

# AYURVEDIC PRESCRIPTION

## PATIENT DETAILS

Name: Ganesh

Age: 25

## DIAGNOSIS

Reported Symptoms:

cold

## PRESCRIPTION

**Hindi Name:** Tamalpatra

**English Name:** Cinnamon Leaf

**Botanical Name:** Cinnamomum tamala

Nees

**Remedy:** Add Tamalpatra to curries and soups for its digestive and respiratory benefits.



## EMOTION ANALYSIS

Detected Emotion: Fear

Health Tip: Ashwagandha and meditation may help with anxiety.

*Note: This prescription is based on Ayurvedic principles. Consult a qualified practitioner before use.*