



Aarogya Darshika

Patient ID :
Patient Name :
Visit Date :

Age :
Gender :

Clinic
Address :
Mobile No :

Email ID :

Patient ID :
Patient Name :
Age :

Gender :
Weight :
Height :

Visit Date :
Time :

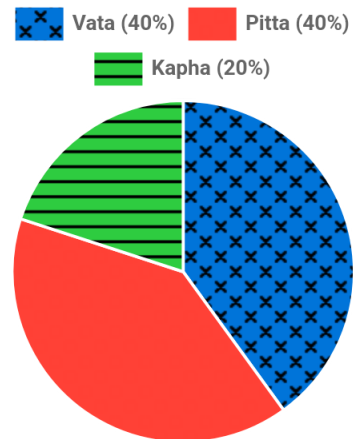
Prakruti or Body Type Analysis

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



Your Prakruti is :
Vata Pitta

Prakruti Composition



Element of Metabolism :	Moderate
Element of Mind :	Rajasik (liveliness), Satvik (calmness)
Element of Skills :	Mounteneering, Outdoor Sports
Element of Tastes :	Bitter, Astringent

Your Prakruti or Body type Profile

Your prakruti is Vata Pitta. Ayurveda calls this as Dwi doshaja prakruti. It means your prakruti is dominated with two doshas. Your body tissues are predominant of Vata dosha, with combination of Pitta dosha. From the universe, Tejas, Aakash and Vayu Mahabhuta play vital roles in your physical, physiological and psychological traits. Note that Vata is cold, dry, subtle, rough and light in nature and pitta is hot, sharp and light. 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

- Metabolism is on the lower side and vata destroys the tissue formation giving you moderate to low body strength.
- Vata gives you dry, rough skin with wrinkles.
- Vata leads to early hair loss, frizzy, thin and dry hair.
- Vata and pitta together offer you lean and tall physique, small to medium sized and painful joints.



Psychological Characteristics

- Most of the time, you have disturbed sleep and more dreams.
- You are usually very cheerful and friendly, but sometimes you become quickly angry and argumentative.
- Your likings are towards sweet, sour, salty food but sometimes you crave for bitter food.
- Vata keeps your thoughts and actions changing and you try to attend many things at the same time with more creativity.



Consciousness Characteristics

- Your consciousness is very weak, restless and irritable.
- 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.



Mobile No. :

Email :

Powered by Atreya Innovations Pvt. Ltd.

Patient Id :

Patient Name :

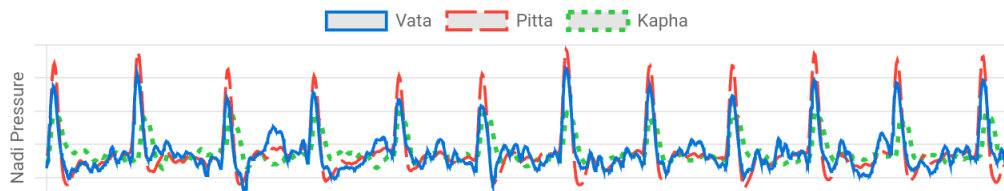
Date :

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

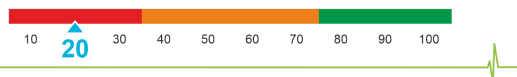
74

Rhythm

Regular



Inner Health Quotient :



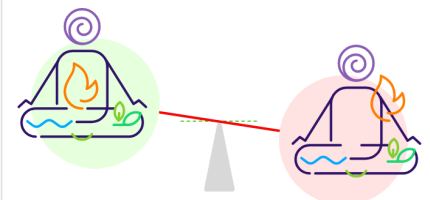
Inner health is defined as Immunity, which is the ability of any organism (here human) to fight against infection, disease, and allergies. It helps to avoid getting diseases or minimize the impact of disease suffering and early recovery. Immunity is also the tolerance of body tissue against elements causing trouble to tissues, systems, or organs. In Ayurveda, immunity is dependent on two factors, the first is Prakruti or body type or inner health, and the second is acquired immunity from a healthy lifestyle, food habits, and exercises.

Prakruti (ideal you)

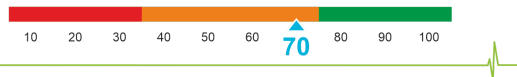
Vata Pitta

Vikruti (current you)

Pitta Vata



Gut Health Quotient :



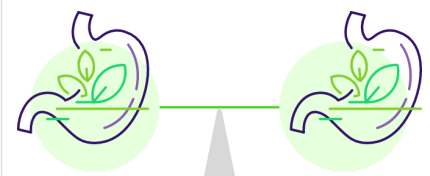
Gut health refers to the capacity of the digestive system to digest food and metabolism, which occurs in the digestive system. From the mouth to the stomach to the intestines and the anal canal, all the organs are included in the digestive tract. The perception of food taste, no anorexia, proper hunger, lightness in the body after meals, absorption of food juices in cells, feeling energetic, and smooth bowel cleaning are the symptoms of a healthy gut. Disruptions in digestive fire, metabolism, absorption, assimilation and excretion can lead to gut diseases.

Prakruti (ideal you)

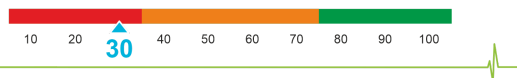
Vata Pitta

Vikruti (current you)

Pitta Vata



Mind Health Quotient :



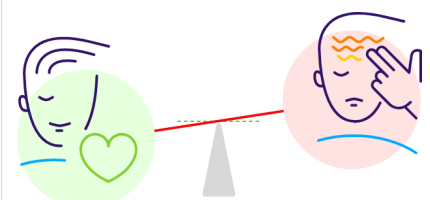
Health is prioritized in two ways, physical and emotional. Mind in a calm, joyful, and balanced state is healthy. Synchronization between mind and body offers well-being. Furthermore, digestion, metabolism, and mind state affect each other in an imbalanced state, causing diseases. Balanced thoughts and a positive attitude will help to gain mental health. Fear, anxiety, restlessness, anger, and hyper thinking are the symptoms of a stressed mind and soul.

Prakruti (ideal you)

Vata Pitta

Vikruti (current you)

Pitta Vata



Mobile No. :

Email :

Powered by Atreya Innovations Pvt. Ltd.

Patient Id :

Patient Name :

Date :

Vikruti or Imbalance Analysis

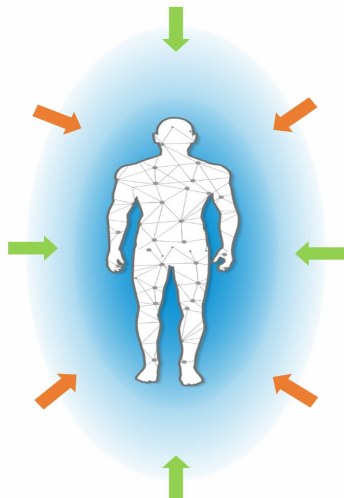
**Lubrication level : Medium**

The lubricating factor is the greasiness, oiliness, and water composition of the body. It works on strengthening body tissues, preventing aging, and offering longevity of life. It also nourishes the bones, joints, muscles, and mind.

**Toxin Level : Low**

Toxins means the undigested food material which remains in the stomach or digestive tract. It is the primary cause of any disease. Enhancing the digestive fire and digesting the toxins first are the key treatments for many health complaints.

Summary

Current Nadi Vikruti : Pitta Vata

- The nadi was recorded in Night time kapha prahar. It is a good time to exercise moderate, relax your body without compromising your sleep. Try to eat dinner early.
- Mind and body when works in harmony brings the health. Your physical and mental stress found on moderate side. Moderate digestive fire should nourish mind too but here as you may suffering with hyperthinking, anger, anxiety is affecting the gut health resulted in low immunity. Lubricating factor is well balanced in body which will give lubrication of joints and maintain nourishment of body tissues. Suggesting you to work on mind and body stress relieving techniques which will help to enhance metabolism and avoid further health issues like weight gain, laziness, cold and also sleep issues.

Notes



Mobile No. :

Email :

Powered by Atreya Innovations Pvt. Ltd.

Patient Id :

Patient Name :

Date :

Diet and Lifestyle Recommendations

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

	DO'S	DONT'S
 Grain	Amaranth, Chaurai, Jowar, Old wheat, Sathi rice, Varai	Bajara, Muesli, Mustard
 Legume	Black beans, Fresh peas, Lima beans	Black gram dal, Horse gram, Tur dal
 Veg	Asparagus, Broccoli, Celery, Cooked carrot, Green beans, Little gourd	Brinjal, Cluster beans, Drumstick, Kohlrabi, Mustard greens, Tomatoes
 Spices	Amba haldi, Basil fresh, Cardamom, Cinnamon, Fennel, Mint	All spices, Asafoetida, Cumin seeds, Garlic, Oregano, Poppy seeds
 Leafy veg	Amaranthus green, Coriander, Lettuce	Carrot leaves, Fenugreek, Mustard leaves, Sesame leaves, Taro leaves
 Oil	Canola, Olives	Almonds, Apricots, Mustard
 Non-veg	Chicken, Egg white, River water fish	Egg yolk, Lamb, Mutton, Sea fish, Sea foods
 Fruits	Apples, Apples (sweet), Apple sauce, Banana, Cherries, Cherries (sweet)	Apples (sour), Cherries (sour), Grapefruits, Grapes (green), Jujube, Kiwi
 Nuts and Dry fruits	Amla jam, Kokum, Soaked almonds	Brazil nuts, Hazel nut, Pista
 Milk product	Buffalo milk, Butter (unsalted), Cow milk, Shrikhand	Curd, Hard cheese, Salted butter, Sour cream, Yogurt
 Recipe	Sol Kadhi, Thalipeeth, Stuffed Paratha, Roasted Lotus Seeds (Phool Makhana Namkeen), Aamras, Shrikhand	cluster bean fry, sabudana vada, Defaultn Style Omelette, Masala Pav
 Yoga	Ardha dhanurasana, Dhanurasana, Matsyasana, Navasana, Padmasana, Sitting pose	Bikram yoga, Power yoga, Simhasana
 Fitness	Basketball, Hockey, Moderate paced walking, Skating, Skiing, Sports	



Mobile No. :

Email :

Powered by Atreya Innovations Pvt. Ltd.

Patient Id :

Patient Name :

Date :

Your Diet based on Today's Nadi Vikruti

	Early morning	Breakfast	Lunch	Snacks	Dinner
Mon 27 Nov	Turmeric Green Tea	Plain nachni/ ragi ukad, Masala chai (milk based), Walnuts	Bhakari (Rice + Bajra flour), Dudhi/Lauki subji, Pumpkin raita, Sol Kadhi[Kokum-Coconut Soup]	Mosambi (sweet lime), Walnuts	Bajra Bhakri/ Bajra roti, Ghevada bhaji (French beans sabzi)
Tue 28 Nov	Cinnamon with mint Green Tea, Black raisins (kalya manuka)	Salichya Lahya, Masala chai (water based), Water melon	Rice flour bhakri / Rice flour roti, Kadhi, Bhindi chi bhaji Sadhi, Buttermilk with cumin powder	Jeera Khakara, Orange	Phulka , Padwal- mugachi dal bhaji (sabzi) , Plain Dal/Varan (Moong dal)
Wed 29 Nov	Ginger & mint	Wheat flour dhirde/chilla , Buttermilk with cumin powder	Sadha Bhaat Hatsadicha/Red rice (cooked), Sadhi Amti/ Daily dal (Toor/Tuvar dal with tamarind), Carrot raita, Avocado Gazpacho	Strawberries, Baked tofu strips	Bhakari (Ragi/Nachni + Bajra flour), Kobi/ Patta-Gobhi subji , Plain Dal/Varan (Moong/Masoor dal), Mix veg pachadi
Thu 30 Nov	Homemade Green tea, Black raisins (kalya manuka)	Rajgira plain puffs, Coffee (with nutmeg-cardamom, Mosambi (sweet lime)	Jowar bhakri/ Jowar roti, Kadhi, Chir Ghol/ Chival Bhaji	Diet chivda, Water melon	Sadha Bhaat White (Steamed), Sadhi Amti/ Daily dal (Masoor dal with amsul or kokum), Spring-onion pachadi
Fri 1 Dec	Tulsi + mint Green tea, Black raisins (kalya manuka)	Corn, capsicum Paneer/Tofu open faced sandwich, Black plums, Apricots	Garlic bread, Carrot-Ginger soup, Greek cucumber salad	Kokum-ginger infused water, Pista (unsalted)	Vegan fried rice, Cabbage and pomegranate pachadi, Cream of pumpkin
Sat 2 Dec	Turmeric Green Tea	Bajra dhirde/chilla , Buttermilk with cumin powder	Sadha Bhaat Indrayani White (cooked), Plain Dal/Varan (Toor or Tuvar or Arhar dal), Dudhi raita, Chilled Cucumber Avocado Soup	Pineapple, Carrot, beans, panner open faced sandwich	Bajra Bhakri/ Bajra roti, Any low carbohydrate based sabji of your choice , Any plain dal with low spices of your choice Low) [any_lowspice dal.jpg], Mix veg pachadi
Sun 3 Dec	Turmeric Green Tea, Black raisins (kalya manuka)	Nachni and Rice flour with palak dosa, Black plums	Any bhakri or chapati of your choice , Any Curry style vegetable of your choice , Any dal with low spices and ghee tadka of your choice , Buttermilk with cumin powder	Pineapple, Pumpkin seeds	Rice flour bhakri / Rice flour roti, Gavar- Bhopla Bhaji, Sadhi Amti/ Daily dal (Moong dal with tomato)



Mobile No. :

Email :

Powered by Atreya Innovations Pvt. Ltd.

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. We will explain to you what to read & understand from this Nadi Health Report. Your health mirror at just one click!!

An Ayurveda Practitioner can help you clinical corelate this report and provide you with health related explanations

? What is the Aarogya Darshika report?

✓ The Aarogya 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 a healthy, adolescent age).

? What is the science behind the Aarogya Darshika report?

✓ The science behind the Aarogya Darshika report is the core concept of Ayurveda, a 5000-years old Indian science of Medicine along with Nadi Pariksha. Using this logic in Nadi Tarangini we have combined them along with Artificial intelligence into a digitalised form to give unique way-form graphs and provide a digital, pictorial form of a Aarogya Darshika report.

? What is the Inner Health Analysis?

✓ The Inner health analysis is the complete understanding of your body, mind and consciousness in symbiosis with your dietary intake, physical activity, sleep cycle and water consumption pattern.

? How do I read what are the results I have received in the report?

✓ We are giving you your Health report card in a specific sequence of sections: Prakruti Parikshan section, Nadi Vikruti Parikshan section, Inner Health Analysis section, Diet & Lifestyle recommendations section. Results in your Aarogya Darshika report are easy, simple, with use of pictures, graphs & colors it is simplified for your understanding.

? What do you mean 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"

? What will I get in Nadi Vikruti Parikshan?

✓ In this section we provide you with "Nadi Vikruti Parikshan ". We have explained your imbalanced state or Vikruti with respect to your current diet, environment, and/or season change, new adaptations, or adaptations. This new change in state which is dynamic and specific to each individual is the imbalance or "Vikruti."

? How can I read or understand the insights of this Patient Nadi report?

✓ Patient Nadi report comes in the form of visually appealing, handy printed version which has your captured Nadi graph (Pulse in a wave form), your current Demographic data (age, gender, weight, height, presence of diseases, etc), Prakruti (Ideal Body type) and Vikruti levels on a scale of (low, medium, high), as well as your Inner Health Quotients.

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

✓ We have provided you with Do's & Don'ts focusing on food, yoga, exercise schedules, sleep, water. 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 this section may change as per your location, temperature, likes and dislikes, presence or absence of allergies or health complaints.

? 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 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.



Patient ID :
Patient Name :
Visit Date :
Clinic Address :
Mobile No :

Age :
Gender :
Email ID :

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.
6. Please read all the terms and conditions: <https://www.naditarangini.com/tc/>

Aarogya Darshika

