

ANS-Explorer SERVER

Short-term HRV analysis report

calculated on 21.06.2021, 11:54:19

Patient information

Name / ID: 8C051136-94A7-46CC-8EAD-DA5DB7A581D7

Prenome:

Gender: male

Age at ECG recording: 36

This analysis is created by

Hridayin MobiHealth LLP.

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State of the autonomic nervous system

Heart rhythm diagram

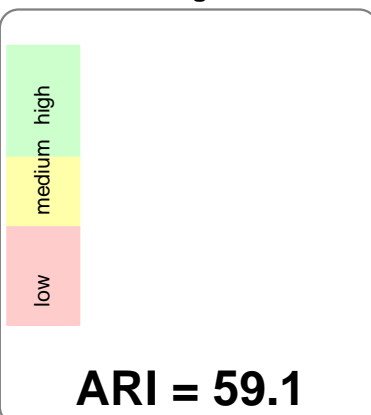
Results

- * Good autonomous nervous regulation ability in moderate sympathetic activation dominance (Zone A/IV).
- * High adaptability of the ANS in changing environmental requirements.
- * Activation level and emotional tension are increased.
- * Good psychic load capacity and physical stress resistance in spite of increased activation level.

Risks

- * The risk of autonomous nervous or stress related dysfunctions are slightly increased because of the sympathetic activation level.

Autonomic Regulation Index



HRV parameter / Rank in statistic comparison group (n=11507)

Parameter	Value	Percentile	0	25	50	75	100
HR[bpm]	73.44	60.09			*		
SDRR[ms]	61.93	55.89			*		
RMSSD[ms]	23.18	39.67		*			
TP[ms] $\frac{1}{2}$	2661.7	62.16			*		
VLF[ms] $\frac{1}{2}$	1727.877	70.50				*	
LF[ms] $\frac{1}{2}$	805.201	59.70			*		
HF[ms] $\frac{1}{2}$	128.672	38.94		*			
LF/HF	6.258	58.56			*		
ln(LF/HF)	1.834	74.11				*	
AR-Index	59.08	63.52			*		

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Individual recommendations

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Analysemodul: NEUROCOR ANS-Explorer V3.8.16

Recommendations to improve your health (Zone A/IV)

Zone A/IV: Laboratory analyses

Your autonomic nervous system has a good regulation capacity. Therefore the slightly increased sympathetic activation is no problem. No further laboratory analyses are required.

Movement recommendation

Regular exercise promotes and stabilizes your autonomic regulation ability. It will also contribute to a balanced sympathetic-parasympathetic activation. Heart, other organs and muscles are activated by sportive exercises and the body releases among others endorphins, leading to a general improvement in well-being.

In addition, movement makes the lipid metabolism run strengthened; thereby reducing among others, the cholesterol and the immune system increasingly produces immune cells. Regular exercise is thus active care for the whole body and especially for the cardiovascular system.

We recommend regular endurance training in a relaxed atmosphere. Suitable for this purpose is, for example, forest run.

Further recommendations

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