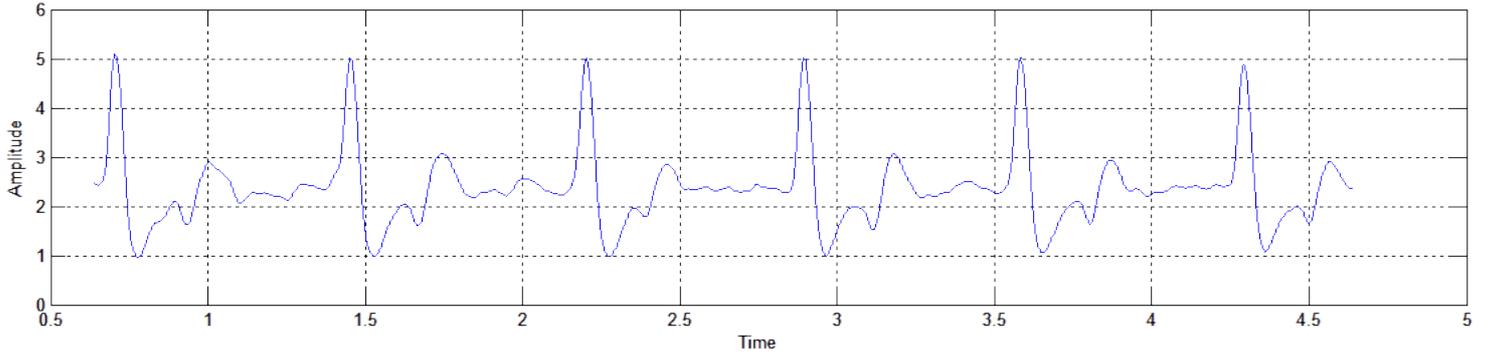


PATIENT DETAILS

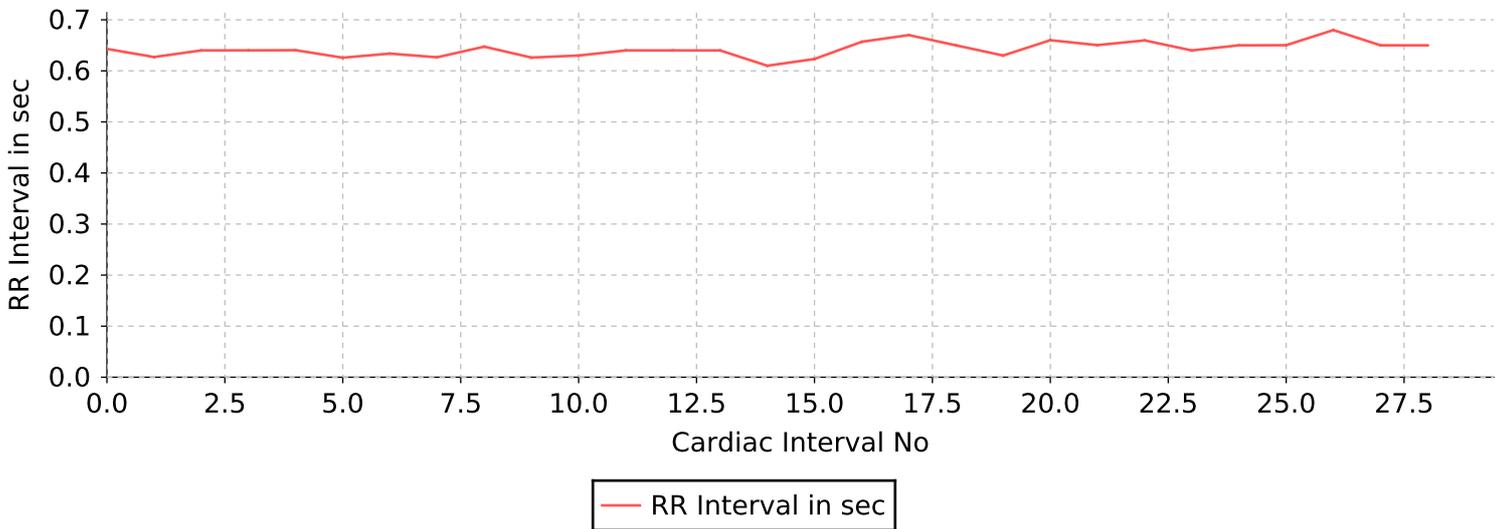
Name: Manjunath D C **Mobile:** 8277551333
Email: **Date & Time:** 24-09-2018 11:08:08

PULSE



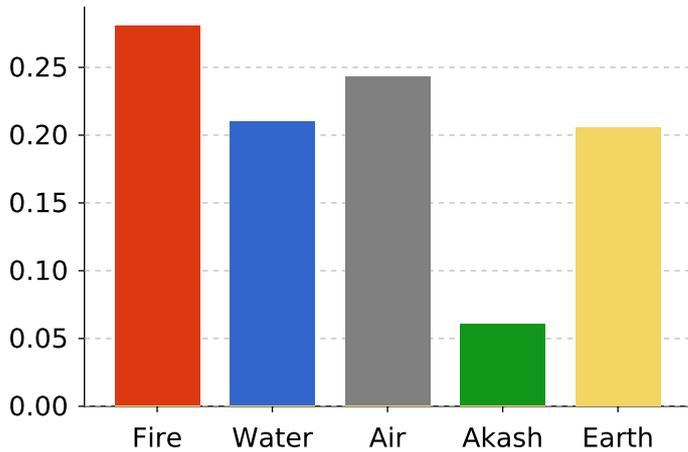
Heart Beat rate : 103bpm

CARDIAC INFORMATION

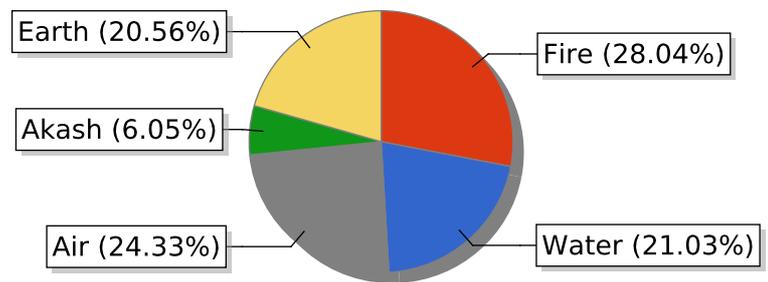


Recording Duration : 20 sec
The Total Number of R-R-intervals : 29
Average Heart Rate (bpm) : 103bpm
Average Duration of R-R intervals(sec) : 0.64

FIVE ELEMENTS



■ Fire ■ Water ■ Air ■ Akash ■ Earth



● Fire ● Water ● Air ● Akash ● Earth

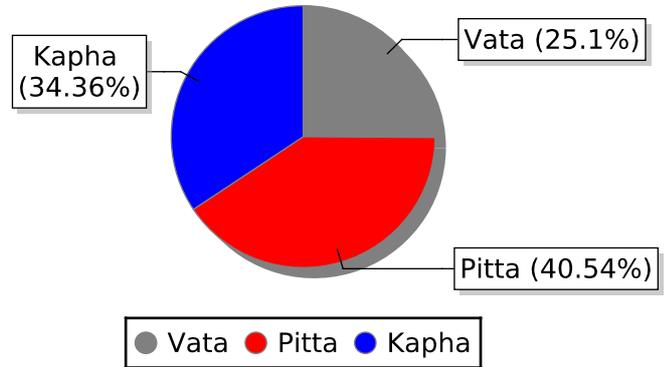
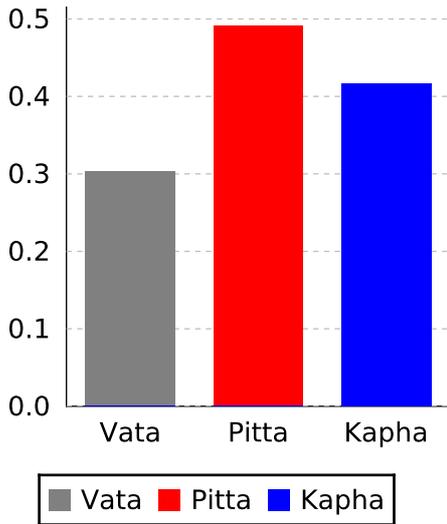
**Fire: Heart and small intestine
Pericardium and Triple warmer.**
Energy: Heat / Hotness.
Emotion: Love and joy.
System: Circulatory System.
Nature: Fire responsible for the change in shape like joints, spinal cord etc
Circulation System: Controls circulation in the body like circulation of food, fluids, blood, hormones.
Metabolism: Fire determines the extent of digestion and assimilation of the various components in our food.
Passion: Fire brings passion in your life.
Harmones/Chemicals: Fire governs the chemical reaction in our body.

Water: kidney and urinary bladder
Energy: Cold.
Emotion: Fear.
System: Reproductive System.
Nature: Rhythmic actions by its flowing nature.
Kidney Essence: Water element creates vital energy (Kidney essence) in the body. It helps in cooling, rest and rejuvenation of body cells.
Reproduction: Kidney responsible for reproduction, growth and development of body cells, and controlling of gynecological functions.
Fluids: Kidney play a vital role in regulating secretion of body fluids like urine, sexual fluids and blood.

WOOD (Akash): Liver and Gallblader
Energy: Wind.
Emotion: Governs emotions like irritation, mood swings, anger.
System: Muscular System.
Nature: Wind brings initiation and momentum.
Time: Responsible for mind and body biological clock activities like Menstruation cycle, Appetite, Bowel momentum etc.
Direction: Governs the direction related activities like direction of blood, food, thoughts etc.
Momentum: Controls body momentum through ligaments, tendons and cartilage tissue and brings flexibility to the body.

Air/Metal: Lungs and large intestine
Energy: Dryness.
Emotion: Sadness, grief.
System: Respiratory System.
Nature: Let it go.
Elimination: Responsible for receiving pure energy from the nature and eliminates unwanted waste or toxins from body and mind.
Respiration: Governs respiration. Imbalance of this element leads to respiratory and skin disorders.
Let it go: Air element is responsible for let go the thought out of the mind. Imbalance in this element leads to residing of the thoughts results in OCD, fear and anxiety, and negative thought.
Immunity: Air element creates PRANA or CHI energy in the body which is responsible for body immunity.

Earth: spleen and stomach
Energy: Humidity.
Emotion: Thinking and Worry.
System: Digestive System
Nature: Governs structure of the body.
Stagnation/Holding: Property of earth is holding like holding of thoughts, food, and bone structure. When holding increases beyond the threshold leads to stagnation of thoughts and food.
Nourishment: Responsible for the nourishment of the body in terms of physical and emotional level. When earth is deficient, one will end up with nutrients deficiency.
Consciousness: Governs consciousness of the mind.



Vata:

Vata is characterised by property of dry, cold, light, muscle movement of the body and activity of the nervous system. All the movement in the body is due to property of Vata. It governs blood flow, elimination of waste, breathing and movement of thoughts across the mind.

Pitta:

Pitta is the principle of transformation energy. It governs heat, digestion and metabolism. Manifest as enzymes and hormones that regulates metabolism. Pitta energy in the mind is considering as mental fire necessary for will power, decision making, courage, ambition, intelligence and creativity.

Kapha:

Kapha comprises all our cells, tissues, and organs as it is responsible for maintaining structure of the body as well as keeping it moist and well lubricated. It removes old cells, heals wounds and contract corrosive properties of Pitta and Vata. Kapha on mental and emotional level provides calmness and steadiness.

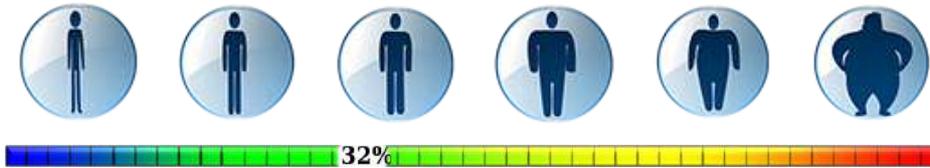
BODY WELLNESS

Muscle Momentum



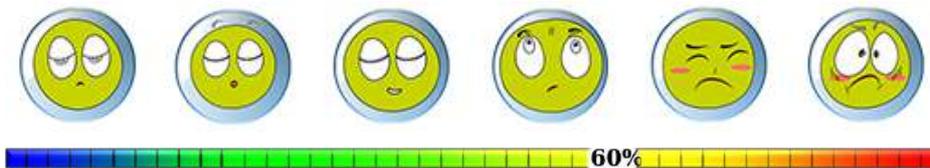
Muscle momentum is a measurement that represents the ease at which the muscles operate/move in the body. The above scale provide the information about the state of muscles movement in your body (lazy, relaxed or restless). At the lower end of the momentum spectrum - a person feels lazy and tired. Over the middle tier- a person is relaxed and energetic. On the higher end - a person is highly active which can lead to restlessness.

Assimilation



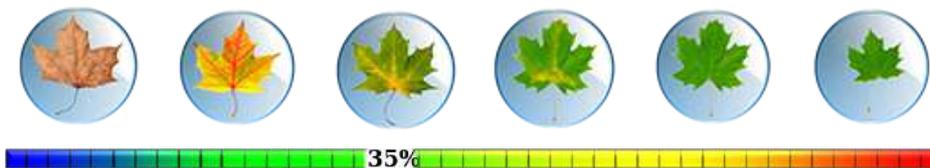
Assimilation is the receiving and holding capacity of the body at the physical and emotional levels. The scale represents the range of body's assimilation with lower end depicting decreased holding capability and higher end depicting extreme resistance. Lesser range of values indicates that the person is thin and flexible and higher range of values indicates that the person is heavy and rigid.

Restlessness



Restlessness is a measure of rest, rejuvenation and activity of the body. A balanced mind and body of equal rest and activity helps in rejuvenation of body cells, while an imbalance of the same can create stress. The above spectrum shows - when the values are minimum, mind activity reduces and the person feels sleepy and drowsy. Mid range values shows that the rest-activity cycles of the mind are well balanced, promoting deep sleep and a feeling of rejuvenation. Further increase in the values shows extreme activities of the mind leading to restlessness.

Elimination



Elimination is the ability of the body to remove and throw away waste and toxins. Food metabolised in the cells, need to be eliminated properly to keep the body healthy. Elimination correlates to dryness in the body as shown in the diagrams. Lesser the dryness, the body possess more oxygen and water (fluids) which makes elimination better and smoother. As the dryness increases, the flow of fluids in the body reduces in turn reducing the ability to eliminate waste.

Straight Thoughts



Straight thought is a speedy thought. It will not reside in brain for a longer time. When the speed of thought is within the limit, the person will have better imagination, creativity and goal oriented thoughts. When thought speed exceeds the limit, the person becomes a victim of hallucination, fear, anxiety and unwanted continuous thoughts.

Spiral Thoughts



This thought will reside in brain for a longer time. When residing time is within the limit, such a person will be a better thinker, good decision maker and possess high concentration on work with good memory. When thought resides for more time, such a person is bound to think more. Further increase in residing time leads to worry and causes depression.

Knotted Thoughts



This is a stagnant thought in mind and creates knot in thought flow. A person with this type of thought feels heavily stressed which affects his body metabolism resulting in hormonal imbalance. Knots in thought increases when person works unwillingly or when his/her wishes are not fulfilled.

Multi Thoughts



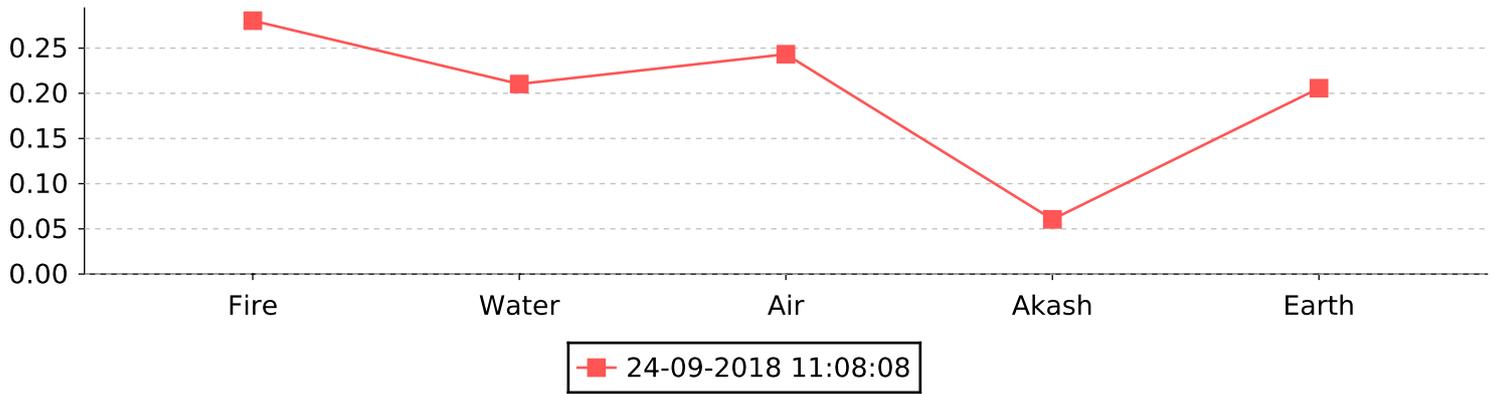
When a person builds up multiple thoughts in the mind at any given point of time, parallel processes begins to execute in the mind. When thoughts are within the threshold, they are good at managing multiple tasks at the same time, while excessive thoughts makes person feel restless and exhausted.

Dip Thoughts

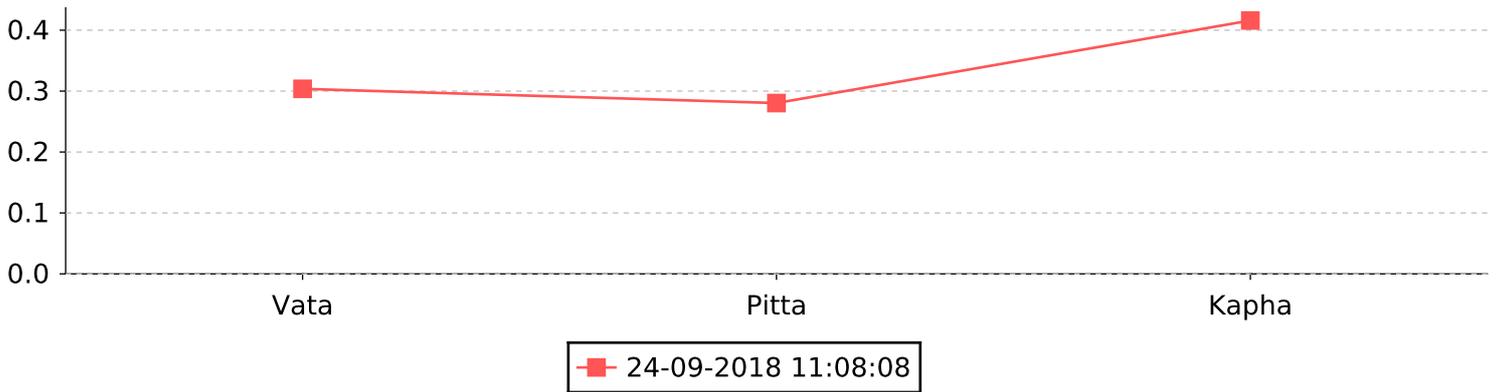


This is a low feeling thought which makes person to feel boredom. Person with this thought feels a fear of separation and thinks negative on most of the incidents/future. When this thought increases/exceeds threshold of the person, it results in fear of losing loved ones and their belongings.

CASE STUDY ANALYSIS



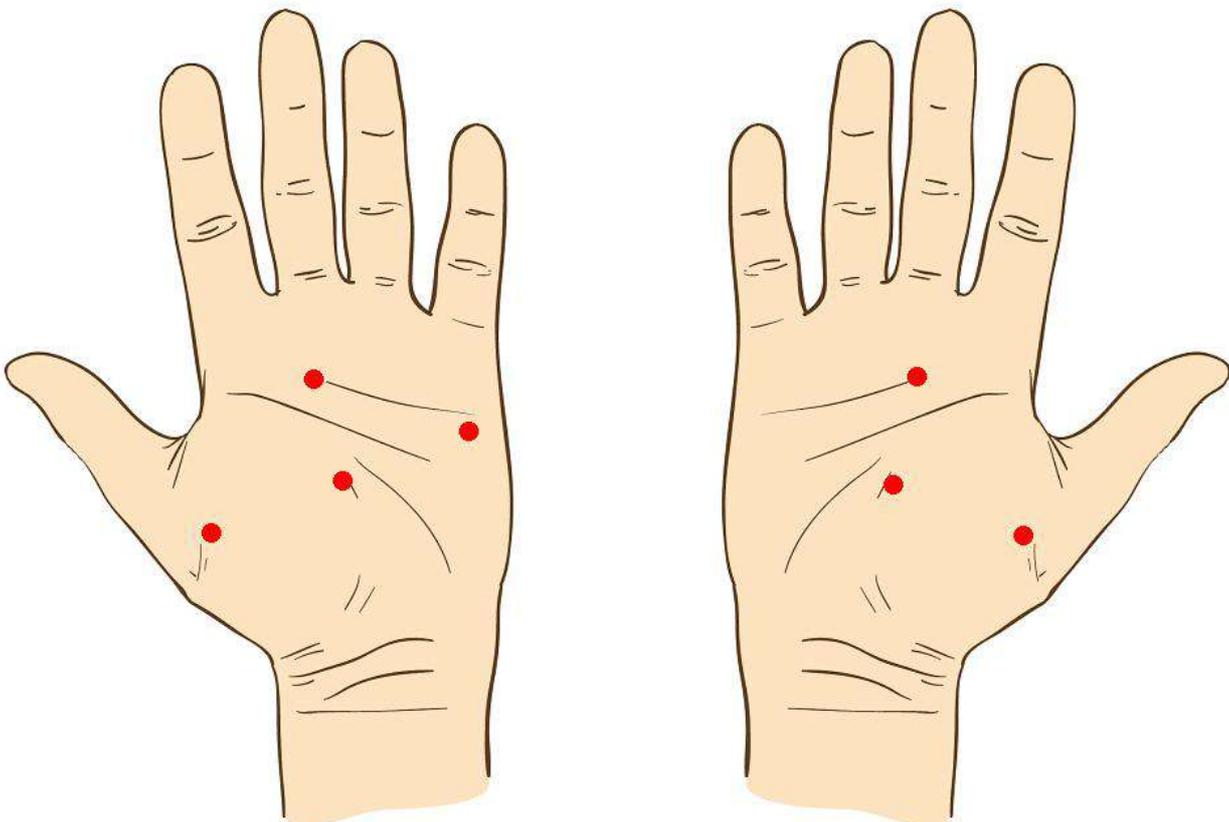
CASE STUDY ANALYSIS FOR TRIDOSHA



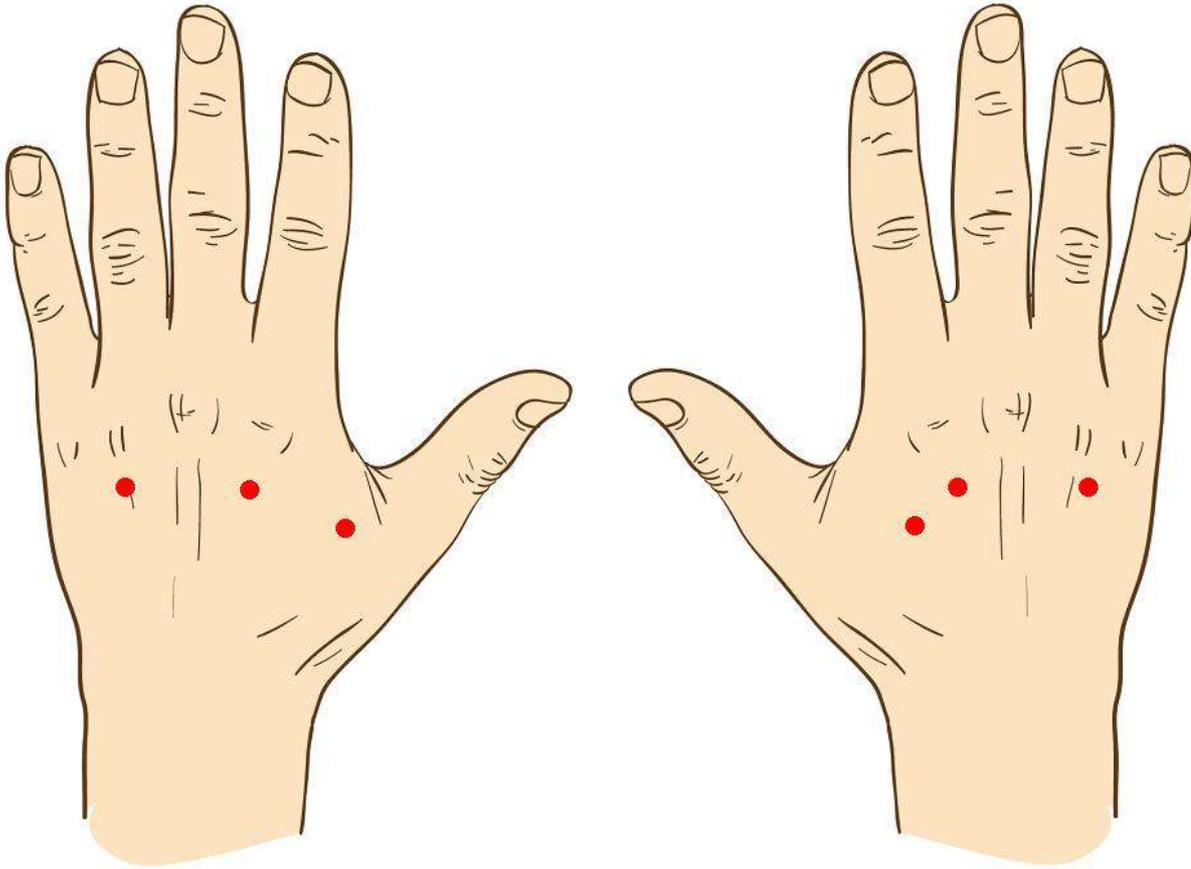
REFLEXOLOGY POINTS

Acupressure is one of the ancient healing techniques. In this therapy, applying tolerable pressure on palm and foot as shown in above images to balance body energy level.

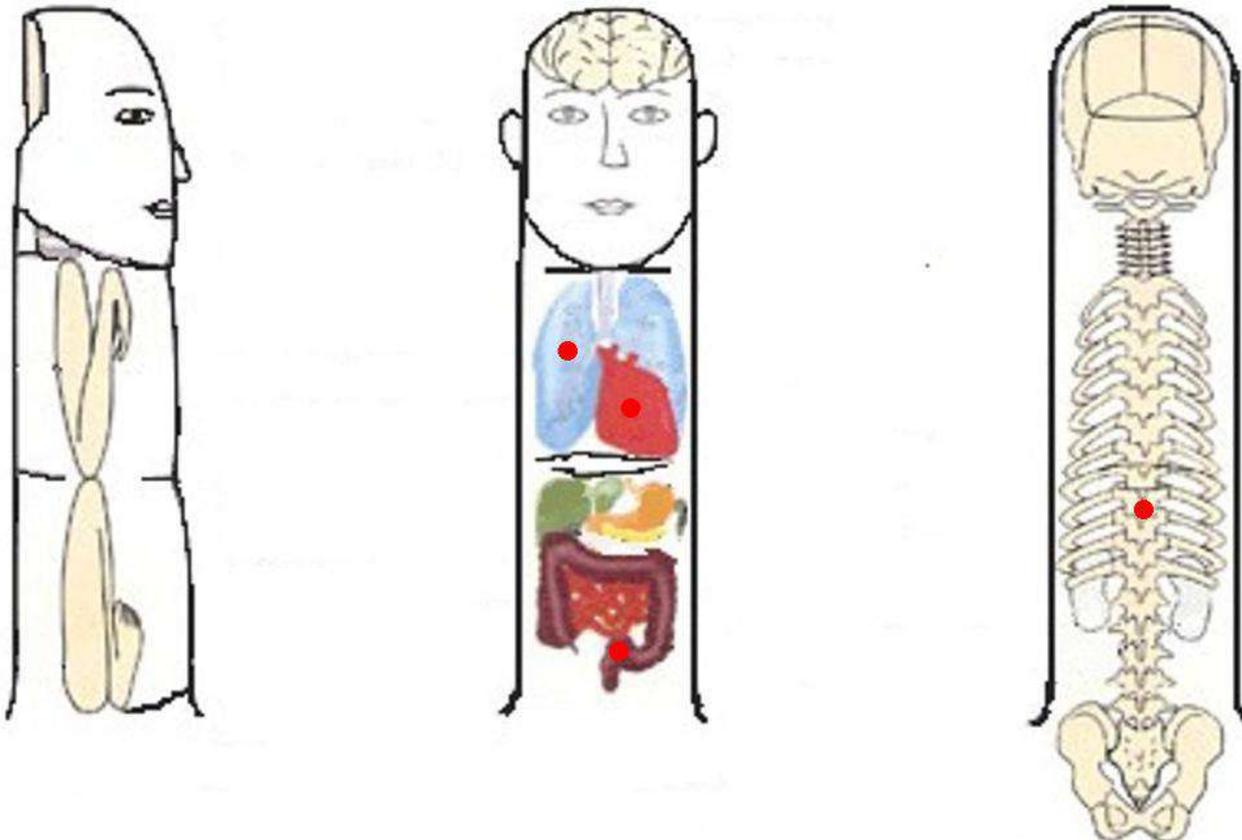
Note: - Try to avoid 15 min before food and 2 hrs after food.



REFLEXOLOGY POINTS



Seed Therapy



Signature : _____