

Dr. V Simha

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Ayurveda Wellness Center

#17, Vijayanagar, 7th phase, Bengaluru, Karnataka - 560040,

Patient Information

PATIENT NAME : Ajay

PATIENT ID : 2106

AGE : 34 Years

HEIGHT : 155 cm

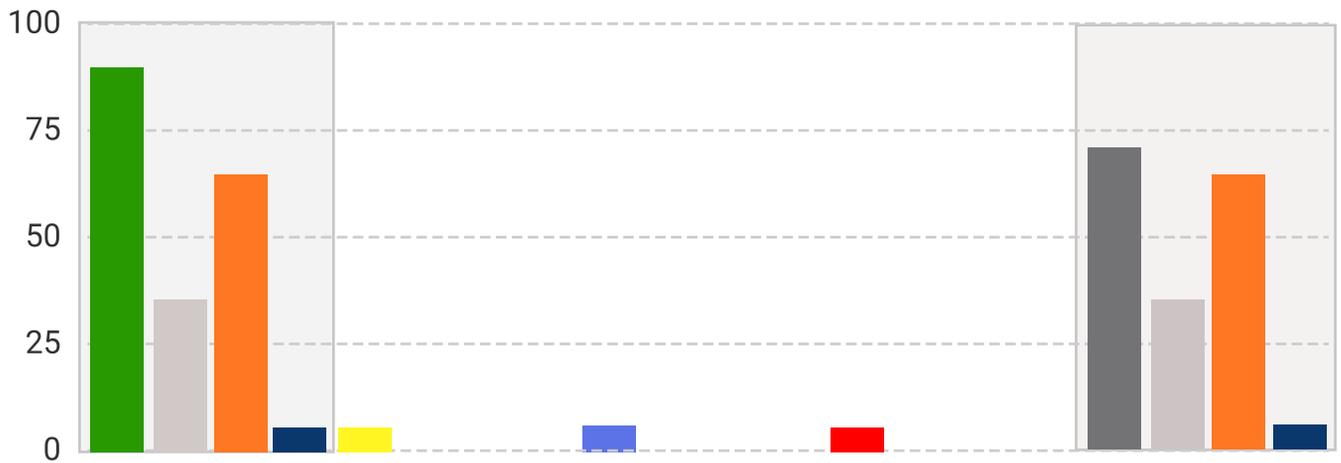
REPORT DATE : 23/06/2023

GENDER : Male

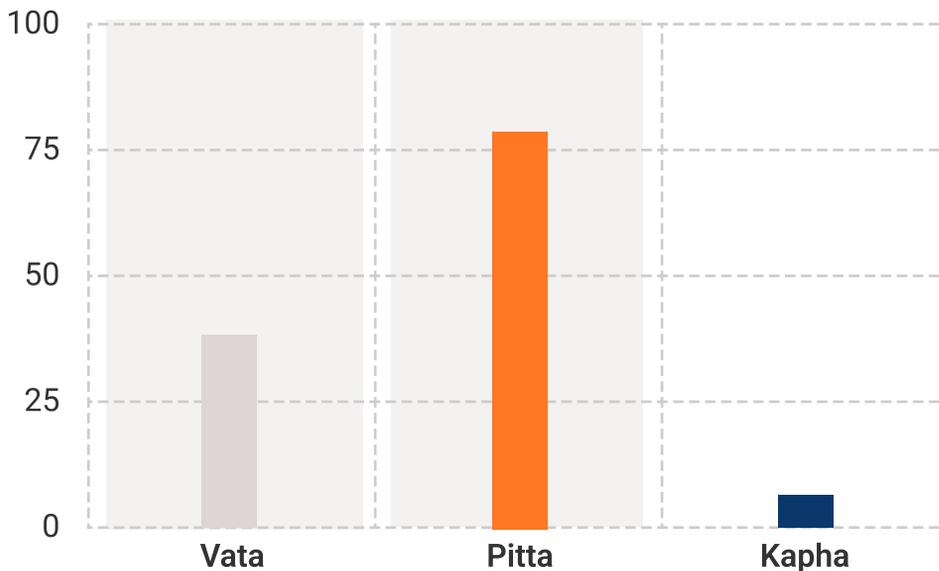
WEIGHT : 90 kg

REPORT TIME : 01:27 PM

Panchabhoota Organ Pulse Analysis



Vikruti Analysis



- Liver/Gallbladder
- Spleen/Stomach
- Kidney/Bladder
- Heart/Small Intestine
- Lungs/Large Intestine
- Vata/Air/Dryness
- Pitta/Fire/Heat
- Kapha/Water/Cold

Current Vikruti:
Pitta-Vata

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

Note: Consider analyzing those dosha elements that are above a threshold of 25, whether individually or in combination, for a comprehensive analysis.

Predicted Diagnosis Information

- You may be experiencing an increase in Pitta Dosha in the Liver (Yakrit), causing heat to rise in the body. Since Pitta has a tendency to move upwards, your symptoms may manifest in the upper parts of the body, such as neck, shoulder, or elbow pain, and you may also experience cervical spondylitis and chest pain.
- You may feel hyperactive, which can increase stress.
- The rising Pitta in the Liver may cause a red face, forehead headaches, and thirst.
- You may experience more anger, aggression, and irritability over small issues, which are signs of Pitta imbalance.
- Your eyes reflect the health of the Liver (Yakrit). Normally, Rakta Dhatu (blood) nourishes the eyes, but due to excess heat, you may experience eye redness and pain.
- You may also suffer from hair fall, which can be related to excess Pitta and Rakta Dhatu depletion.
- You may feel thirsty and have a bitter taste in the mouth, both signs of excess Pitta.
- Excess Pitta in the Liver may disturb your sleep, leading to insomnia.
- You may experience constipation with dry stools as the Pitta dries out body fluids, and you may also have dark-colored urine.
- The Liver is responsible for movement and nourishment of ligaments and joints. You may suffer from ligament tears, joint pain, arthritis, osteoporosis, or osteoarthritis.
- If Rakta Dhatu (blood) is deficient due to excess Pitta, you may experience tingling sensations, numbness, brittle nails, dry skin, and dry hair.
- You may also experience lung heat (Pranavaha Srotas imbalance), leading to symptoms such as dry cough, a weak or hoarse voice, dry throat, night sweats, and unintentional weight loss.
- You may also have issues with skin itching, allergies, or other skin problems.

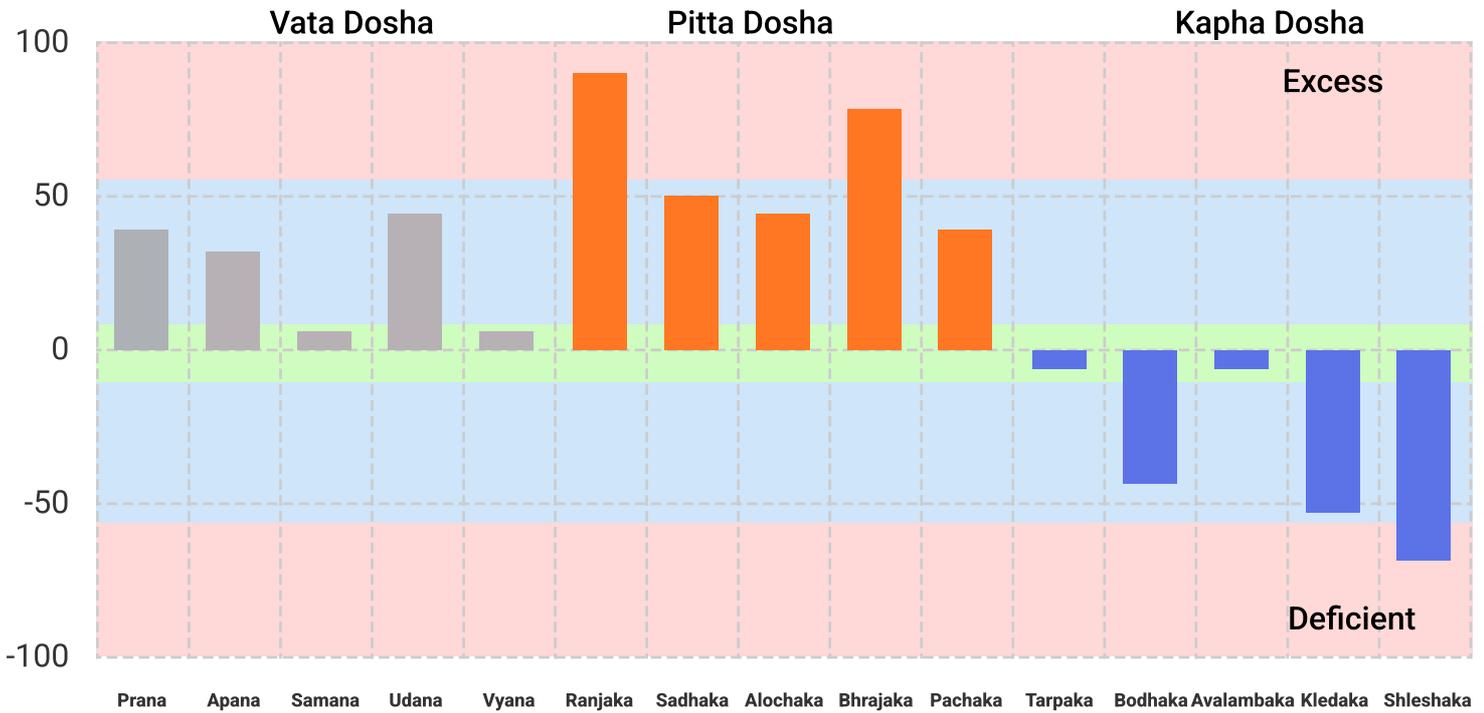
Did you know?

Excess Pitta in the Liver can lead to hyperthyroidism.

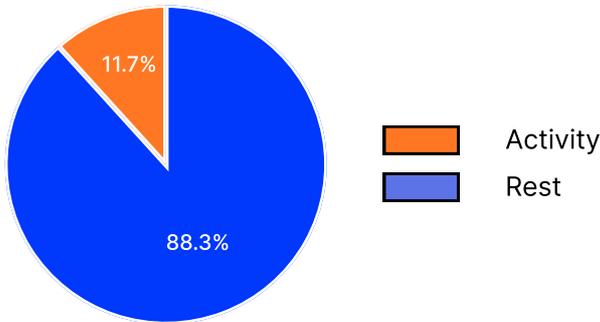
Did you know?

Many gynecological issues in women arise from either excess or deficiency of Rakta Dhatu in the Liver (Yakrit).

Sub Dosha Analysis



Rest (Vishranti) /Activity (Vyayama) Analysis



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

In Ayurveda, Vyayama (activity) and Vishranti (rest) are essential aspects for maintaining Shariric (bodily) and Manasic (mental) balance. Achieving a harmonious state between these two is vital for Ojas (vital energy) and overall well-being. When Vyayama and Vishranti are balanced, each contributing 50%, the body and mind experience optimal rejuvenation, allowing the Dhatus (tissues) to regenerate and function effectively.

However, excessive Vyayama can aggravate Vata and Pitta doshas, leading to stress, exhaustion, and depletion of Ojas. On the other hand, too much Vishranti can increase Kapha, causing laziness, lethargy, and Ama stagnation in the body and mind. Therefore, maintaining a balanced rhythm between Vyayama and Vishranti is crucial for maintaining the equilibrium of the Doshas and promoting overall health and vitality.

Diet and Lifestyle Recommendations

Do's

- * Take all green leafy foods like lettuce, broccoli, cabbage, spinach, cauliflower etc.
- * Take vegetables which cools your body like cucumber, Dandelion, Tomato, carrot, Eggplant and Asparagus.
- * Take fruits like Bananas, orange, watermelon, Grapefruits (sweet), Kiwi, Mango, Raspberry, Strawberry, Tangerine and apple (sweet).

Did you know?

* Drinking Sweet Basil seeds juice at early in the morning provides cooling effect on the body.

* Take milk (Desi cow, curd, and buffalo milk), butter milk (unsalted, especially afternoon) and Yogurt.

* Take Ragi, Rice, barley, sprouts, tofu, mung beans etc.

* Since Rasa Dhatus (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.

* Take foods which are having taste flavor like Sourcool, sourcold, bittercool and bittercold.

Dont's

* Avoid over intake of citrus and sour foods like lemon, tamarind. (Because excess sour flavors damage muscles and sinews).

* Avoid hot, warm and spicy foods like chillies, garlic, onions, ginger, cinnamon, pepper, cloves, acrid spices etc. (Because hot and spicy foods increases the body heat).

* Avoid hybrid grains, hybrid wheat, oats, and peanut.

Did you know?

* Raw Wheat and raw eggs are cooling in nature. But Wheat flour and boiled egg (especially egg yolk) can cause heat symptoms if eaten in excess.

* Avoid chicken, cooked egg yolk, prawns, Goat meat and other red meat.

* Avoid all fried foods, processed foods, foods containing artificial coloring and preservatives.

* Avoid alcohol, red wine, Tea/Coffee, black Tea, yogi tea (chai), smoking. Since body fluids are low, avoid foods which are dry in nature.

* Avoid foods which are having taste flavor like Bitterhot, bitterwarm, acridwarm, acridhot, saltyhot, and sourhot.

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, dont be sad, depressed and do what you like and be happy.