

Prajna Path Report

Your Personalized Prajna Path Journey

Name: zxc

Age: 23

Profession: Other

Date: 2026-01-05

Obsessive-Compulsive (OCD)

2. Exercise

Walk daily for 30–40 minutes

Practice yoga and pranayama:

Anulom–Vilom

Bhramari

Light Kapalbhati

Gentle stretching relaxes the mind and body

Food Habits

Green vegetables and fruits

Pulses and lentils

Nuts like almonds and walnuts

Omega-3 foods (flaxseed, walnuts) are good for the brain

Reduce tea and coffee

Avoid junk and processed food

Drink enough water

Daily Routine

Do not fight the thoughts

Tell yourself: "These are just thoughts, not reality"

ADHD

General

Journal for 5–10 minutes daily

Disclaimer: This report is for informational purposes only and does not replace professional medical advice.

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Practice mindfulness or meditation for 10 minutes

Stress & Burnout

Social Activities

Talking openly with family and close friends helps reduce emotional burden and fear. Participating in group activities provides a sense of belonging and emotional safety. Joining support groups allows individuals to share experiences and feel understood.

General

Omega-3 rich foods improve mental clarity and emotional stability.

Post-Traumatic Stress (PTSD)

General

Reducing isolation through healthy social interaction improves emotional stability.

Generalized Anxiety (GAD)

General

Drinking enough water keeps the body and mind well balanced.

Daily Routine

Regular sleep and wake times help stabilize mood and energy levels. Planning daily activities reduces uncertainty and mental overload.