

**Nadifit**

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**Nadifit Wellness Center**

Neubotz Technologies Pvt.Ltd RPC Layout Bengaluru 560104

**Patient Information**

PATIENT NAME : Priyanka Naik

PATIENT ID : 883

AGE : 29 Years

HEIGHT : 5.2 FT

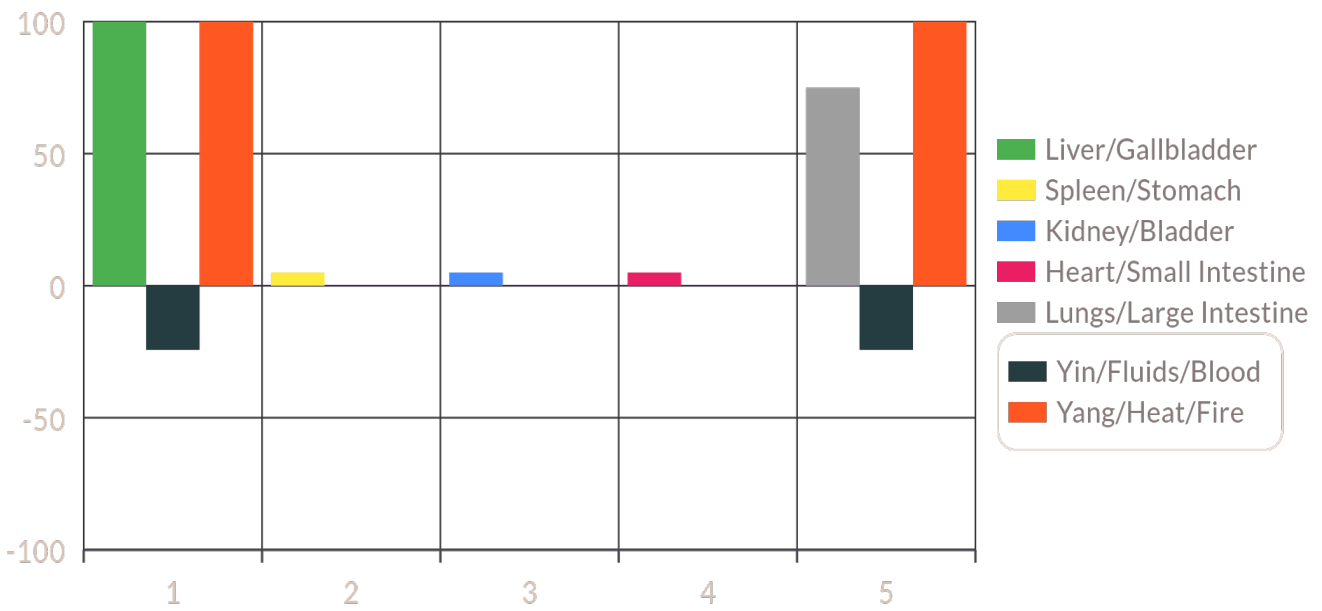
REPORT DATE : 22/06/2024

GENDER : Female

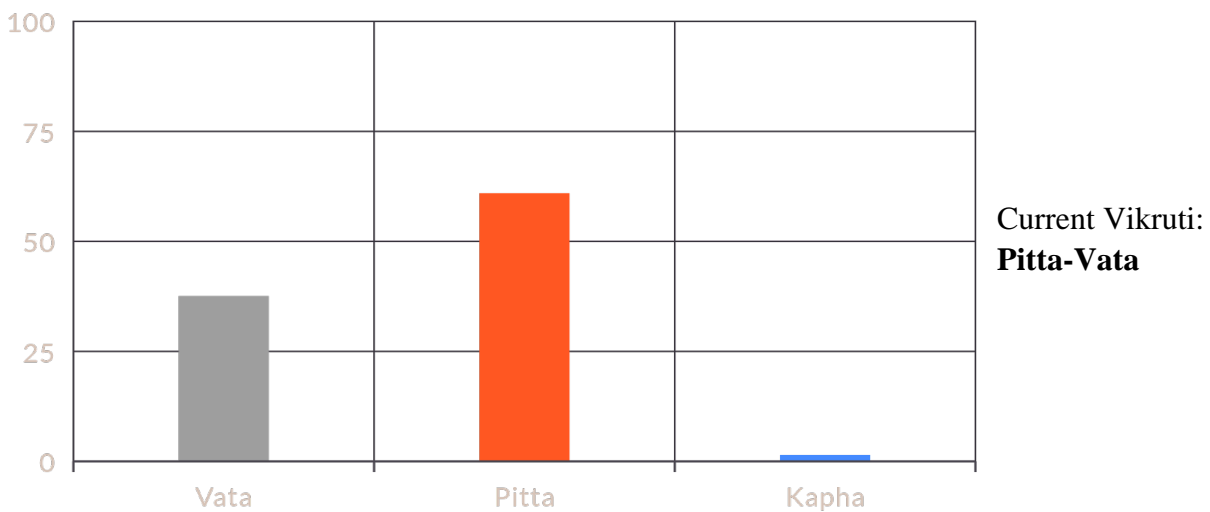
WEIGHT : 52.0 KG

REPORT TIME : 18:56

**Organ Energy Levels**



**Vikruti Analysis**



**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

- \* Your Liver heat or Liver fire is rising. 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.
- \* You are hyperactive which may lead to more stress.
- \* Rising liver heat, may be result red face, forehead headache, and thirst.
- \* You may also feel more angry, aggressive, and irritable about small issues.
- \* 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 suffering from hair fall.
- \* You may be feeling dizziness or your head spinning.
- \* You may feel thirsty and bitter taste in the mouth.
- \* You may also suffer from neck stiffness, stiff shoulder and upper back stiffness.
- \* Excess liver fire may also makes your sleep disturbed, insomnia.
- \* 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,
- \* The liver is responsible for momentum. You may be suffering from ligament tears and joint pains, arthritis, osteoporosis, and osteoarthritis.
- \* You may be experiencing tingling sensation in limbs, numbness, brittle nails, dry skin, and dry hair if you suffering from blood deficiency due to liver fire blazing.
- \* 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 liver fire may also leads to hyper thyroid.

Did you know?

- \* Many people suffers from cold, cough thick, hard and yellow mucus and unable to clear mucus/phlegm, this is due to when liver fire attacks lungs which brews fluids result in dried, thick phlegm/mucus.

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.

- \* Excess of blood deficiency may also leads to rise in liver fire. Blood deficiency occurs more in women than men since women suffers blood loss during child birth, menstruation over bleeding etc.

Did you know?

- \* Many gynecological problems in women are due to excess or deficiency of blood in the Liver.

## 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.

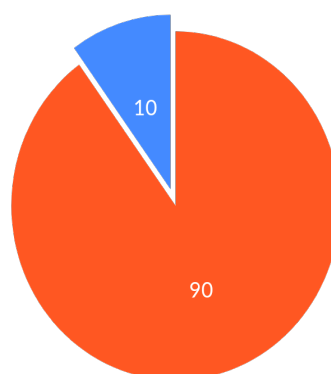


Hard to eliminate >40  
 Normal 20-40  
 Soft elimination <20

### 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.

Activity Rest



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

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## Diet and Lifestyle Recommendations

### Diet 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 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.
- \* Take foods which are having taste flavor like Sour cool, sour cold, bitter cool and bitter cold.

#### 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 chilies, 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 Bitter hot, bitter warm, acrid warm, acrid hot, salty hot, and sour hot.

### 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.

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## 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.