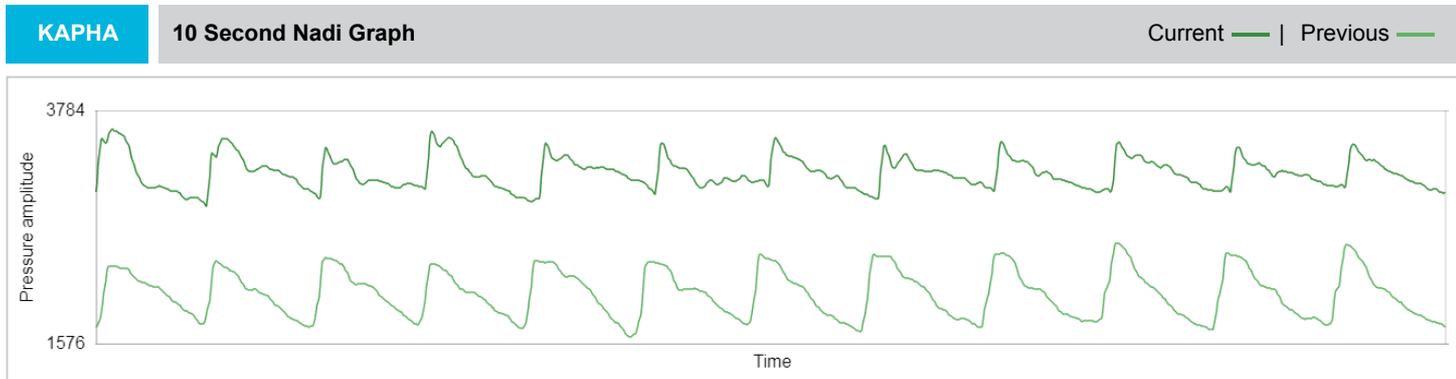
VISUAL CURRENT / PREVIOUS VISIT COMPARISION



- 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	78	Regular	Nirama	Manda
Previous Visit	76	Regular	Nirama	Vegawati

NADI PARAMETERS

BALA		Current ■ Previous ■
Current	<div style="width: 50%; background-color: orange; border: 1px solid gray;"></div> 50%	<p>- Bala is the force by which nadi exerts the pressure back on the finger. It is related to the strength of disease and immunity of body.</p> <p>- Usually bala is more in Pitta prakruti, less in Vata prakruti and moderate in Kapha prakruti.</p> <p>- Observation: Pitta bala with 50 % value was found, which means the Pitta symptoms or vyadhi are more than other two doshas.</p> <p>- The preliminary indications are :excess of hunger, thirst, IBS, Grahani, burning in chest, abdomen, headache, less sleep.</p> <p>- As compared to the previous visit, bala in nadi of the current visit is similar.</p>
Previous	<div style="width: 50%; background-color: yellow; border: 1px solid gray;"></div> 50%	
AGNI		Current ■ Previous ■
Current	<div style="width: 40%; background-color: orange; border: 1px solid gray;"></div> 40%	<p>- Agni is the digestive fire needed for metabolism, ansorbtion of food. Here, jatharagni is computed.</p> <p>- Observation: Tikshnagni with 40 % value was found. i.e. the fire element is high or strong.</p> <p>- The preliminary indications are :excess hunger, burning in chest, burning in abdomen, hyperacidity, tissue damage, headache, anger, obesity.</p> <p>- Compared to the previous visit, agni in nadi of the current visit is similar.</p>
Previous	<div style="width: 30%; background-color: yellow; border: 1px solid gray;"></div> 30%	

GATI BASED NADI			
Gati	Vata Location	Pitta Location	Kapha Location
Sarpa Gati	<div style="width: 20%; background-color: blue; border: 1px solid gray;"></div> 20%	<div style="width: 10%; background-color: red; border: 1px solid gray;"></div> 10%	<div style="width: 30%; background-color: green; border: 1px solid gray;"></div> 30%
	<div style="width: 10%; background-color: blue; border: 1px solid gray;"></div> 10%	<div style="width: 20%; background-color: red; border: 1px solid gray;"></div> 20%	<div style="width: 10%; background-color: green; border: 1px solid gray;"></div> 10%
Manduka Gati	<div style="width: 10%; background-color: blue; border: 1px solid gray;"></div> 10%	<div style="width: 20%; background-color: red; border: 1px solid gray;"></div> 20%	<div style="width: 50%; background-color: green; border: 1px solid gray;"></div> 50%
	<div style="width: 10%; background-color: blue; border: 1px solid gray;"></div> 10%	<div style="width: 10%; background-color: red; border: 1px solid gray;"></div> 10%	<div style="width: 10%; background-color: green; border: 1px solid gray;"></div> 10%
Hansa Gati	<div style="width: 10%; background-color: blue; border: 1px solid gray;"></div> 10%	<div style="width: 10%; background-color: red; border: 1px solid gray;"></div> 10%	<div style="width: 30%; background-color: green; border: 1px solid gray;"></div> 30%
	<div style="width: 40%; background-color: blue; border: 1px solid gray;"></div> 40%	<div style="width: 20%; background-color: red; border: 1px solid gray;"></div> 20%	<div style="width: 50%; background-color: green; border: 1px solid gray;"></div> 50%

- 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 kapha location instead of or along with hansa gati. So it will be jumping, yet slow. In other words, Pitta is affecting kapha (Manduka is chasing Hansa). Note that tarpaka, kledaka kapha and sadhaka pitta might have got affected. This preliminarily indicates : dryness, fatigue, emaciation, exhaustion, noise intolerance.

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

NADI GUNA

Current ■ | Previous ■

Laghu



Guru

- Laghu guna is light in feel, fast moving and with no aam (toxins). It is Vata and Pitta guna.
- Opposite to Laghu is Guru guna which is heavy, slow and dull with presence of aam (toxins). It is property of kapha dosha.
- Balanced Laghu guna is fast moving as compared to guru guna and preliminarily indicates : proper actions of all motor and sensory organs, healthy digestion, assimilation, excretion, steady mind, steady dhi, steady dhriti, steady smriti.
- Compared to your previous visit, Laghu guna is similar.

Kathina



Mrudu

- Kathina guna is the hard touch of nadi. It is preliminarily 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 Snigdha 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 na...

Thoughts / Emotions		Current ■ Previous ■
Current	<div style="width: 80%;"><div style="width: 80%; background-color: orange;"></div></div> 80%	Your thoughts / emotions are highly extreme (positive or negative). You may consider Yoga and meditation.
Previous	<div style="width: 40%;"><div style="width: 40%; background-color: yellow;"></div></div> 40%	
Prone to Stress		Current ■ Previous ■
Current	<div style="width: 20%;"><div style="width: 20%; background-color: orange;"></div></div> 20%	- For this prahar of day, the possibility of you getting stressed is low. - It seems the sleep, diet and work are going regular.
Previous	<div style="width: 20%;"><div style="width: 20%; background-color: yellow;"></div></div> 20%	

Summary

- The nadi was recorded in the afternoon Pitta prahar when you want to have your biggest meal, because your body will be able to transform the food into fuel and energy more easily than any other time. Typically, There will be low guruta and high tikshnata, agni, mruduta, snigdhatta.
- Based on your height of 149 cm and weight of 66 kg, your BMI is 29. You are in overweight 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 Kapha location , sthulata, snighdhata; the possible preliminary indications are IBS, burning in chest, headache, obesity, ajirna, daurbalya

Prakruti	Vikruti
<p>Pitta Kapha</p> 	<p>Pitta Kapha</p> 

Dr. RUCHI UPADHYAY

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	moong dal, masoor dal, tur dal, horse gram, sesame, urad dal, flax seeds	chhole, horse gram, kidney beans, lentils, red gram
Veg	ridge gourd, snake gourd, pumpkin, okra, cauliflower, little gourd, cucumber, bottle gourd, cabbage, bell pepper, bitter and gourd mix, ripe tomatoes, peas, ash gourd, tinda	carrot, cluster beans, drum stick, mooli ka patta, bell pepper, unripe tomatoes
Spices	dry ginger, bay leaf, kokam, cumin seed, mint, saindhav, coriander	fenugreek, black pepper, garam masala, tamarind, onion, ginger, spices mostly chilies
Leafy veg	chaurai, spinach, mint, lettuce	spring onion, methi, green sorrel, white raddish leaves, drumstick leaves, dill leaves, sorrel leaves
Oil	olive, sunflower, coconut	mustard, peanuts, sesame oil
Non-veg	mutton, chicken, egg white, fresh water fish, clear mutton soup	prawns, yellow egg, sea fish, dried fish, pork, beef spicy chicken and mutton, tandoors
Fruits	coconut, pomegranate, melon, amla, chikoo, jamun, grapes, watermelon, apple, cherries, berries, strawberry, litchi, musk melon, ripe mango, black grapes, ripe oranges	ber, jackfruit, lemon, papaya, pineapple, banana, sugarcane, unripe fruits, tamarind, plum, peach, unripe mango, sour apple, green grapes
Nuts and Dry fruits	figs, raisins, apricot, soaked almonds, makhana, dry dates	peanuts, cashew, pista, roasted dry fruits
Milk product	milk, buttermilk, soya milk, pure ghee, pure butter, cream	curd, lassi, salted butter, cheese, tofu, vegetable ghee

Lifestyle Recommendations

	DO'S	DONT'S
Recipe	sweet pastaupma, sheera, dosa, uttapaam, veg parathas, kheer, Green garam dosa, thalipeeth, stuffed paratha, solkadhui, aamras, shevaya kheer, shreekhand, phulaka, aam ka panhe, jowar [aratha, bhakari, jowar uttappa, modak, khichadi, chass , rotali, padaval sabji, dhokla, rice, baigan ka bharata, puraamn poli, lapsi, choka na rotala, daily mung dal, mirachi bada, besan bhenni, besan laddoo	poha, misal, bhel, pavbahji, samosa, vadapav, shabudanakhichadi, idli, appe, alcochol, aerated soft drinks, methi thepala, sabudana khichadi, sabudana vada, bajari bhakari, masala pav, gavar fry, surali chi vadi, fried fish, khandavi, khaaman dhokala, omlet, methi ki sabji, tur dal na dhokala, kaju katali, dahi kadhi, mirch ki sabji
Yoga	paschimottanasana, dhanurasana, padmasana, sheetali pranayama, moderate yoga, sitting pose, matsyasana, yoga mudra, ushtrasana, bhujangasana, navasana, ardha dhanurasana, padahastasana, 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	

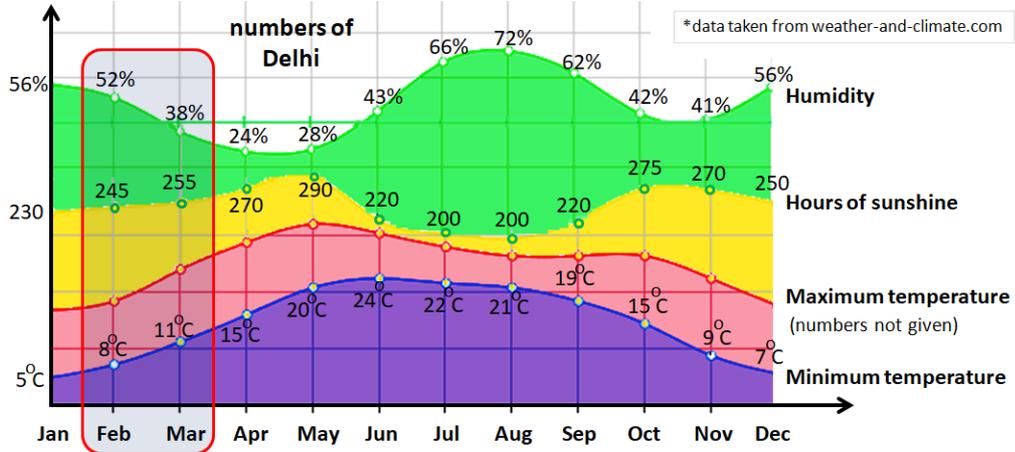
दिनचर्या

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 : शिशिर

According to Hindu calendar, currently शिशिर ऋतु is going on, which comprises the months माघ and फाल्गुन. It is the first ऋतु of उत्तरायण. In Gregorian calendar, it spans mid January to mid March. The climate trends in this period are :



The season (ऋतु) will be mainly dry and cold. There will be drop in the temperature and snow fall can be experienced in some regions. Typical properties are :

- शारीर बल : Body strength is good.
- जाठराग्नी : Digestion is at its maximum.

Recommended exercises : This season is the prime time to build strength and stamina in the bodies through yoga, gym or other exercises & healthy food habits. It is also the time to build the foundation for immunity (Ojus) for the spring months to come.

Recommended food :

- रस (tastes) of Sweet, Sour, Salty.
- गुण of Unctuous, heavy i.e. Muscle and bone nourishing foods.
- Jaggery, Sugarcane products, milk and milk products, edible gum, dates, almonds, coconut and nuts are to be included in the diet.
- Ginger, garlic are to be included in the diet.
- Pulses like Urad dal, cereals like wheat / gram flour products, new rice, corn are advised.
- Meat soup mixed with fats, meat of well nourished animals.
- Drinking warm water is recommended.

Recommended actions :

- Wear warm clothes and covering up for protecting from cold winds.
- Body and head massage (अभ्यंग), using sesame oil exposing to sun, followed by physical exercise. Wash off oil with astringent powders and bathing.
- Apply fine powder of Saffron and musk (कस्तुरी).
- Expose the fumes of aquilaria agallocha (अगरू).

Prohibited actions:

- Drinking sherbet, Sattu mixed in water.
- Eating a limited measure quantity of food, light food, Vata causing foods.
- Eating pungent / bitter / astringent food items.
- Vata aggravating lifestyle like exposure to cold wind, excessive walking, sleeping late at night.

