



Ayurvedic Health Assessment Report

Report Generated: February 14, 2026 at 12:09 AM

Patient Name: Aditya Sharad Londhe

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Executive Summary

Based on comprehensive AI-powered analysis of pulse, tongue, and symptoms, your primary dosha is **VATA** with **severe** level of imbalance. The AI system has **76.5% confidence** in this assessment. This report provides personalized recommendations to restore balance and improve your health.

Patient: Aditya Sharad Londhe, Age: 19, Gender: male

Dosha Analysis

Dosha	Percentage	Status
Vata	71.8%	Imbalanced
Pitta	0.0%	Imbalanced
Kapha	28.2%	Imbalanced

Analysis: Based on the analysis, you have a severe vata dosha imbalance. This indicates that the vata energy in your body is predominant, which may lead to specific health concerns. The recommendations focus on balancing vata through diet, lifestyle, and herbal interventions.

Pulse Analysis (Nadi Pariksha)

Gati (Movement): sarpa_gati

Speed: fast

Force: weak

Rhythm: irregular

Interpretation:

The pulse exhibits Vata characteristics - light, quick, and irregular like the movement of a serpent. This suggests creative energy, adaptability, and variable physiological rhythms. When balanced, Vata promotes creativity and movement; when imbalanced, it may lead to anxiety or irregularity. With secondary influence of Pitta: Creative energy with metabolic intensity Irregular rhythm suggests adaptability and responsiveness.

Ayurvedic Insights:

- Variable rhythm reflects Vata's mobile nature

AI Predictions:

Vata: 99.4%

Pitta: 0.0%

Kapha: 0.0%

Balanced: 0.6%

Tongue Analysis (Jihva Pariksha)

Tongue features not available

Symptom Analysis

No symptoms reported

AI Fusion Analysis

Our advanced AI system combines multiple diagnostic methods with weighted analysis:

- Tongue: 50%
- Pulse: 30%
- Symptoms: 20%

Individual Modality Predictions:

Pulse:

Vata: 99.4%

Pitta: 0.0%

Kapha: 0.0%

Tongue:

Vata: 63.6%

Pitta: 0.0%

Kapha: 36.4%

Symptoms:

Vata: 50.0%

Pitta: 0.0%

Kapha: 50.0%

Personalized Recommendations

Dietary Guidelines:

- Eat warm, cooked foods
- Include healthy fats like ghee and sesame oil
- Avoid cold, raw foods
- Eat regular meals at consistent times
- Include sweet, sour, and salty tastes

Lifestyle Modifications:

- Maintain regular sleep schedule
- Practice gentle, grounding exercises
- Keep warm and avoid cold environments
- Practice meditation and deep breathing
- Establish daily routines

Yoga & Exercise:

- Gentle, slow-paced yoga
- Sun salutations (slow)
- Forward bends
- Restorative poses

Ayurvedic Home Remedies

Warm Sesame Oil Massage (Abhyanga)

Ingredients:

- Sesame oil (100ml)
- Optional: 2-3 drops lavender essential oil

Preparation: Warm the sesame oil slightly (not hot). Add essential oil if desired.

Usage: Massage entire body before bath, leave for 15-20 minutes. Do daily or 3-4 times per week.

Benefits: Calms nervous system, improves circulation, reduces dryness and anxiety

Ginger-Cinnamon Tea

Ingredients:

- Fresh ginger (1 inch, grated)
- Cinnamon stick (1)
- Water (2 cups)
- Honey (1 tsp)

Preparation: Boil water with ginger and cinnamon for 10 minutes. Strain and add honey when warm (not hot).

Usage: Drink 2-3 times daily, especially morning and evening

Benefits: Improves digestion, warms body, reduces gas and bloating

Ashwagandha Milk

Ingredients:

- Ashwagandha powder (1/2 tsp)
- Warm milk (1 cup)
- Honey or jaggery (1 tsp)
- Cardamom powder (pinch)

Preparation: Mix ashwagandha powder in warm milk. Add honey/jaggery and cardamom. Stir well.

Usage: Drink before bedtime

Benefits: Reduces stress and anxiety, improves sleep, strengthens nervous system

Triphala Powder

Ingredients:

- Triphala powder (1/2 tsp)
- Warm water (1 cup)

Preparation: Mix triphala powder in warm water. Let it sit for 5 minutes.

Usage: Drink before bedtime on empty stomach

Benefits: Regulates digestion, cleanses colon, balances all doshas

Warm Spiced Milk with Nutmeg

Ingredients:

- Milk (1 cup)
- Nutmeg powder (1/4 tsp)
- Cardamom (pinch)
- Saffron (2-3 strands)

Preparation: Warm milk, add spices. Simmer for 2-3 minutes. Strain if needed.

Usage: Drink 30 minutes before sleep

Benefits: Promotes deep sleep, calms mind, nourishes nervous system

Important Disclaimer

This report is generated by AayurAI's artificial intelligence system and is intended for informational and educational purposes only. It should not be considered as medical advice, diagnosis, or treatment. Always consult with a qualified healthcare professional or certified Ayurvedic practitioner before making any changes to your health regimen. The recommendations provided are based on traditional Ayurvedic principles and AI analysis, but individual results may vary. If you have any medical conditions or concerns, please seek professional medical attention.