



## Ayurvedic Health Assessment Report

**Report Generated:** February 13, 2026 at 10:58 PM

**Patient Name:** Aditya Sharad Londhe

**Email:** londheadi123@gmail.com

## Executive Summary

Based on comprehensive AI-powered analysis of pulse, tongue, and symptoms, your primary dosha is **VATA** with **moderate** level of imbalance. The AI system has **68.4% 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	52.4%	Imbalanced
Pitta	28.6%	Imbalanced
Kapha	19.0%	Imbalanced

**Analysis:** Your Vata dosha shows moderate imbalance. Dosha distribution: Vata: 52.4%, Pitta: 28.6%, Kapha: 19.0%

## Tongue Analysis (Jihva Pariksha)

Tongue features not available

## Symptom Analysis

No symptoms reported

## Personalized Recommendations

### Dietary Guidelines:

- Eat warm, cooked foods
- Include healthy fats like ghee
- Avoid cold, raw foods
- Eat at regular times
- Eat easily digestible foods

### Lifestyle Modifications:

- Maintain regular sleep schedule
- Practice gentle exercises
- Keep warm
- Establish routines
- Balance work and personal life

## 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.