

Prajna Path Report

Your Personalized Prajna Path Journey

Name: asd

Age: 25

Profession: Other

Date: 2026-01-01

Obsessive-Compulsive (OCD)

Main Symptoms

Obsessions

Compulsions

Interference with daily life

Loss of control despite logic

Myths

Preference for order and cleanliness

Specific worries

Normal irrational thoughts

Social Activities

Do not stay alone; talk with family or friends

Join group activities: yoga, walking groups, meditation

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Reduce social media usage; it may increase OCD thoughts

Exercise

Walk daily for 30–40 minutes

Yoga and Pranayama

Anulom–Vilom

Bhramari

Light Kapalbhathi

Gentle stretching relaxes the mind and body

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Food Habits

- Eat a balanced diet
- Green vegetables and fruits
- Pulses and lentils
- Nuts like almonds and walnuts
- Omega-3 foods like flaxseed, walnuts
- 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"
- Shift attention to another activity
- Journal for 5–10 minutes daily
- Practice mindfulness or meditation for 10 minutes

ADHD

Main Symptoms

- Difficulty concentrating
- Forgetfulness
- Hyperactivity
- Impulsivity

Myths

- Distractibility
- Lack of sleep

Personality Imbalance

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Main Symptoms

- Unstable relationships
- Unstable self-image
- Impulsivity
- Emotional instability

Myths

- Adolescent instability
- Reaction to stress

Post-Traumatic Stress (PTSD)

Main Symptoms

- Re-experiencing the event
- Avoidance
- Negative thoughts
- Changes in arousal

Myths

- Immediate grief