



Aarogya Darshika

Patient ID : 213460
Patient Name : Test Patient
Visit Date : 4 Oct 2024

Age : 56 Years
Gender : Male

Clinic Address : 301, City Centre, Hinjawadi phase 1, Pune, Maharashtra, India - 411021
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Patient ID : Dr. Nadi Tarangini
Patient Name : Test Patient
Age : 56 Years

Gender : Male
Weight : 40 Kg
Height : 152 Cm

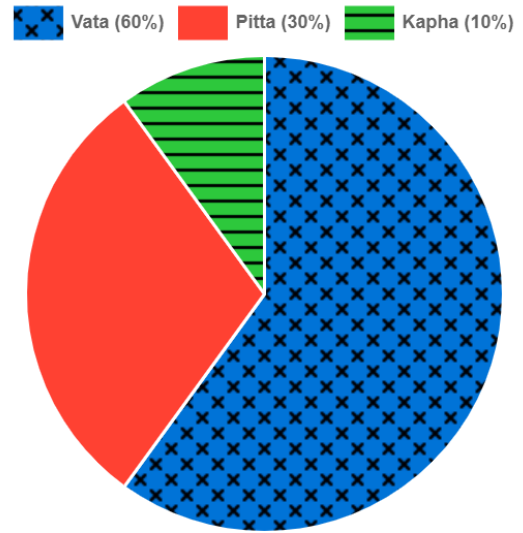
Visit Date : 4 Oct 2024
Time : 10:45 AM

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

Prakruti Composition



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

- Vata gives you dry, rough skin with wrinkles.
- Pitta in combination gives you sensitive skin type.
- Vata leads to early hair loss, frizzy, thin and dry hair.

Psychological Characteristics

- You struggle a lot to maintain balance in your personal and professional life.
- Vata gives restlessness, over thinking and fearful nature.
- You are usually very cheerful and friendly, but sometimes you become quickly angry and argumentative.

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.

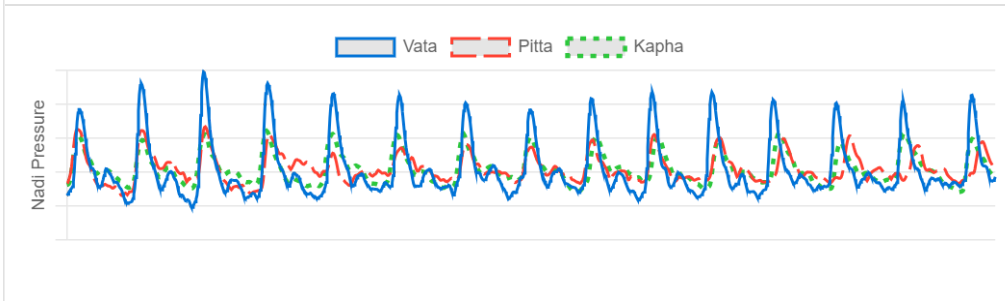


Vikruti or Imbalance Analysis

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

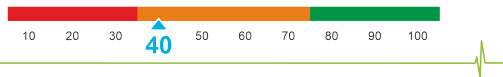
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Rhythm

Regular



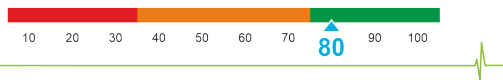
Inner Health Quotient :



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.



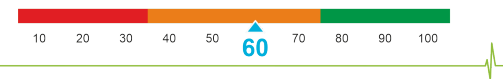
Gut Health Quotient :



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.

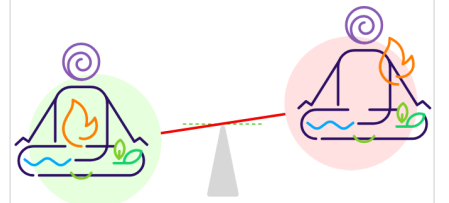


Mind Health Quotient :

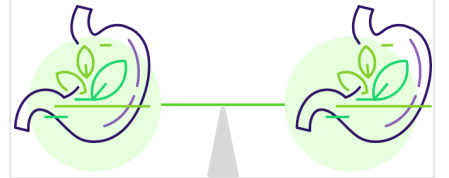


Health is prioritized in two ways, physical and emotional. Mind in a calm, joyful, and balanced state is healthy. Synchronization between mind and body offers well-being. Furthermore, digestion, metabolism, and mind state affect each other in an imbalanced state, causing diseases. Balanced thoughts and 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.

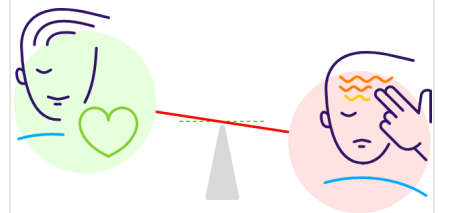
Prakruti (ideal you) Vata Pitta
Vikruti (current you) Pitta



Prakruti (ideal you) Vata Pitta
Vikruti (current you) Pitta



Prakruti (ideal you) Vata Pitta
Vikruti (current you) Pitta



Vikruti or Imbalance Analysis



Lubrication level : High 

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.

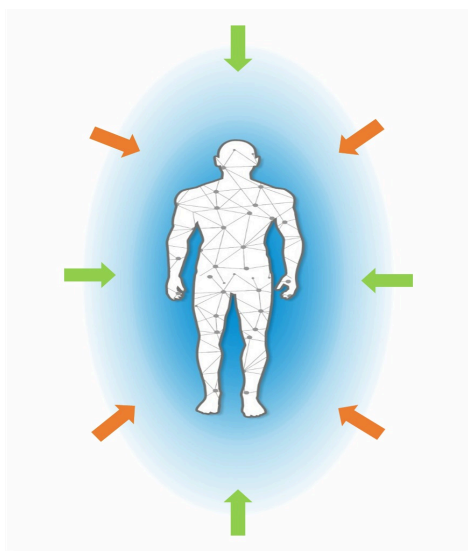


Toxin Level : Low 

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



- 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.
- Digestive fire, metabolism and lubricating factor in body is on higher side which offers good health. Moderate stress and hyperthinking is found which may show mood swings, irritability. Immunity is moderate which shows lazziness, lack of energy, poor fighting power against any health complaints. Maintain digestive fire and lubrication in body to enhance inner health with healthy food habits.

Notes



Diet and Lifestyle Recommendations

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

	DO'S	DONT'S
 Grains	Barley, Chaurai, Cooked oats, Jowar, Varai	Bajara, Buckwheat, Mustard, New grains, Oats dry
 Legume	Fresh peas, Green gram dal, Kidney beans, Lima beans, Red gram	Black gram dal, Horse gram, Tur dal
 Veg	Cabbage, Cilantro, Cooked carrot, Cucumber, Peas	Brinjal, Capsicum, Cluster beans, Corn, Drumstick
 Spices	Basil fresh, Cinnamon, Mint, Orange peel, Saffron	Bell pepper, Cumin seeds, Oregano, Pippali, Thyme
 Leafy veg	Amaranthus green, Asparagus, Coriander, Lettuce, Spinach	Carrot leaves, Fenugreek, Mustard leaves, Sesame leaves, Taro leaves
 Oil	Canola, Olives, Primrose, Soybeans, Sunflower	Almonds, Corn, Mustard, Safflower, Sesame
 Non-veg	Chicken, Egg white, River water fish	Egg yolk, Lamb, Mutton, Sea fish, Sea foods
 Fruits	Berries (sweet), Coconut, Custard apples, Muskmelons, Pineapple (sweet)	Apples (sour), Berries (sour), Grapefruits, Jujube, Pineapple (sour)
 Dry fruits	Amla jam, Figs, Kokum, Soaked almonds, Wet dates	Brazil nuts, Cashew, Pista, Roasted and salted dry fruits, Walnut
 Milk product	Butter, Butter (unsalted), Cottage cheese, Ghee, Shrikhand	Curd, Hard cheese, Salted butter, Sour cream, Yogurt
 Recipe	Sol Kadhi, Aamras, Shrikhand, Jowar Paratha, Jowar Ka Uttapa	sabudana khichadi, sabudana vada, Defaultn Style Omelette, Bhakri, Masala Pav
 Yoga	Moderate yoga, Padahastasana, Paschimottanasana, Sitting pose, Ushtrasana	Bikram yoga, Power yoga, Shirsasana, Simhasana, Utkatasana
 Fitness	Hiking, Moderate paced walking, Mountain biking, Skiing, Sports	



Your Diet based on Today's Nadi Vikruti

	Early morning	Breakfast	Lunch	Snacks	Dinner
Fri 4 Oct	Homemade Green tea, Black raisins (kalya manuka)	Corn, capsicum Paneer/Tofu open faced sandwich, Black plums, Apricots	Paneer Roll , Carrot-Ginger soup, Spicy Baked Eggplant	Apple, Pista (unsalted)	Vegan fried rice, Cabbage and pomegranate pachadi, Cream of pumpkin
Sat 5 Oct	Tulsi + mint Green tea	Masala paniyaram/appe, Buttermilk with cumin powder	Sadha Bhaat Indrayani White (cooked), Sadhi Amti/ Daily dal (Green Moong dal with tamarind), Carrot raita, Avocado Gazpacho	Pineapple, Italian Vegetable Bake	Bhakari (Ragi/Nachni + Bajra flour), Any steamed sabji of your choice , Any dal with ghee of your choice , Mix veg pachadi
Sun 6 Oct	Turmeric Green Tea, Black raisins (kalya manuka)	Rice flour and Moong dal with Tomato omelette, Black plums	Any stuffed paratha of your choice , Any low spice red colour based Curry of your choice , Any dal with ghee tadka of your choice , Buttermilk with ginger	Apple, Almonds	Adai/Mixed lentils dosa, Pumpkin kootu (pumpkin and yellow moong dal subzi), Moong dal with Kokum Sambar
Mon 7 Oct	Cinnamon with mint Green Tea	Plain nachni/ ragi ukad, Home made Tea-ginger (milk based), Walnuts	Bhakari (Rice + Ragi/Nachni flour), Red maath/ Red chawli subji , Carrot raita, Buttermilk with ginger	Pear, Walnuts	Bhakari (Rice + Bajra flour), Dudhi/Lauki moong dal subji
Tue 8 Oct	Turmeric + Tulsi Green tea	Green moong dal with vegetables dhirde, Pista (unsalted)	Onion-Tomato koshimbir, Rice and moong flour with dudhi dhirde, Buttermilk with cumin powder	Mosambi (sweet lime), Jawas (flaxseed)	Roasted Veggies, Palak pachadi (raita), Coconut Red Lentil Curry, Veg Clear Soup
Wed 9 Oct	Ginger & mint	Dosa, Buttermilk with ginger	Sadha Bhaat Hatsadicha/Red rice (cooked), Sadhi Amti/ Daily dal (Toor/Tuvar dal with tomato), Beetroot raita, Avocado Gazpacho	Black plums, Baked tofu strips	Bhakari (Ragi/Nachni + Jowar flour), Kobi/ Patta-Gobhi subji , Sadhi Amti/ Daily dal (Masoor dal with tomato), Mix veg pachadi
Thu 10 Oct	Homemade Green tea, Black raisins (kalya manuka)	Rajgira plain puffs, Coffee (with nutmeg-cardamom, Orange	Neer dosa, Moong dal with Kokum Sambar, Cabbage poriyal/cabbage sabzi	Diet chivda, Pear	Sadha Bhaat White (Steamed), Plain Dal/Varan (Moong/Masoor dal), Spring-onion 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. 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.



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Age : 56 Years
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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



सर्वे भवन्तु सुखिनः। सर्वे सन्तु निरामयाः।
सर्वे भद्राणि पश्यन्तु। मा कश्चित् दुःख भाग्भवेत्॥