



Aarogya Darshika

Patient ID : 106962
Patient Name : Parag Kulkarni
Visit Date : 5 Feb 2023

Age : 38 Years
Gender : Male

Clinic Address : 301, City Centre, Hinjewadi Phase 1 Pune 411057
Mobile No. : 1234512345

Email ID : info@atreyainnovations.com


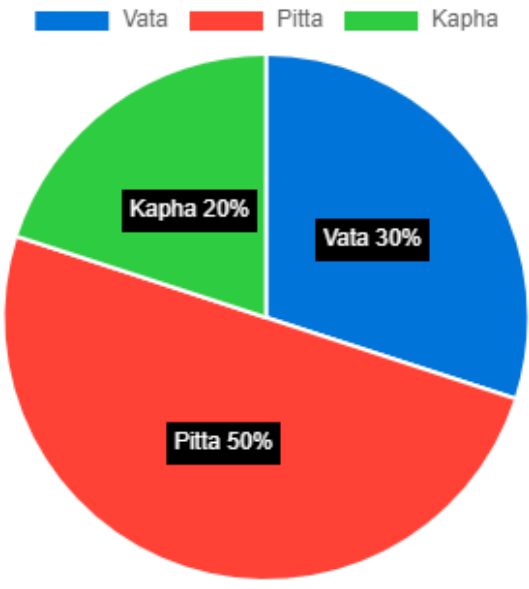




Patient Id : 106962
Patient Name : Parag Kulkarni
Age : 38 Years

Gender : Male
Weight : 22 Kg
Height : 123 Cm

Visit Date : 5 Feb 2023
Time : 12:25 AM




Prakruti or Body Type Analysis

Know the Real You: An in-depth analysis to determine your unique physical, physiological & psychological elements by birth.

	Your Prakruti is : Pitta Vata	Prakruti Composition 
 Element of Metabolism :	Strong	
 Element of Mind :	Satvik, Rajasik	
 Element of Skills :	Indoor Sports, Swimming	
 Element of Tastes :	Sweet, Sour	

Your Prakruti or Body type Profile

Your prakruti is Pitta vata. Ayurveda calls this as Dwi doshaja prakruti. It means your prakruti is dominated with two doshas. Your body tissues are predominant of Pitta dosha, with combination of Vata dosha. From the universe, Tejas, Aakash and Vayu Mahabhuta play vital roles in your physical, physiological and psychological traits. Note that Pitta is hot, sharp and light in nature while Vata is cold, dry, subtle, rough and light in nature. As your kapha is on the lower side, you should change your lifestyle to promote the kapha. Usually, in your balanced state, you show the following characteristics.

 Physical Characteristics	 Psychological Characteristics	 Consciousness Characteristics
<ul style="list-style-type: none">• Very few toxins get formed in your organ system.• Your digestive system is strong, but controlled.• Pitta gives you fair/good complexion.• Metabolism is good but vata destroys the tissue formation giving you moderate to low body strength.	<ul style="list-style-type: none">• Balance the pitta and its anger with meditation, soothing music and relaxation therapies.• You are independent, aggressive, interactive, intelligent and courageous.• You are usually very active, but sometimes you are very restless and anxious• Pitta gives you quick anger but you forget disputes quickly.	<ul style="list-style-type: none">• Your consciousness is very strong, aggressive.• You should maintain positivity of Satva around your consciousness.• You may use blue, green, yellow and orange colours in your home, office and costumes.

Knowing your Prakruti is very important as it helps to understand the “balanced state of YOU” and seek advice on daily diet and lifestyle corrections.

Vikruti or Imbalance Analysis

Get to know the deviations in your inner health as per your surroundings

Nadi Graph

(Graphical representation of your Vata, Pitta and Kapha levels)



Nature of your Pulse

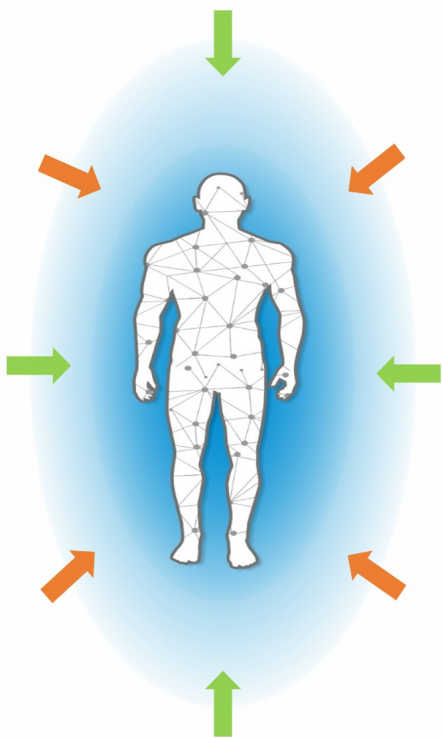
Pulse Rate :

67

Rhythm :

Regular

Current Nadi Vikruti : Pitta



Vikruti Description

- The nadi was recorded in the night Pitta prahar. It is a good time to clean your system by digesting everything that happened to be in our bodies during the day. Typically, There will be low guruta and high tikshnata, agni, mruduta, snigdhta.
- Based on your height of 123 cm and weight of 22 kg, your BMI is 14. You are in underweight category.
- For your age, regular rhythm means rugna bala is moderate with good heart activity. As your prakruti is Pitta Vata and the current vikruti is Pitta , Vyadhi is sukhasadhya (the treatment will typically take less time to complete). Considering Pitta bala, Tikshna Agni, manduka gati at Kapha location , laghuta, mruduta, sukshмата; the possible preliminary indications are burning in chest, headache, obesity, assimilation, vata disorders, ajirna, agnimandya
- Nadi analysis shows imbalance in Pitta and vata. The surrounding is Kapha predominant. This will help to balance your pitta and vata.



Your Immunity : Low

Today found low level of immunity. This indicates poor fighting power of body tissues against any infection. Also physical strength is weak which will increase the sufferings.



Your Toxin : Low

Root cause of many diseases lies in the digestive tract in the form of undigested material, Aam. Aam is not present in your stomach which will show proper digestion and metabolism leading to good nourishment of body tissues.



Your Body Hydration : High

Proportion of water, moisture and oiliness in body tissues is high. This is necessary to pacify pain and dryness from body. But also shows heaviness, water retention and inflammation in some situations.



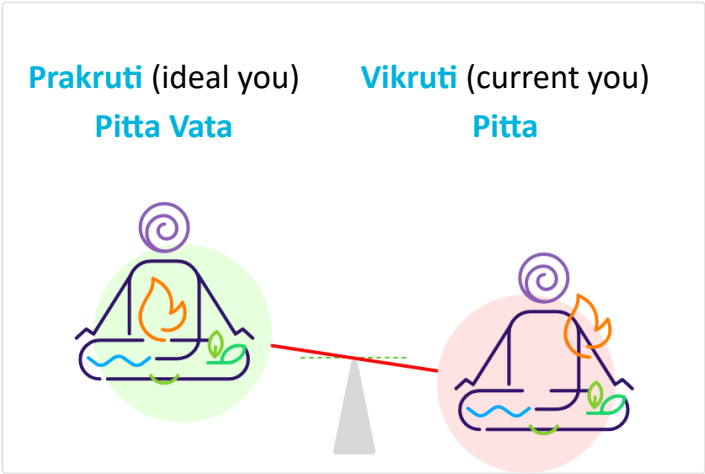
Your Mind State : Medium

Excess of thoughts are responsible for weak metabolism and poor nourishment of body and mind. Today, a moderate level of thoughts are found, try to calm your senses and control your thoughts to make your body and mind sync together for health.

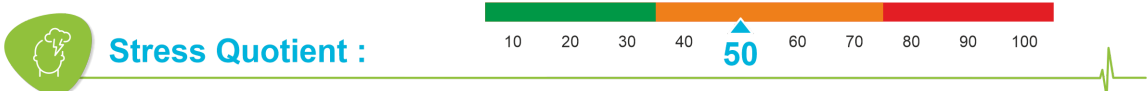
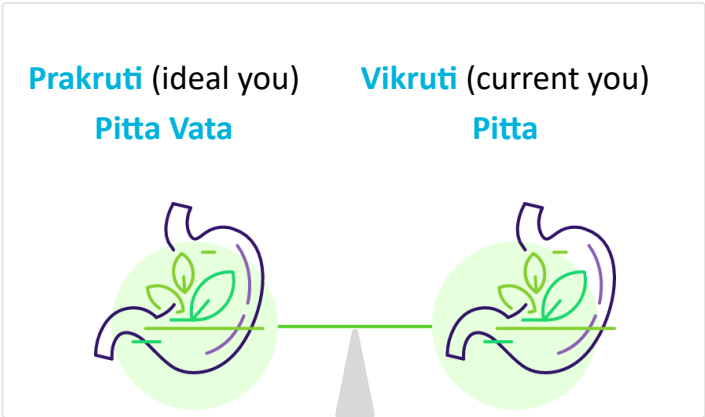
Inner Health Analysis



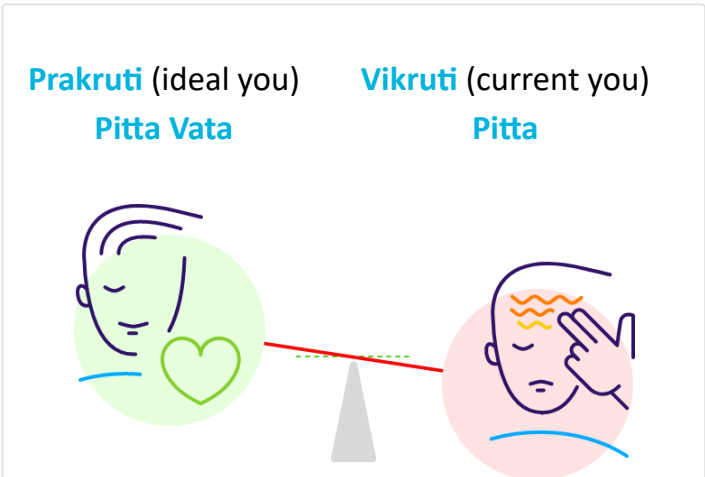
Your dominant Prakruti and today's Vikruti do not match. Your Wellbeing Quotient seems lower reflecting poor Inner health parameters. Connect with our Wellness Coaches to help improve it. We need to work on your Vata and Kapha dosha.



Few toxins are present in the body. You may feel energetic and lightness in your body. Note: Considering Hindu tithi 14 (Full moon lunar phase), we are giving you High calorie diet.





Today moderate stress is noted. Your mind is asking for a break. Meditation is necessary. Try to follow Yoga and Music recommendations. If this reading does not match with the way you feel, please chat with your coach.



Notes

Diet and Lifestyle Recommendations

Personalised diet recommendations to harmonise the body & mind imbalances!!

	DO'S	DON'TS
 Grain	Amaranth, Cereals, Chaurai, Cooked oats, Oat bran, Ragi	Bajara, Buckwheat, Corn, Mustard
 Legume	Black beans, Green gram dal, Red gram	Black gram dal, Horse gram, Tur dal
 Veg	Asparagus, Broccoli, Celery, Cooked beetroot, Cucumber, Green beans	Brinjal, Cluster beans, Garlic, Kohlrabi, Mustard greens, Tomatoes
 Spices	Amba haldi, Bay leaf, Cinnamon, Fresh ginger, Neem leaves, Orange peel	All spices, Bell pepper, Cumin seeds, Garlic, Mustard seeds, Paprika
 Leafy veg	Amaranthus green, Asparagus, Lettuce, Mint	Carrot leaves, Fenugreek, Mustard leaves, Sesame leaves, Taro leaves
 Oil	Canola, Coconut, Olives, Primrose	Almonds, Mustard
 Non-Veg	Chicken, Egg white, River water fish	Egg yolk, Lamb, Mutton, Sea fish, Sea foods
 Fruits	Apples, Apple sauce, Apricots (sweet), Berries (sweet), Coconut, Custard apples	Apples (sour), Berries (sour), Cranberries, Grapefruits, Grapes (green), Kiwi
 Nuts and Dry fruits	Amla jam, Kokum, Soaked almonds	Brazil nuts, Cashew, Hazel nut, Peanuts, Roasted and salted dry fruits
 Milk product	Buffalo milk, Buffalo milks ghee, Butter (unsalted), Cottage cheese, Cow milk, Ice cream	Curd, Hard cheese, Salted butter, Sour cream, Yogurt
 Recipe	Sol Kadhi, Roasted Lotus Seeds (Phool Makhana Namkeen), Aamras, Phulka, Aam ka Panna, Jowar Ka Uttapa	cluster bean fry, sabudana khichadi, Bhakri, Surali Vadi
 Yoga	Ardha dhanurasana, Bhujangasana, Matsyasana, Moderate yoga, Navasana, Padahastasana	Bikram yoga, Power yoga, Shirsasana, Simhasana, Utkatasana
 Fitness	Basketball, Hockey, Mountain biking, Skiing, Surfing	

Your Diet based on Today's Nadi Vikruti

	Early morning	Breakfast	Lunch	Snacks	Dinner
Sun 5 Feb	Turmeric Green Tea,Black raisins (kalya manuka)	Nachni with Palak dosa,Black plums	Any dhirde or pancake of your choice ,Any Gravy with green leafy vegetable and moong dal of your choice ,Any dal with ghee of your choice ,Lassi	Mosambi (sweet lime),Almonds	Bhakari (Rice + Bajra flour),Dodke/ Turai moong dal subji,Sadhi Amti/ Daily dal (Moong dal with amsul or kokum)
Mon 6 Feb	Turmeric + Tulsi Green tea	Rajgira with cucumber dhirde,Masala chai (milk based),Walnuts	Bhakari (Rice + Ragi/Nachni flour),Kobi/ Patta-Gobhi subji ,Dudhi raita,Sol Kadhi[Kokum-Coconut Soup]	Water melon,Walnuts	Rice flour bhakri / Rice flour roti,Ghevada bhaji (French beans sabzi)
Tue 7 Feb	Cinnamon with mint Green Tea,Black raisins (kalya manuka)	Salichya Lahya,Masala chai (water based),Pomegranate	Bhakari (Ragi/Nachni + Jowar flour),Sadhi Amti/ Daily dal (Green Moong dal with tamarind),Dodke/Turai subji,Buttermilk with cumin powder	Jeera Khakara,Sweet lime-ginger infused water	Phulka ,Padwal- mugachi dal bhaji (sabzi) ,Plain Dal/Varan (Moong dal)
Wed 8 Feb	Ginger & mint	Wheat flour dhirde/chilla ,Buttermilk with cumin powder	Sadha Bhaat Hatsadicha/Red rice (cooked),Sadhi Amti/ Daily dal (Masoor dal with tomato),Pumpkin raita,Avocado Gazpacho	Strawberries,Baked tofu strips	Bajra Bhakri/ Bajra roti,Bhindi chi bhaji Sadhi,Plain Dal/Varan (Moong/Masoor dal),Cabbage and pomegranate pachadi
Thu 9 Feb	Homemade Green tea,Black raisins (kalya manuka)	Rajgira plain puffs,Halad Dudh with ginger / Turmeric Milk ,Orange	Bhakari (Rice + Jowar flour),Sadhi Amti/ Daily dal (Green Moong dal with tomato),Red maath/ Red chawli subji	Jowar puffs,Mosambi (sweet lime)	Sadha Bhaat White (Steamed),Sadhi Amti/ Daily dal (Masoor dal with amsul or kokum),Spring-onion pachadi
Fri 10 Feb	Turmeric Green Tea	Pesarattu/Moong dal dosa,Pista (unsalted)	Grilled mushroom with ponzu,Green moong with zucchini/cucumber dhirde,Buttermilk with cumin powder	Mosambi (sweet lime),Til seeds (Sesame)	Garlic and Olive Oil Spaghetti Squash,Soy Granuels salad,Coconut Red Lentil Curry,Vegetable Soup
Sat 11 Feb	Tulsi + mint Green tea	Bajra dhirde/chilla ,Buttermilk with ginger	Sadha Bhaat Ambemohar White (cooked),Sadhi Amti/ Daily dal (Toor/Tuvar dal with tomato),Dudhi raita,Chilled Cucumber Avocado Soup	Pineapple,Aloo Tikki	Jowar bhakri/ Jowar roti,Any green leafy vegetable based sabji of your choice ,Any dal with ghee of your choice ,Mix veg pachadi

Read, Recall & Understand your "Aarogya Darshika"

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 Nadi Health report card. All that says "high" is not always abnormal. We will explain to you what to read & understand from this nadi pariksha "Aarogya Darshika" Report. Your health mirror at just one click!!

? What is the Aarogya Darshika report?

✓ The Aarogya Darshika report is the mirror of your Inner Health on successfully capturing Nadi using the Nadi Tarangini device. It reflects your today's state of Imbalance/ Vikruti as well as your ideal Body Type/ Prakruti. The report will help you to improve your Inner health by providing personalized diet & lifestyle correction.

? How to understand the different determinants or elements provided in the Aarogya Darshika report and correlate it with your health?

✓ In this section we give you a close insight about a few of the most essential parameters based on Ayurveda and Nadi pariksha principles.

1. Immunity: Your Immunity Level is the representation of your body's ability to fight any infection or disease
2. Toxins- Your Toxins level is the presence or absence of Aam called as Saam or Niraam state, this represents as a result of weak or proper digestion and metabolism
3. Hydration- Your Hydration level is the representation of water body and Kapha dosha proportion in your body. It denotes the stickiness, unctuousness or oiliness present due to Kapha dosha.
4. Mind state - Your level of thoughts, anxiety, restlessness, fear etc represents regular or irregular digestion and metabolism having an impact on your mind state.

These are some of the important determinants of your health state. Always connect with your Ayurveda Practitioner. He or she will provide you with required treatment and recommendations to make your health state better.

? What are the different sections in the Aarogya Darshika report?

✓ These are the sections you will see in your Aarogya Darshika report:

1. Prakruti or Body Type Analysis section
2. Vikruti or Imbalance Analysis section
3. Inner Health Analysis section
4. Diet & Lifestyle recommendations section

Results & explanations in the Aarogya Darshika report are easy to understand, simple as it includes pictures & graphs.

? What do you mean by Prakruti or Body Type Analysis section?

✓ In this section we give you in-depth analysis of your unique physical, physiological & psychological elements by birth. The insights of this section make you understand how your body functions, how your metabolism is, how you think or organise your work or functions. Each person has a unique Prakruti based on Vata or Pitta or Kapha dominance. Read more about these dosha in "the-three-company" blog on our website www.naditarangini.com.

? What is the science behind the Aarogya Darshika report?

✓ The science behind the Aarogya Darshika report includes the core concept of Ayurveda, a 5000-years old Indian science of Medicine. It provides insights about your body, mind and inner health. It is helpful in finding the root cause of the symptoms.

? What is included in the Vikruti or Imbalance Analysis section?

✓ In this section we give you in depth information about how the Nadi Tarangini device senses your nadi imbalances and gives outputs as specific Nadi graphs and Pulse rate & rhythm information. The imbalances can be due to some disorder or also due to your dietary, seasonal, geographical adaptations or adaptations.

? What are the remedies or recommendations provided to take care of my health?

✓ We have provided you with dietary changes, yoga, exercise schedules, sleep cycle, water consumption and all the necessary precautions to take so that you can start following a healthier routine for a better life. Please note that the components of the diet or lifestyle parts may change as per your location, temperature, likes and dislikes, presence or absence of allergies or health complaints. Below is also provided a diet plan to be followed for 6-7 days. You will be suggested to take a repeat Nadi pariksha after 8 days. An Ayurveda Practitioner can help you clinically correlate your recommendations and provide you alternatives for the same**

? Where do I go with this report? Where can I get my treatment or therapies?

✓ An Ayurveda practitioner, Nadi Tarangini Smart clinic Experts or a certified Wellness and Yoga Expert can explain to you the Prakruti, Vikruti, Inner Health analysis and also give you clinical correlations for the same. They can also provide you with necessary Panchakarma therapies and medicinal treatments.

? What is the Inner Health Analysis? In this Aarogya Darshika report we also give special information about your current Health Analysis, let's see what information is provided in this section?

✓ We provide 3 Health Quotients which give you deeper understanding of Gut health, Inner health and Stress

1. The first Quotient is Gut health Quotient, it denotes the strength of the digestive fire or your Agni to digest and metabolize the food you eat and provide ample nourishment to the mind and body. It can be denoted as low, medium or high depending on your digestive system today. Typically

- Low gut health quotient means your digestion and metabolism is weak today
- Medium gut health quotient means your digestion and metabolism is moderate today
- High gut health quotient means your digestion and metabolism is strong or satisfactory today

2. The second Quotient is Inner health Quotient: it denotes the "sharir bala" or strength of the body to fight against infections and diseases.

- Low Inner health quotient means you have low resistance or fighting power, low energy today
- Medium Inner health quotient means you have moderate fighting power, moderate energy today
- High Inner health quotient means you have good or satisfactory fighting power and energy today. immunity

3. The third Quotient is Stress Quotient, it denotes the amount of stress present at the mind and body level due to changes in your inner health or your surroundings.

- Low Stress quotient means you have low anxiety or nervousness, distress on mind and body today
- Moderate Stress quotient means you have moderate anxiety or nervousness, trauma on mind and body today
- High Stress quotient means you have high anxiety or nervousness, sufferings on mind and body today

These Health quotients are based on different parameters and factors that are present. Always connect with your Ayurveda doctor. He or she will provide you with required treatment and recommendations to make your Health state better

Patient ID : 106962

Patient Name : Parag Kulkarni

Visit Date : 5 Feb 2023

Clinic Address : 301, City Centre, Hinjewadi Phase 1 Pune 411057

Mobile No. : 1234512345

Age : 38 Years

Gender : Male

Email ID : info@atreyainnovations.com

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. The analysis on the report is subject to the accuracy of the patients medical information and correct usage of the device for capturing the Nadipatterns.
4. 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.

Terms & Conditions

1. All the results obtained from the Nadi test should be interpreted with clinical data. Please correlate clinically and communicate with your Ayurveda specialist or Doctor, if you have any queries. The results of the investigation are dependent on the time which you Nadi Pariksha was done.
2. Atreya Innovations Pvt. Ltd. is committed to delivering your reports on time. However, in unforeseen circumstances such as non-availability of instrument/ instrument dysfunctioning / natural calamities / IT related problems etc., reports may be delayed. Atreya Innovations Pvt. Ltd. will ensure that this delay is minimal each time.
3. Partial reproduction of this Nadi report is strictly prohibited.
4. In case of any doubt / dispute, the report retrieved / printed by Atreya Innovations Pvt. Ltd. will be treated as final.
5. A follow up report is necessary after a certain period of time to ensure the effectiveness of the treatment and therapy. Kindly connect with your Ayurveda specialist and schedule a follow up appointment. Atreya Innovations Pvt Ltd is not affiliated to confirm the same and hold no responsibility with the scheduling issues or findings.