



Ayurvedic Health Assessment Report

Report Generated: February 14, 2026 at 12:08 AM

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 **PITTA** with **mild** level of imbalance. The AI system has **82.7% 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 | 34.6% | Balanced |
| Pitta | 43.1% | Imbalanced |
| Kapha | 22.2% | Imbalanced |

Analysis: Based on the analysis, you have a mild pitta dosha imbalance. This indicates that the pitta energy in your body is predominant, which may lead to specific health concerns. The recommendations focus on balancing pitta 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. The elevated heart rate suggests increased metabolic activity. Irregular rhythm suggests adaptability and responsiveness.

Ayurvedic Insights:

- Elevated pulse suggests increased Agni (digestive fire)
- Variable rhythm reflects Vata's mobile nature

AI Predictions:

Vata: 98.9%

Pitta: 1.1%

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: 98.9%

Pitta: 1.1%

Kapha: 0.0%

Tongue:

Vata: 0.0%

Pitta: 44.4%

Kapha: 55.6%

Symptoms:

Vata: 0.0%

Pitta: 100.0%

Kapha: 0.0%

Personalized Recommendations

Dietary Guidelines:

- Eat cooling foods
- Avoid spicy, hot, and acidic foods
- Include sweet, bitter, and astringent tastes
- Drink plenty of cool water
- Eat fresh fruits and vegetables

Lifestyle Modifications:

- Avoid excessive heat and sun
- Practice cooling breathing exercises
- Maintain work-life balance
- Avoid competitive activities when stressed
- Take breaks during intense work

Yoga & Exercise:

- Moderate-paced yoga
- Moon salutations
- Twisting poses
- Cooling pranayama

Ayurvedic Home Remedies

Coconut Water with Mint

Ingredients:

- Fresh coconut water (1 cup)
- Fresh mint leaves (5-6)
- Lime juice (1/2 tsp)

Preparation: Mix coconut water with crushed mint leaves and lime juice. Chill if desired.

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

Benefits: Cools body, reduces acidity, hydrates, calms inflammation

Aloe Vera Juice

Ingredients:

- Fresh aloe vera gel (2 tbsp)
- Water (1 cup)
- Honey (1 tsp, optional)

Preparation: Blend aloe gel with water. Add honey if desired. Strain if needed.

Usage: Drink on empty stomach in morning

Benefits: Cools digestive system, reduces acidity, anti-inflammatory

Coriander Seed Water

Ingredients:

- Coriander seeds (1 tbsp)
- Water (2 cups)

Preparation: Soak coriander seeds in water overnight. Strain in morning.

Usage: Drink throughout the day

Benefits: Cooling, reduces burning sensation, improves digestion

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.