



## Ayurvedic Health Assessment Report

**Report Generated:** February 10, 2026 at 11:02 PM

**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 **mild** level of imbalance. The AI system has **82.6% confidence** in this assessment. This report provides personalized recommendations to restore balance and improve your health.

**Patient:** Ajinkya Sharad Londhe, Age: 19, Gender: male

## Dosha Analysis

Dosha	Percentage	Status
Vata	41.5%	Imbalanced
Pitta	34.4%	Balanced
Kapha	24.0%	Imbalanced

**Analysis:** Based on the analysis, you have a mild 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):** manduka\_gati

**Speed:** moderate

**Force:** strong

**Rhythm:** regular

### **Interpretation:**

The pulse shows Pitta qualities - sharp, strong, and penetrating like the leap of a frog. This indicates metabolic intensity, transformation, and thermal regulation. Balanced Pitta supports digestion and intellect; imbalanced it may create excess heat or inflammation.

### **AI Predictions:**

Vata: 1.5%

Pitta: 98.4%

Kapha: 0.0%

Balanced: 0.0%

## **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: 40%
- Pulse: 35%
- Symptoms: 25%

### **Individual Modality Predictions:**

#### **Pulse:**

Vata: 1.5%

Pitta: 98.4%

Kapha: 0.0%

#### **Tongue:**

Vata: 40.0%

Pitta: 0.0%

Kapha: 60.0%

#### Symptoms:

Vata: 100.0%

Pitta: 0.0%

Kapha: 0.0%

## 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
- Practice calming pranayama

## 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

## 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.