

Dosha Type Prediction and Recommendation

Enter Age

25

- +

Enter Weight

70

- +

Enter Height

170

- +

Enter Blood Pressure

120

- +

Enter Temperature (°C)

37.00

- +

Enter Pulse Rate

72

- +

Predict Dosha Type

72

- +

Predict Dosha Type

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.

Recommended Yoga Pose: Seated Forward Bend (Paschimottanasana)



Seated Forward Bend (Paschimottanasana) Image