

Nadifit

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Nadifit Wellness Center

Neubotz Technologies Pvt.Ltd RPC Layout Bengaluru 560104

Patient Information

PATIENT NAME : abcdefgh

PATIENT ID : 1400

AGE : 70 Years

HEIGHT : 5.2 FT

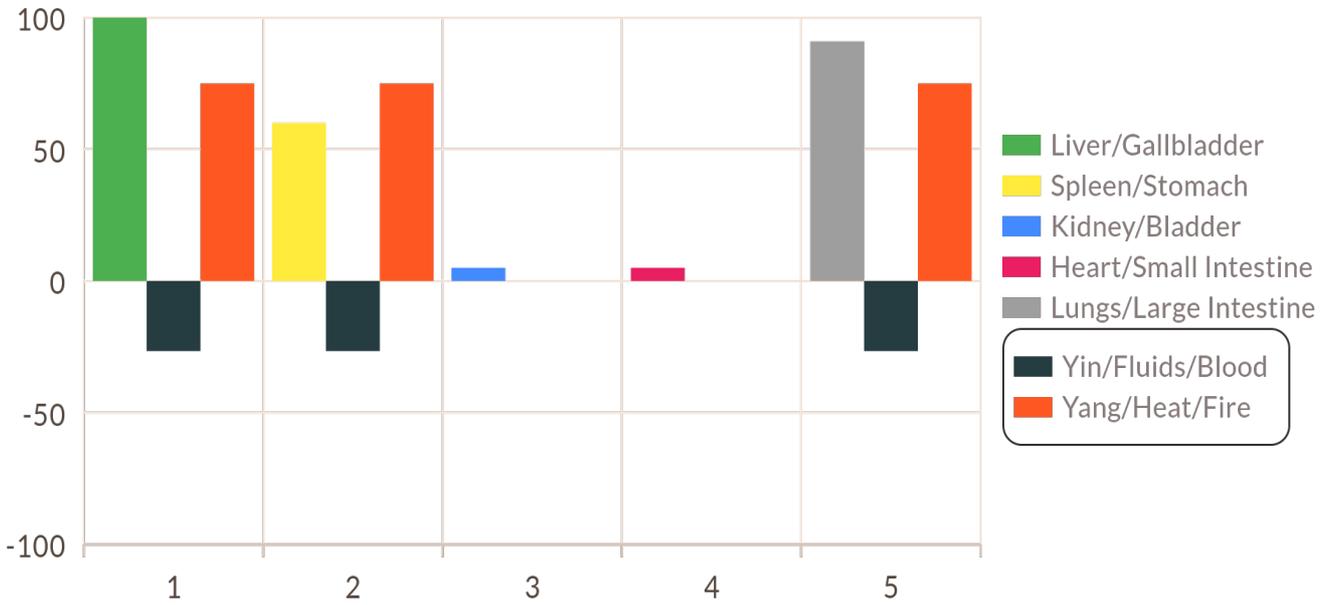
REPORT DATE : 09/09/2024

GENDER : Female

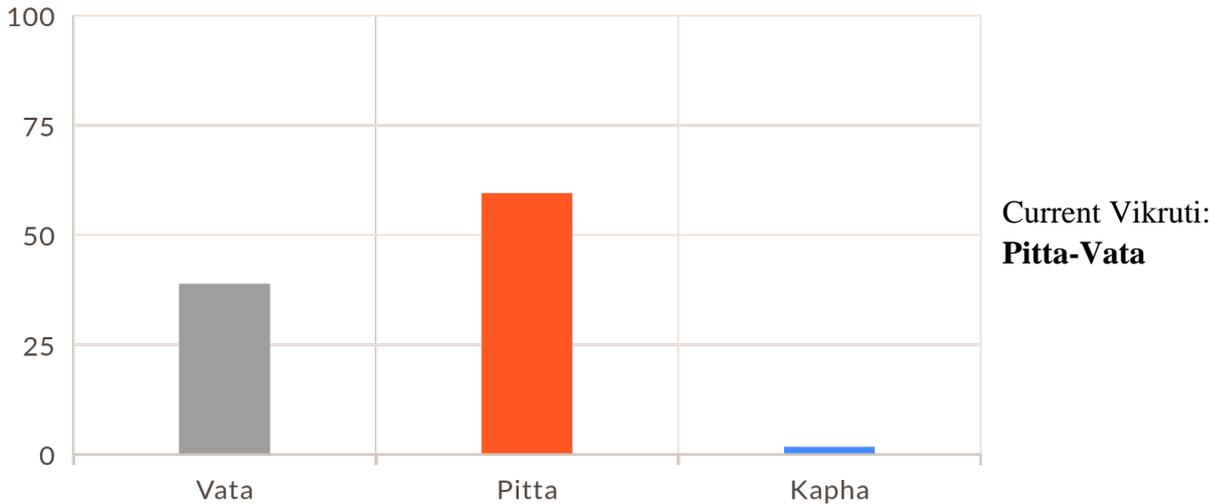
WEIGHT : 60.0 KG

REPORT TIME : 13:25

Organ Energy Levels



Vikruti Analysis



Ayurvedic Vikruti or imbalance analysis derived based on the Pulse or nadi.

You have excess of Pitta-Vata in Liver/Gallbladder, Spleen/Stomach, Lungs/Large Intestine

Predicted Diagnosis Information

- * Your stomach and Liver empty heat or fire is more. The nature of fire movement is always upwards, hence your symptoms and signs related to upper parts of the body like neck, shoulder, or elbow pain, you may also complain about cervical spondylitis and chest pain.
- * Rising liver heat, may be result red face, forehead headache, and thirst.
- * You may be feeling dizziness or your head spinning.
- * Eyes are the reflector organs of the liver, liver blood moistens eyes when normal, but due to liver fire, liver blood becomes hot and you may experience eye redness, and eye pain.
- * You may also feel more angry, aggressive, and irritable about small issues.
- * You are hyperactive which may lead to more stress.

Did you know?

- * The liver controls blood circulation, because of liver heat, more blood rushes toward the brain then the person is more prone to outbursts of anger and irritability.
- * You may also feel constipation with dry stools, this is because liver heat dries up your body fluids and you may also experience dark urination.
- * Excess liver fire may also makes your sleep disturbed, insomnia.
- * Few people may also experience nausea or vomiting sensation, because of the upward-rising of liver fire.
- * The liver is responsible for momentum. You may be suffering from ligament tears and joint pains, arthritis, osteoporosis, and osteoarthritis.

Did you know?

- * Many gynecological problems in women are due to excess or deficiency of blood in the Liver.
- * You may suffer from acidity, chest burning sensation, and eye burning sensation due to rising stomach fire.
- * You may suffer from hip joint pain, knee pain and foot burning sensation.
- * Due to stomach heat, you may be feeling more thirst, gum bleeding, mouth ulcers, constipation and dry tongue since Heat in the Stomach burns the fluids.
- * You may suffer from hair fall and hair thinning.
- * Your hunger may be more since stomach heat is more.
- * You may suffer from bad breath, dry mouth and mouth ulcers.
- * You may also experiencing lung empty heat, Due to this your body fluids are also reducing, hence you may feel a dry cough, weak/hoarse voice, dry throat, night sweating, and losing weight.
- * You may be also suffering from skin itching, skin allergies, and skin problems.
- * You may be also suffering from scanty urination with urine burning sensation.
- * You may be also suffering from right-hand pain since the lung meridian moves along the right hand

Did you know?

- * Excess Stomach fire may also leads to diabetic.

Female

- * You may be experiencing heavy flow during periods. This is because one of the important roles of the Liver in our body is it stores blood. If it stores blood normally then menstruation will be normal but due to liver heat, it stores more blood leading to more flow during periods.

Wellness Analysis

Elimination Analysis

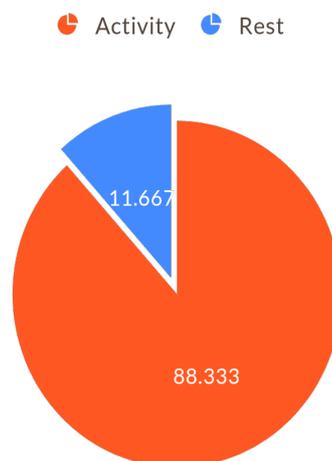
Elimination refers to your body's capability to expel waste and toxins. It's essential for maintaining good health that the food broken down in your cells is efficiently removed. When the body becomes excessively dry or overheated, elimination can become difficult. Conversely, if the body retains too much water or fluid, elimination may become unregulated.



Hard to eliminate >40
 Normal 20-40
 Soft elimination <20

Rest (Sleep) /Activity (Work) Analysis

Rest and activity are vital aspects of your mind and body's well-being. It's essential to strike a balance between them for optimal rejuvenation. When your rest and activity levels are in harmony (50% each in the chart), it helps rejuvenates your body's cells. However, excessive activity can lead to stress and exhaustion, while too much rest can result in feelings of laziness, lethargy, or stagnation.



Note: Rest/Activity graph refers to both mind and body. Many people physically may taking good rest/sleep but mentally they are overactive.

Diet and Lifestyle Recommendations

Diet Recommendations

Do's

- * Take all green leafy foods like lettuce, broccoli, cabbage, spinach, cauliflower etc.
- * Take orange, watermelon and carrot juice.
- * Take milk (Desi cow, curd, buffalo milk), butter milk (especially afternoon).
- * Take Ragi, Rice, barley, sprouts etc.
- * Take fruits and vegetables which cools your body like pumpkin, cucumber and seasonal foods. Since body fluids are low, take foods enrich in water content
- * Fruits and vegetables which are red in color nourish the blood, hence take beetroot and pomegranate.
- * Spleen and Stomach time especially arrives at morning 7:00 a.m. to 9 a.m. If you take fruits and vegetables on this time you can reduce the heat.
- * Being peacefulness and physical mind leads to calm down stomach yang and that reduces the empty heat in the stomach.

Dont's

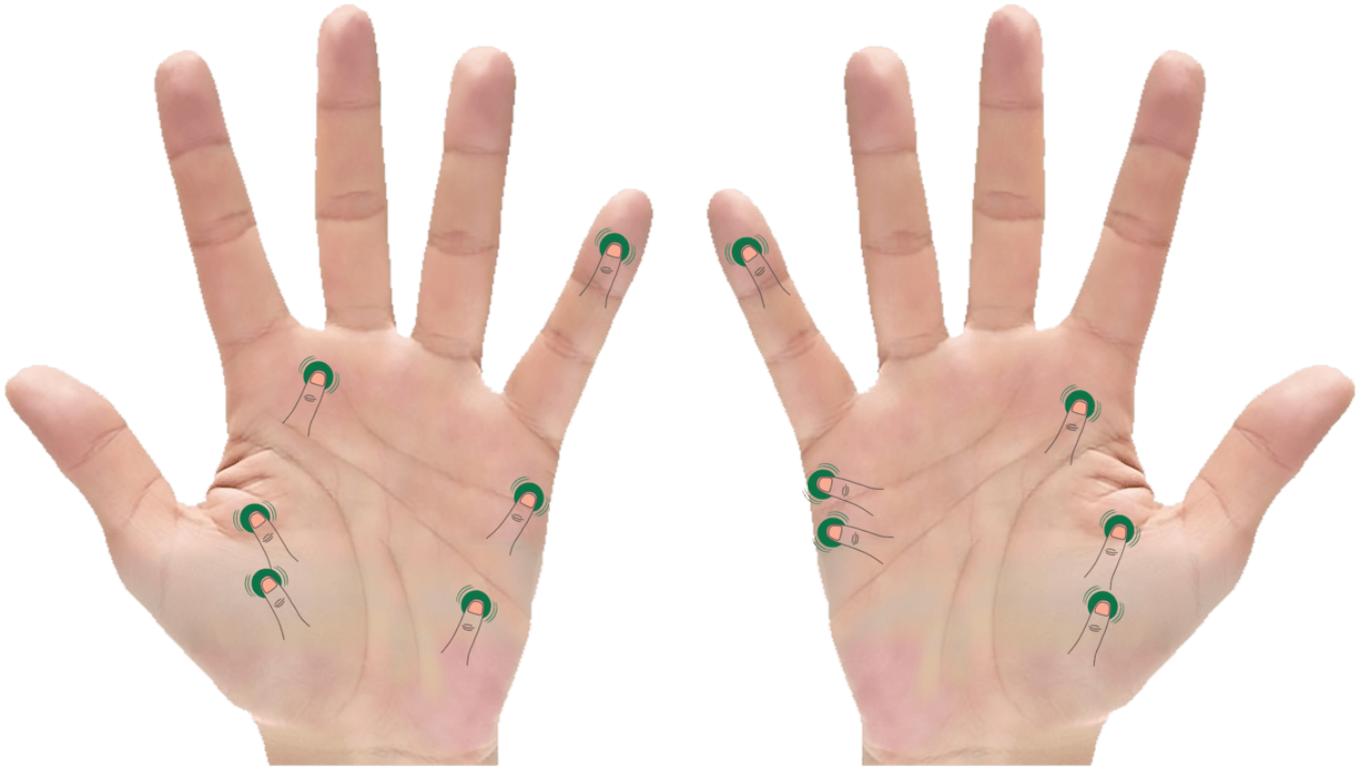
- * Avoid citrus and sour foods like lemon, tamarind.
- * Avoid spicy foods like chilies, garlic, onions, ginger, cinnamon, pepper, cloves etc.
- * Avoid hybrid grains, Peanuts, hybrid wheat, chicken, fish, egg yolk, prawns and other red meat.
- * Avoid all fried foods, processed foods, foods containing artificial coloring and preservatives.
- * Avoid alcohol, Tea/Coffee, smoking.
- * Since body fluids are low, avoid foods which are dry in nature.

Lifestyle Corrections

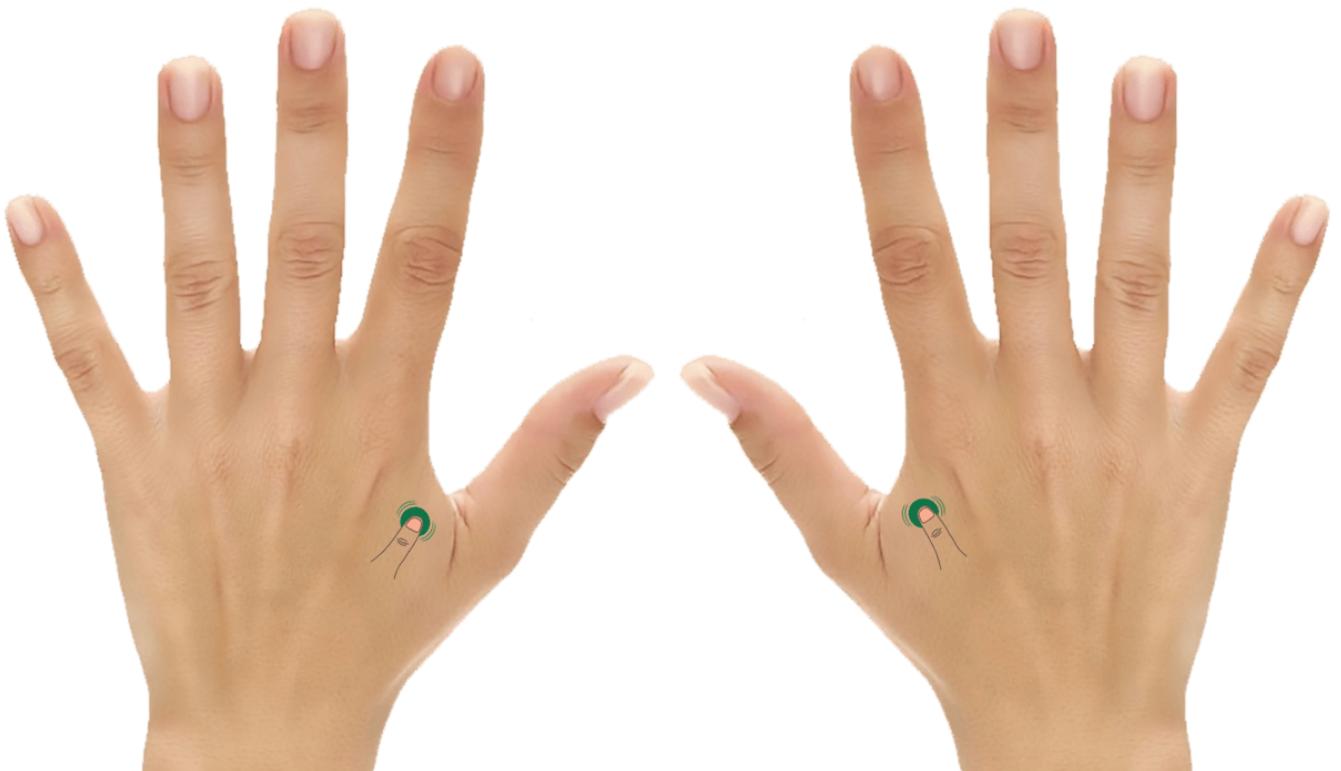
- * Try to control your emotions such as anger, irritation, frustration, jealous etc.
- * Do meditation, listen to pleasant music, forgive and forget, relax, have patience, think before taking any decision, don't be sad, depressed and do what you like and be happy.
- * Wakeup early morning. Do some moderate physical activities, follow diet suggestions, Yoga, breathing exercises, walking (but don't do overdo it and exhaust yourself, because excess physical activity also rises liver fire).
- * Don't sit or lying on bed with poor/wrong postures for long hours.

Accupressure Reflexology Points

Frontal Side



Dorsal Side



Note: Press 20 times the marked points on both hands.

Important Disclaimers

* **Not a Substitute for Medical Advice:** The recommendations and information within the report are not intended to replace professional medical advice offered by a qualified physician. It emphasizes the importance of consulting a healthcare professional for any medical concerns or conditions.

* **Avoid Self-Diagnosis:** It warns against self-diagnosing based solely on the information provided in the report. Instead, it encourages individuals to seek guidance from a physician or healthcare specialist who can provide a thorough evaluation and diagnosis.

* **Accuracy and Device Usage:** The accuracy of the analysis depends on the accuracy of the medical information provided by the patient and the proper usage of the device used to capture the Nadi patterns. This suggests that any inaccuracies in the data or misuse of the device could affect the reliability of the analysis.

* **Limitations of Reports:** Acknowledges that all reports, including this one, have limitations. It emphasizes the importance of correlating the information provided in the report with other relevant tests and clinical signs or symptoms. This underscores the need for a comprehensive approach to diagnosis and treatment.

* **Practitioner's Expertise:** Encourages practitioners to rely on their own experience and knowledge of the patient for a complete diagnosis. This implies that while the report may provide valuable insights, it is not a substitute for the expertise and judgment of the healthcare provider.

* **Clinical Correlation:** Results from the Nadi test should be interpreted with clinical data. It is important to correlate clinically and communicate with a specialist or doctor for any queries.

* **Follow-up:** A follow-up report is necessary after a certain period to ensure the effectiveness of the treatment and therapy. Patients are advised to connect with their specialist or Doctor and schedule a follow-up appointment.