

**Atreya Innovations**  
 301, City Centre, Hinjawadi phase 1, Pune, Maharashtra, India - 411021

REPORT DATE : 04/10/2024	REPORT TIME : 10:45 AM	PREVIOUS REPORT : 25/08/2024 02:29 AM
PATIENT NAME : Test Patient		PATIENT CODE : --
AGE : 56 Years	GENDER : Male	HEIGHT : 152 cm      WEIGHT : 40 kg

### Questionnaire Based Prakruti

<b>Vata</b>	60%	
<b>Pitta</b>	30%	
<b>Kapha</b>	10%	

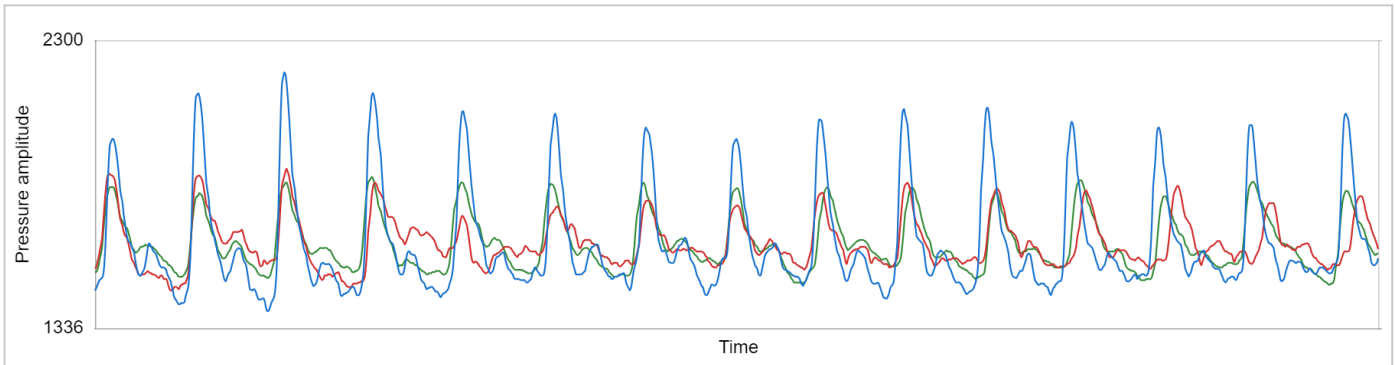
#### Vata Pitta

Vata and Pitta are totally opposite in their properties. Vata is cold, Pitta is hot. Vata is invisible, Pitta is liquid. Vata is dry, Pitta is oily. You exhibit mix properties of both Vata (dry skin, fast walk, motivated, anxious, creative, artist, love sweets) and Pitta (fair, acne, rapid digestion, jealous, aggressive, leader, sharp, love spicy & cold food).



### 10 Second Nadi Graph

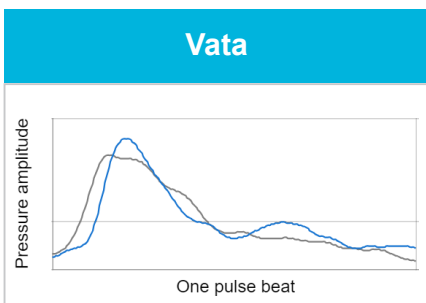
Vata — | Pitta — | Kapha —



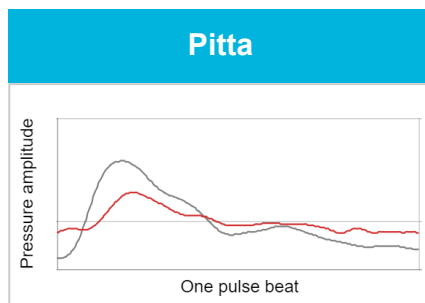
The graphs represent the nadi is felt on the wrist with the help of three pressure sensors at vata, pitta and Kapha locations. The nadi reflects the health state of your mind and body.

### Single Pulse Beat Graph

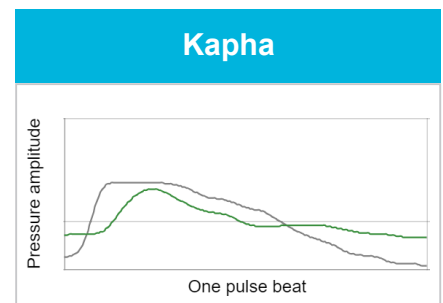
Vata — | Pitta — | Kapha — | Average Healthy —



As compared to the healthy reference pulse of your age group, gender and prahar, the nadi at Vata location has similar values.



As compared to the healthy reference pulse of your age group, gender and prahar, the nadi at Pitta location has similar values.

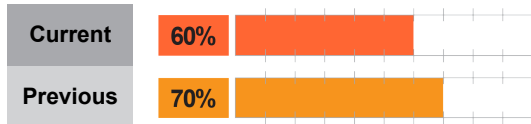


As compared to the healthy reference pulse of your age group, gender and prahar, the nadi at Kapha location has similar values.

## NADI PARAMETERS

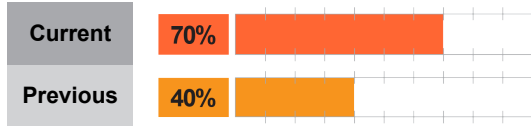
Parameter	Pulse	Rhythm	Sama/Nirama	Manda/Vegawati
Current Visit	92	Regular	Nirama	Vegawati
Previous Visit	104	Regular	Sama	Vegawati

### BALA Current ■ | Previous ■



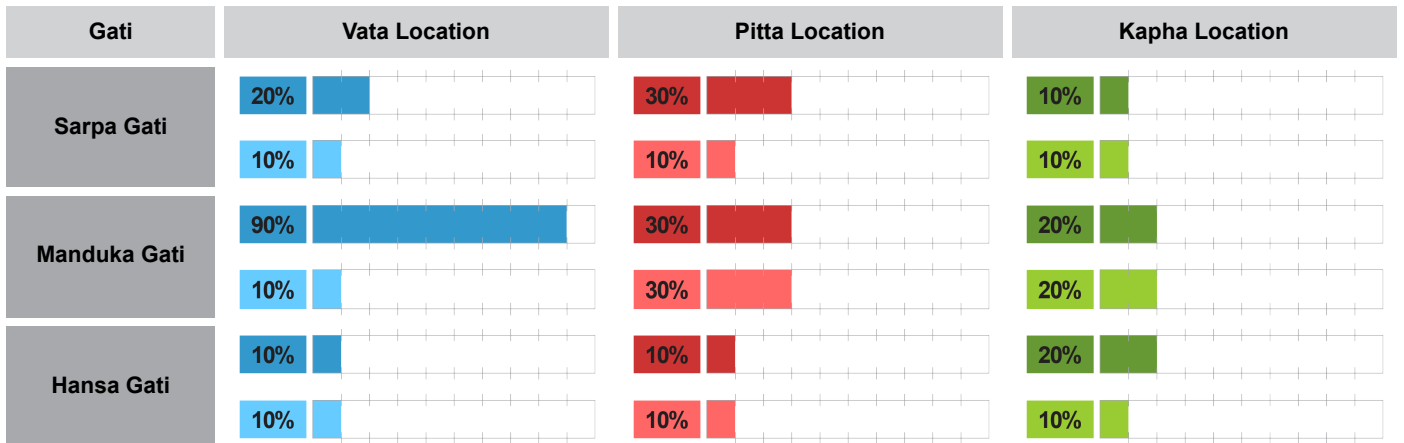
- Bala is the force by which nadi exerts the pressure back on the finger. It is related to the strength of disease.
- Usually bala is more in Pitta prakruti, less in Vata prakruti and moderate in Kapha prakruti.
- Observation: Pitta bala with 60 % value was found, which means the Pitta symptoms or vyadhi are more than other two doshas.
- The preliminary indications are : Anger, Anxiety, Fear, Loss of sleep, Mouth ulcers.

### AGNI Current ■ | Previous ■



- Agni is the digestive fire needed for metabolism, absorption of food. Here, jatharagni is computed.
- Observation: Samagni with 70 % value was found. i.e. Agni is balanced.
- The preliminary indications are : Burning in chest, Burning sensation, Excess hunger, Giddiness, Tissue damage.

## GATI BASED NADI



- 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, Gout, Graying of hair, Redness on skin, Skin rashes.

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

# 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..

**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.

- Low Kathina guna preliminarily indicates : Anaemia, Bleeding, Indigestion, Less toxins, Dosha Dhatu Dushti.

**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..

**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..

**Snigdha**



**Ruksha**

- Snigdha guna forms the oiliness, softness of dosha, dhatu and mala.

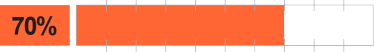



- Opposite to Snigdha is Ruksha guna, which is dryness and property of Vata dosha.

- High Snigdha is soft in touch and preliminarily indicates kapha predominant disorders like : Diabetes, Heaviness, Laziness, Ajirna, Agnimandya.

## 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 <span style="color: orange;">■</span>   Previous <span style="color: yellow;">■</span>
Current	70% 	Thoughts are the reflection of digestion and metabolism, nourishment of rasa dhatu and manas bhav. Today observed high but positive thoughts which preliminary indicates, utsah/ motivational attitude, prerana/inspirational actions, but also sometimes chanchalat/restlessness, anidra/sleep issues.
Previous	60% 	
Prone to Stress		Current <span style="color: orange;">■</span>   Previous <span style="color: yellow;">■</span>
Current	20% 	Stress is called as sahas in Ayurveda which is excess of exertional activities beyond capabilities of body, mind and intelligence. Today observed less stress on body and mind which preliminarily indicates mana shanti/ peaceful mind, uttam karya kshamata/proper work life balance and sharir bala/physical strength.
Previous	20% 	

## 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, snigdhatta.
- Based on your height of 152 cm and weight of 40 kg, your BMI is 17. You are in underweight category.
- For your age, regular rhythm means rugna bala is moderate with good heart activity. Burning sensation, Excess thirst, Hyperacidity, Yellow Discoloration of The Faeces, Burning in abdomen

Prakruti	Vikruti
<b>Vata Pitta</b> 	<b>Pitta</b> 

Dr. Nadi Tarangini

## Diet Recommendations












	DO'S	DONT'S
<b>Grain</b>	Barley, Chaurai, Cooked oats, Jowar, Varai	Bajara, Buckwheat, Mustard, New grains, Oats dry
<b>Legume</b>	Fresh peas, Green gram dal, Kidney beans, Lima beans, Red gram	Black gram dal, Horse gram, Tur dal
<b>Veg</b>	Cabbage, Cilantro, Cooked carrot, Cucumber, Peas	Brinjal, Capsicum, Cluster beans, Corn, Drumstick
<b>Spices</b>	Basil fresh, Cinnamon, Mint, Orange peel, Saffron	Bell pepper, Cumin seeds, Oregano, Pippali, Thyme
<b>Leafy veg</b>	Amaranthus green, Asparagus, Coriander, Lettuce, Spinach	Carrot leaves, Fenugreek, Mustard leaves, Sesame leaves, Taro leaves
<b>Oil</b>	Canola, Olives, Primrose, Soybeans, Sunflower	Almonds, Corn, Mustard, Safflower, Sesame
<b>Non-veg</b>	Chicken, Egg white, River water fish	Egg yolk, Lamb, Mutton, Sea fish, Sea foods
<b>Fruits</b>	Berries (sweet), Coconut, Custard apples, Muskmelons, Pineapple (sweet)	Apples (sour), Berries (sour), Grapefruits, Jujube, Pineapple (sour)
<b>Nuts and Dry fruits</b>	Amla jam, Figs, Kokum, Soaked almonds, Wet dates	Brazil nuts, Cashew, Pista, Roasted and salted dry fruits, Walnut
<b>Milk product</b>	Butter, Butter (unsalted), Cottage cheese, Ghee, Shrikhand	Curd, Hard cheese, Salted butter, Sour cream, Yogurt

## Lifestyle Recommendations

	DO'S	DONT'S
<b>Recipe</b>	Sol Kadhi, Aamras, Shrikhand, Jowar Paratha, Jowar Ka Uttapa	sabudana khichadi, sabudana vada, Defaultn Style Omelette, Bhakri, Masala Pav
<b>Yoga</b>	Moderate yoga, Padahastasana, Paschimottanasana, Sitting pose, Ushtrasana	Bikram yoga, Power yoga, Shirsasana, Simhasana, Utkatasana
<b>Fitness</b>	Hiking, Moderate paced walking, Mountain biking, Skiing, Sports	

## दिनचर्या

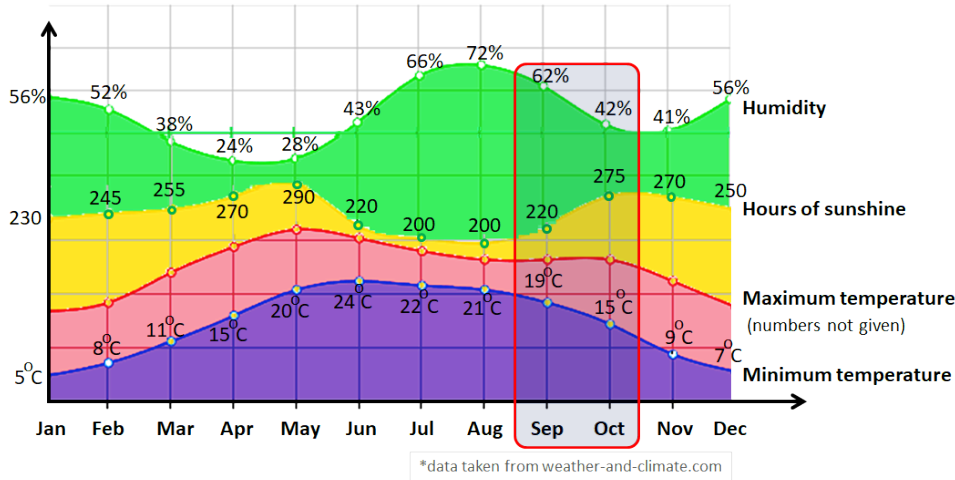
Balanced prakruti | Good digestion | Maintain health | Gain peace

	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 षडस 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 : शरद

Sharad ritu is like a small summer. It includes the period of 22 August 2024 to 23 October 2024. Pitta accumulated during rains gets disturbed by sharp rays of Sun. Often pitta is associated by Kapha in creating disturbances.



Duration of the season may vary according to the actual natural climatic conditions of the region

- शारीर बल : Madhyam(Moderate)
- जाठराग्नी : Manda(Weak)

### Recommended food :

- रस Sweet,Bitter,Astringent food items are helpful.
- Laghu(Light),Sheeta(Cold) foods are indicated.
- rice,wheat,jau,Moong,Sugar,Mutton.
- Dairy foods like A2 milk,Butter,Ghee are recommended.
- Fruits like indian gooseberry(amla),fig,apple,raisins are advisable.
- Vegetables like snake guard(parwal),ridge guard(turai),ash guard(petha),bottle guard(lauki),pumpkin(kaddu),spinach(paalak),amaranth(chaulai) are helpful.
- sugarcane,sathi sali rice,cumin,coriander,aniseeds are recommended.

### Prohibited food :

- Flesh of aquatic and wet land animals,alcohol are prohibited.
- Over eating should be avoided.
- Foods heavy to digest and hot in potency should be avoided.
- Chilled food and drinks,Spicy,sour and salty and oily foods should be avoided.
- Asafoetida,red chillies,fenugreek seeds,garlic,onion,tamarind,sesame seed oil,mustard oil,corn,millet,split black gram,ladies fingers,brinjal,ground nuts are not indicated.

### Recommended actions :

- Swimming and other physical exercises are good to relax your body.
- Walking in the fresh and cool moon light is advised.
- Wear light and loose clothes.
- Anointing the body with the paste of chandan,ushir and kapur is welcome.
- Keep your mind pleasant.

### Prohibited actions:

- Avoid direct exposure to sun.
- Sleeping at the day time is not indicated.
- Avoid anger.

