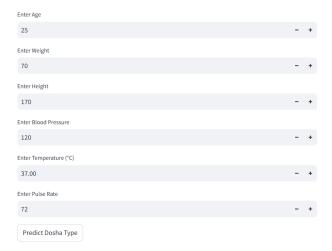
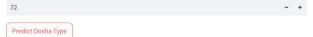
## **Dosha Type Prediction and Recommendation**



Deploy :



Predicted Dosha Type: Kapha-Pitta

Recommendation: Balance your fiery nature with cooling, yet stimulating activities. Avoid heavy foods and stress.

Recommended Yoga Pose: Warrior Pose (Virabhadrasana)



Warrior Pose (Virabhadrasana) Image

## **Dosha Type Prediction and Recommendation**

Enter Age		
31	-	+
Enter Weight		
63	-	+
Enter Height		
168	-	+
Enter Blood Pressure		
116	-	+
Enter Temperature (°C)		
37.15	-	+
Enter Pulse Rate		
67	-	+
Predict Dosha Type		

Predict Dosha Type

Predicted Dosha Type: Vata-Pitta

**Recommendation:** Ensure you stay balanced with a mix of calming and cooling practices. Yoga and cooling foods work well for you.



Seated Forward Bend (Paschimottanasana) Image