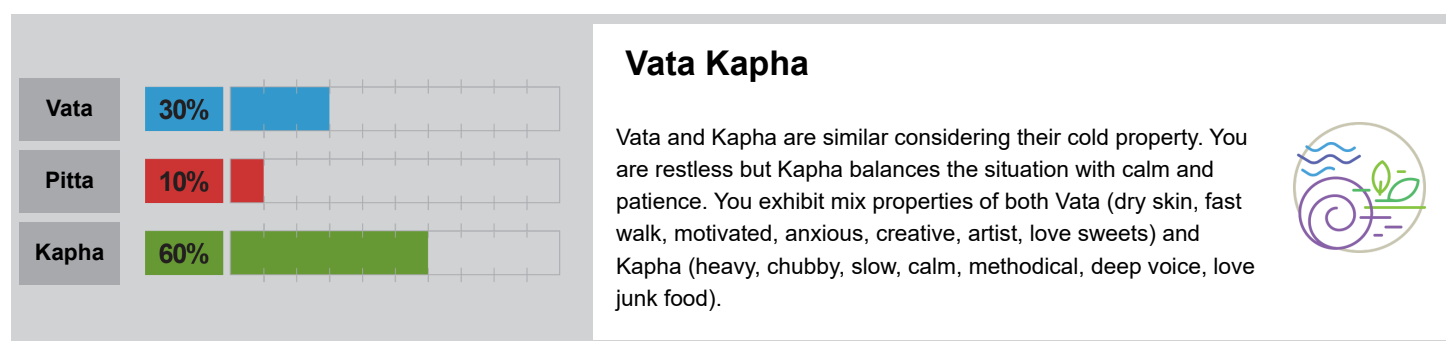




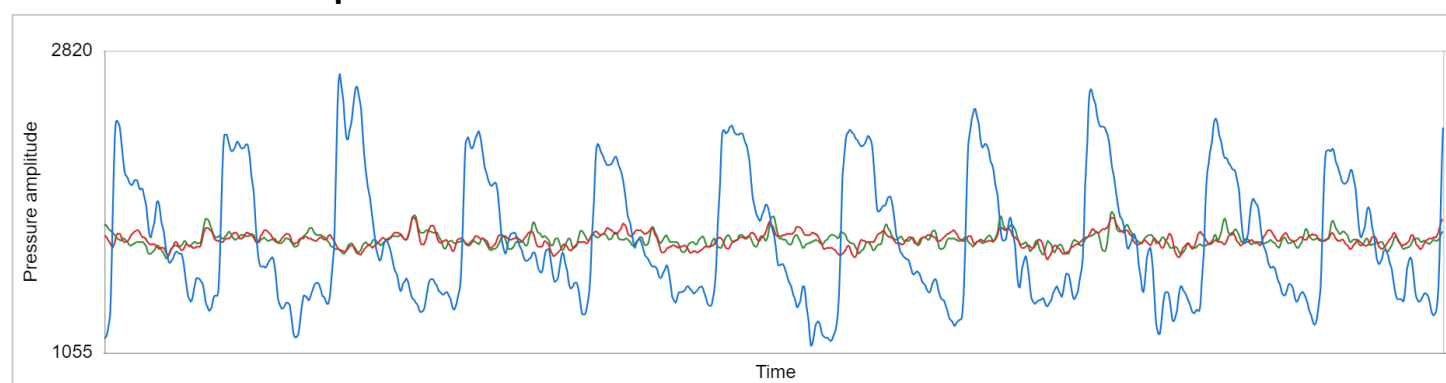
REPORT DATE :	REPORT TIME :	PREVIOUS REPORT : --	
PATIENT NAME :		PATIENT CODE : --	
AGE :	GENDER :	HEIGHT :	WEIGHT : . .

Questionnaire Based Prakruti



10 Second Nadi Graph

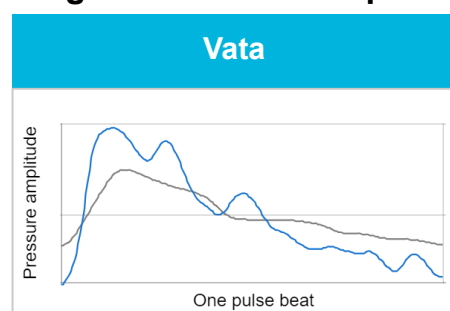
Vata — | Pitta — | Kapha —



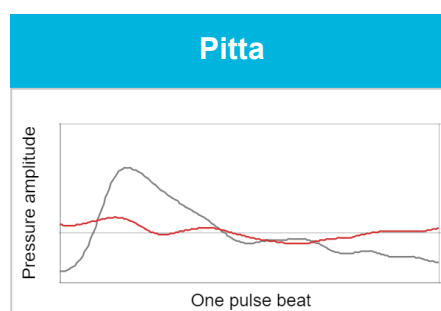
The graphs represent the nadi is felt on the wrist with the help of three pressure sensors at vata, pitta and Kapha locations. The nadi reflects the health state of your mind and body.

Single Pulse Beat Graph

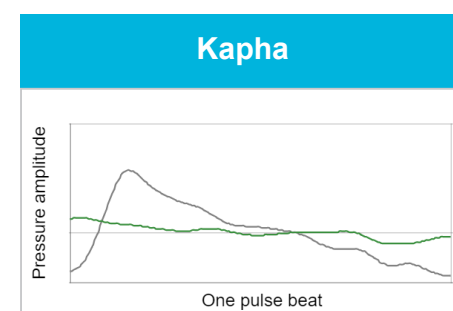
Vata — | Pitta — | Kapha — | Average Healthy —



As compared to the healthy reference pulse of your age group, gender and prahar, the nadi at Vata location has high values. It preliminary indicates: Black marks, Constipation, Joint pain, Loss of strength, Black Discoloration



The nadi at Pitta location is less palpable to compare with the healthy reference pulse.

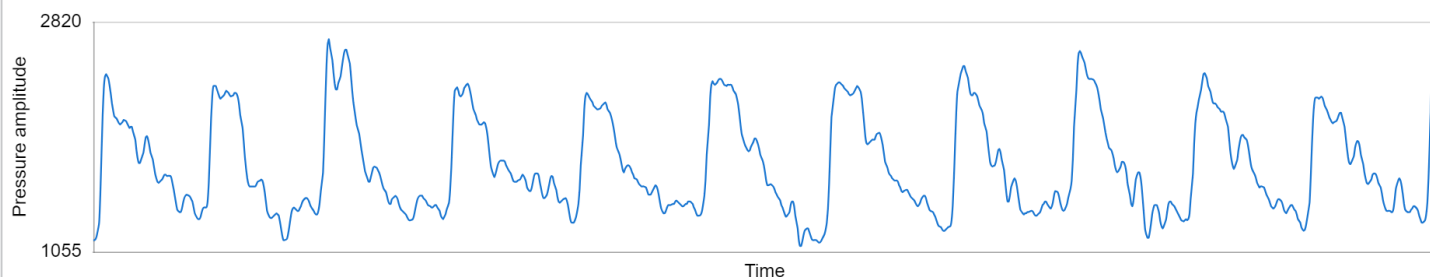


The nadi at Kapha location is less palpable to compare with the healthy reference pulse.

VISUAL CURRENT / PREVIOUS VISIT COMPARISON

VATA**10 Second Nadi Graph**

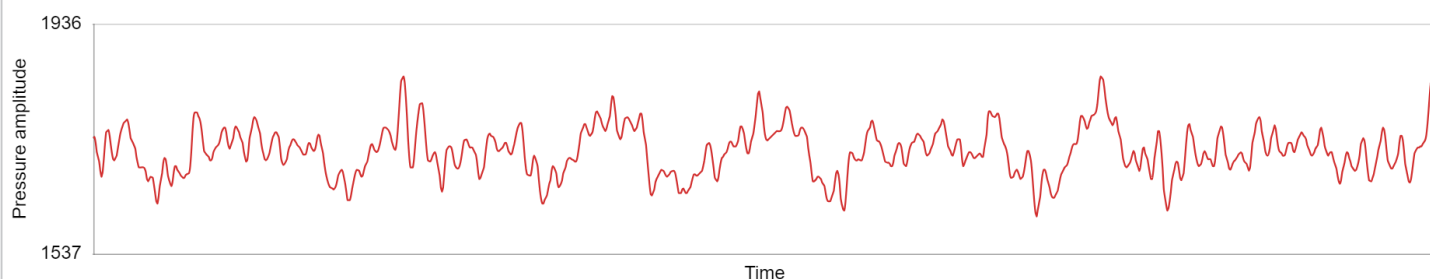
Current — | Previous —



- Your nadi is collected by exerting less pressure on the sensors.

PITTA**10 Second Nadi Graph**

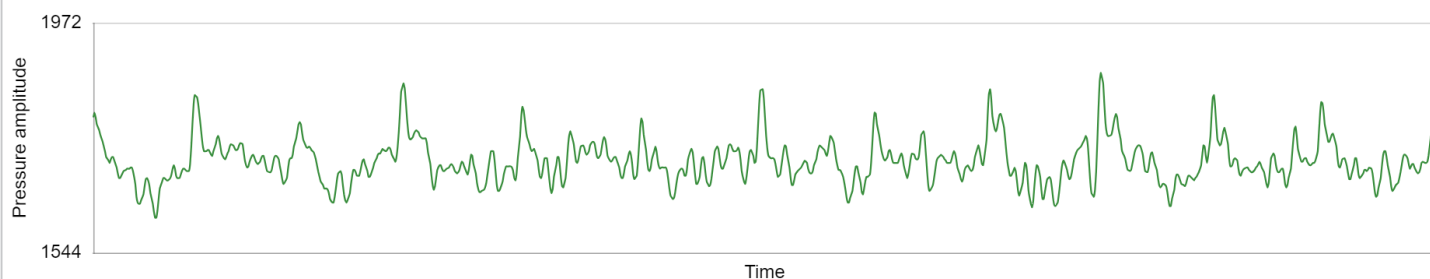
Current — | Previous —



- Your nadi is collected by exerting less pressure on the sensors.

KAPHA**10 Second Nadi Graph**

Current — | Previous —



- Your nadi is collected by exerting less pressure on the sensors.

Parameter	Pulse	Rhythm	Sama/Niram	Manda/Vegawati
Current Visit	72	Irregular	Nirama	Vegawati
Previous Visit	--	--	--	--

NADI PARAMETERS

BALA		Current ■ Previous ■
Current	<div><div>90%</div></div>	<p>- Bala is the force by which nadi exerts the pressure back on the finger. It is related to the strength of disease.</p> <p>- Usually bala is more in Pitta prakruti, less in Vata prakruti and moderate in Kapha prakruti.</p> <p>- Observation: Pitta bala with 90 % value was found, which means the Pitta symptoms or vyadhi are more than other two doshas.</p> <p>- The preliminary indications are : lbs, Burning in abdomen, Burning in chest, Excess sweating, Pimples.</p>
Previous	Not Applicable	

AGNI		Current ■ Previous ■
Current	<div><div>60%</div></div>	<p>- Agni is the digestive fire needed for metabolism, absorption of food. Here, jatharagni is computed.</p> <p>- Observation: Tikshnagni with 60 % value was found. i.e. the fire element is high or strong.</p> <p>- The preliminary indications are : Burning sensation, Headache, Obesity, Oily skin, Sticky stools.</p>
Previous	Not Applicable	

GATI BASED NADI			
Gati	Vata Location	Pitta Location	Kapha Location
Sarpa Gati	<div><div>40%</div></div> Not Applicable	<div><div>10%</div></div> Not Applicable	<div><div>10%</div></div> Not Applicable
Manduka Gati	<div><div>70%</div></div> Not Applicable	<div><div>10%</div></div> Not Applicable	<div><div>10%</div></div> Not Applicable
Hansa Gati	<div><div>20%</div></div> Not Applicable	<div><div>10%</div></div> Not Applicable	<div><div>10%</div></div> Not Applicable

- 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 Vata location, instead of or along with Sarpa gati, making jumping with moderate speed. In other words, Pitta is affecting Vata (manduka is chasing sarpa) in the body. Note that bhrajak, pachak pitta and samana, prana vayu might have got provoked. This preliminarily indicates: Proper digestion, Graying of hair, Irritability, Skin diseases, Skin rashes.

Parameter	Gati
Current Visit	Pitta Vata (Manduka Sarpa)
Previous Visit	--

NADI GUNA

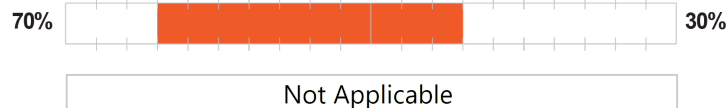
Current ■ | Previous ■
Laghu

Guru

- Laghu guna is light in feel, fast moving and which indicates no any doshavruddhi (increased vitiated dosha) or no presence of aam (toxins). It is Vata and Pitta guna.

- Opposite to Laghu is Guru guna which is heavy, slow and dull which indicates doshavruddhi (increased vitiated dosha) or presence of aam (toxins). It is property of kapha dosha.

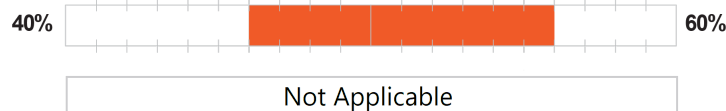
- High laghu guna is usually light, fast moving and indicates healthy nadi. It enhances the fire, good appetite, digestion, assimilation and excretion. It preliminarily indicates : Body lightness, Heavy menstruation, Loss of concentration, Osteoporosis, Assimilation.

Kathina

Mrudu

Kathina guna is the hard touch of nadi. It is preliminary 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.

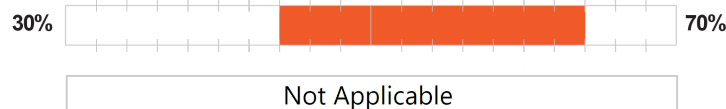
- High kathina guna preliminarily indicates :Bloating, Hypertension, Indigestion, Vomiting, Raktaja Vyadhi.

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.

- Balanced Sthula guna preliminarily indicates that the rakta, mansa, asthi dushti are present in moderate level. It means :Ajirna, Rakta Kshaya, Agnimandya, Vata Disorders.

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, Assimilation, Sound Sleep, Regular and Healthy Menstruation, Complexion.

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.

- Balanced Snigdha will help vata and pitta to maintain the health and cure the vata vrudhi and lakshanas. It preliminarily indicates meda and majja dhatu vrudhi leading to :Obesity, Prediabetes.

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 nadi.

Thoughts / Emotions

Current ■ | Previous ■

Current

90%



Your thoughts / emotions are highly extreme (positive or negative). You may consider Yoga and meditation.

Previous

Not Applicable

Prone to Stress

Current ■ | Previous ■

Current

30%



- For this prahar of day, the possibility of you getting stressed is low.

- It seems the sleep, diet and work are going regular.

Previous

Not Applicable

Summary

- The nadi was recorded in the day time 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, snigdghata.

- Based on your height of 170 cm and weight of 90 kg, your BMI is 31. You are in overweight category.

- For your age, irregular rhythm means rugna bala is low with unstable heart activity. Considering Pitta bala, Tikshna Agni, manduka gati at Vata location, laghuta, kathinata; the possible preliminary indications are Irritability, Swollen inflamed joints, Anxiety, Burning in abdomen, Burning in chest.

Prakruti

Vikruti

Vata Kapha



Pitta Vata



Diet Recommendations

	DO'S	DONT'S
Grain	Amaranth, Cereals, Chaurai, Jowar, Old wheat, Ragi	Bajara, Muesli
Legume	Black beans, Green gram dal, Kidney beans, Red gram	Black gram dal, Horse gram, Tur dal
Veg	Asparagus, Bottle gourd, Cauliflower, Cooked beetroot, Fennel, Lettuce	Brinjal, Capsicum, Corn, Drumstick, Kohlrabi, Mustard greens
Spices	Amba haldi, Bay leaf, Cinnamon, Coriander seeds, Fennel, Kokum	All spices, Chilies, Cumin seeds, Garlic, Oregano, Poppy seeds
Leafy veg	Amaranthus green, Lettuce	Carrot leaves, Fenugreek, Mustard leaves, Sesame leaves, Taro leaves
Oil	Canola, Coconut, Flax seeds, Olives, Primrose, Soybeans	Almonds, Mustard
Non-veg	Chicken, Egg white, River water fish	Egg yolk, Lamb, Mutton, Sea fish, Sea foods
Fruits	Apples, Apples (sweet), Avocados, Cherries, Custard apples, Figs	Apples (sour), Berries (sour), Grapefruits, Karonda, Lemons, Mango
Nuts and Dry fruits	Amla jam, Kokum	Brazil nuts, Peanuts
Milk product	Buffalo milk, Buffalo milks ghee, Butter, Buttermilk, Cow milk, Shrikhand	Curd, Hard cheese, Salted butter, Sour cream, Yogurt

PATIENT CODE :--















PATIENT NAME :

Lifestyle Recommendations

	DO'S	DONT'S
Recipe	Sol Kadhi, Stuffed Paratha, Meethi Seviyan, Phulka, Jwari Bhakri, Jowar Ka Uttapa	cluster bean fry, Methi Thepla, sabudana vada, Bhakri
Yoga	Ardha dhanurasana, Bhujangasana, Matsyasana, Navasana, Paschimottanasana, Sitting pose	Bikram yoga, Power yoga, Utkatasana
Fitness	Basketball, Hiking, Moderate paced walking, Mountain biking, Skating, Skiing	

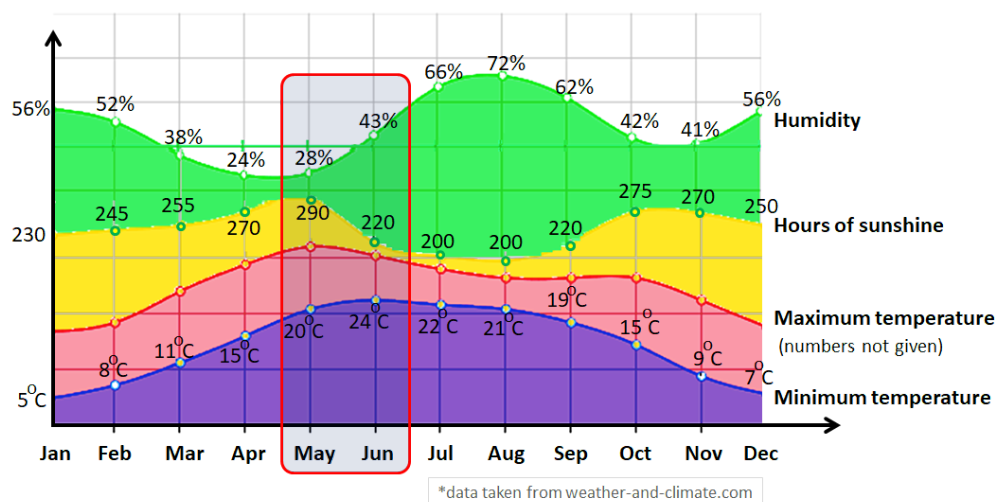
दिनचर्या

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 निरुद्धन). 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 self. 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.

Rutucharya : Grishma

According to the Ayurveda and as Kaal changes, Grishma Rutu is going on. It spans from 21 April to 21 June 2023. The climate trends in this period are :



Environment is prevalent with intense heat and unhealthy wind. The river-bodies are dried and the plants appear lifeless. Deposition of Vata Dosha occurs, but the vitiated Kapha Dosha is pacified during this season. Typical properties are :

- **Sharira Bala** : Less
- **Jaatharagni** : Weak

Recommended food :

- Sweet, Sour, Salty foods are to be consumed.
- Rice, lentil, etc, are to be taken.
- Drinking plenty of water and other liquids, such as cold water in clay pot, sugar cane juice, meat soups, mango juice, coconut water is to be practiced.
- Water cooled with Ushir(cus cus grass) gives soothing effect.
- At bedtime drink milk.
- Mantha prepared of dried grapes, dates and figs is advisable.
- It is very soothing, has a cooling effect and is nourishing. It also relaxes and cools the system.
- Sharabat made of following is suggested.
- Ananta (Hemidesmus indicus), Kamala (Lotus), Gulaba (rose), Amra (Mango), Draksha (Grapes), Chandana (Sandal), Ushira, Jambira (Lemon)

Prohibited food :

- Pungent, bitter and astringent food should be avoided.
- Avoid Urad(black gram), Mustard and Curd.

Recommended actions :

- Wearing light dresses and sleeping at day time are helpful.
- During night one can enjoy the cooled moon rays with breeze.
- Enjoy in cold water nature zones.
- Stay indoors as far as possible during afternoon.
- Take baths with cold water.

Prohibited actions:

- Avoid excessive exercise & Sex.
- Avoid exposure to sun.

DISCLAIMER

- Recommendations and information provided on this report are not intended as a substitute for medical advice offered by a physician.
- Please do not self-diagnose. Please consult a physician or a healthcare specialist.
- The analysis on the report is subject to the accuracy of the patients medical information and correct usage of the device for capturing the Nadi patterns.
- 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.

NOTES
