

HOLISTICA WORLD • INTEGRATIVE MEDICINE
NEUROPHYSIOLOGY SCAN • PATIENT REPORT

Neuro- physiology scan.

A single-session pulse recording interpreted against Heart Rate Variability standards, classical Ayurvedic doṣha theory, and the bioenergetic (chakra) framework. Presented as an integrative baseline you can measure against.

PREPARED FOR	RECORDING	ISSUED BY
Sample patient	2026.08.13	Holistica World
Age 45 • illustrative data	HRV • doṣha • bioenergy	Integrative medicine • Bengaluru

This report is educational, not diagnostic. Findings are observational and represent a snapshot of the physiological state at the time of recording, and should be discussed with a qualified physician alongside your complete medical history.

INTEGRATIVE ASSESSMENT • SAMPLE REPORT

Neurophysiology scan

This assessment uses Heart Rate Variability (HRV) to evaluate autonomic nervous system regulation, physiological resilience, stress adaptation, and recovery capacity. HRV is among the most widely studied non-invasive biomarkers of nervous system function and overall physiological adaptability.

PATIENT	AGE	RECORDED
Sample patient	45	2026.08.11 • 11:20

Summary snapshot

HEART RATE 79 bpm norm 60–80 • within range	HEART RATE VARIABILITY 48.48 norm 57.35 ± 10.57 • low-normal	STRESS INDEX 385.3 norm 50–200 • overload
--	--	--

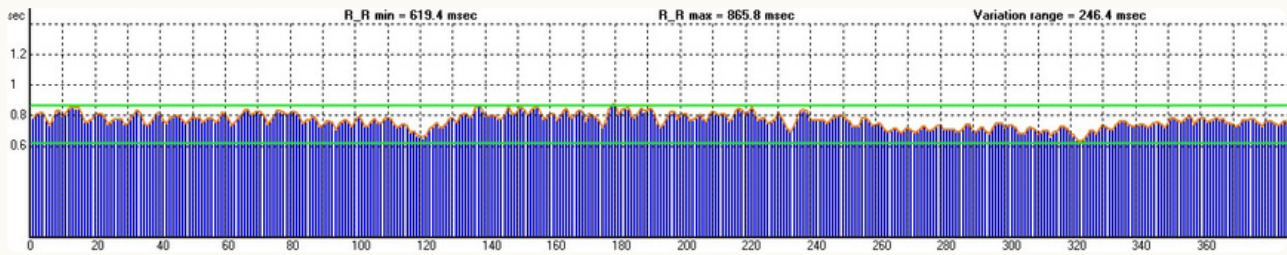
CLINICAL INTERPRETATION

Resting heart rate sits inside the age band and composite HRV falls at the lower edge of the age-matched range. The stress index, however, is well past its upper limit at 385.3, and life energy is slightly below normal with a tendency to decrease — a picture of stressful tension and excessive emotionality against preserved but narrowing autonomic reserve. Reduced physiological load, protected sleep, and follow-up assessment are advised.

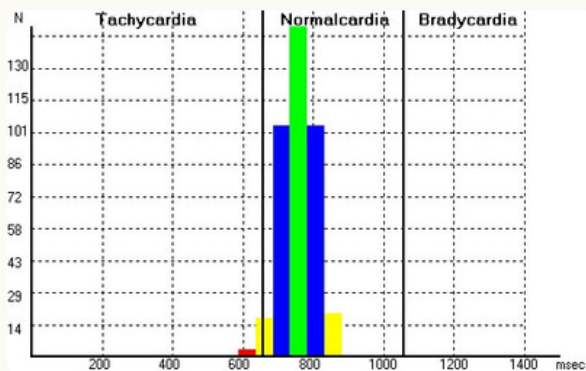
Autonomic nervous system

Rhythmogram

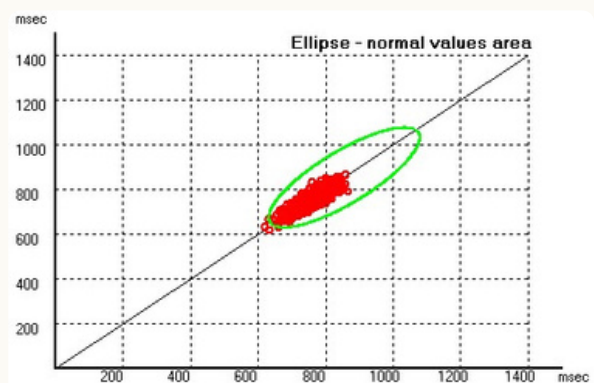
R-R min = 619.4 ms · R-R max = 865.8 ms · variation = 246.4 ms



Histogram of R-R intervals



Scatterogram



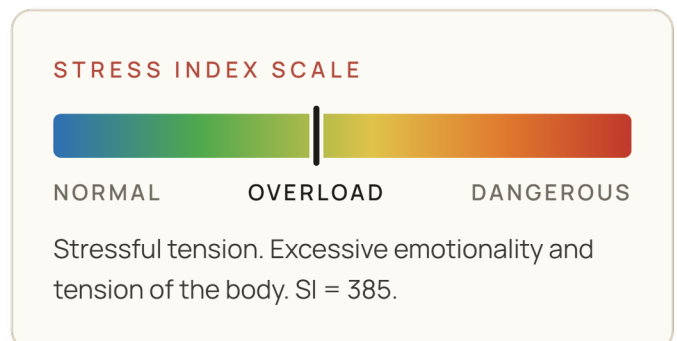
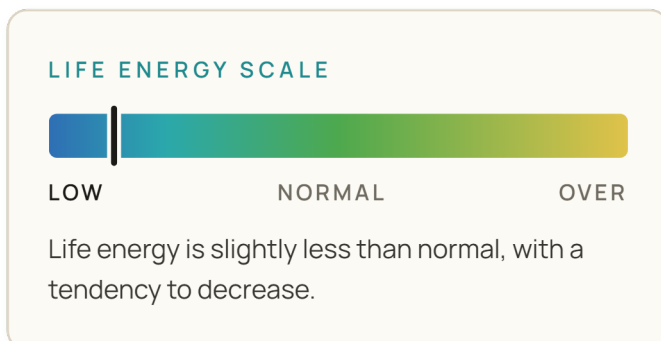
AUTONOMIC NERVOUS SYSTEM

HRV test parameters

PARAMETER	RESULT	NORM FOR AGE
Heart rate BEATS / MIN	HR = 79	60 – 80
SDNN Frequency presence/absence in the wave structure of the rhythm	SDNN = 36.8	36.9 ± 13.8
RMSSD Reserves for recovery of the body in cases of stress	RMSSD = 20.72	26.3 ± 13.6
Heart rate variability	48.48	57.35 ± 10.57
Stress index	SI = 385.3	50 – 200

Spectrographic analysis

VLF 1415.27 very low freq · ms ² /Hz	LF 435.76 low freq · ms ² /Hz	HF 397.38 high freq · ms ² /Hz	TP 2248.41 total power · ms ² /Hz
---	---	--	--



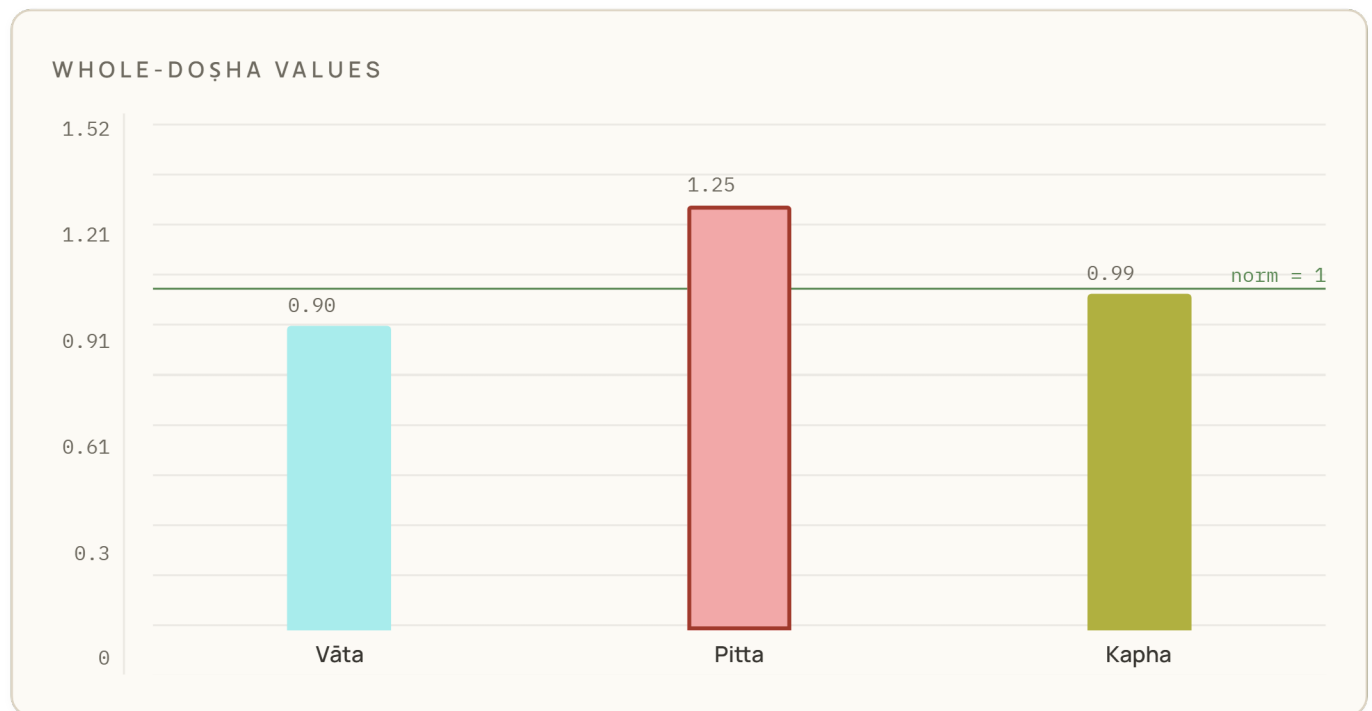
CLINICAL INTERPRETATION

Total spectral power is modest ($TP = 2248.41 \text{ ms}^2/\text{Hz}$) and 63% of it sits in VLF ($1415.27 \text{ ms}^2/\text{Hz}$), with LF and HF nearly equal and both small. SDNN sits exactly at the age norm while RMSSD is below it — long-range variability preserved but beat-to-beat parasympathetic signalling reduced. Combined with the SI of 385.3, the pattern points to sustained sympathetic and humoral load. Breath-led vagal work at roughly 6 breaths/min, protected sleep, and reduced stimulant intake are the indicated measures.

AYURVEDIC FUNCTIONAL MAPPING

Tridoṣha balance

Doṣha balance and sub-doṣha distribution relative to the classical norm of 1.0. Values above 1.0 indicate elevation of the doṣha; values below 1.0 indicate depletion.



■ Vāta 0.90

Movement – respiration, circulation, elimination. Slightly below the norm.

■ Pitta 1.25

Transformation – digestion, metabolism, sight. Above the norm and the dominant doṣha.

■ Kapha 0.99

Structure – tissues, joint fluid, steadiness. Essentially at the norm.

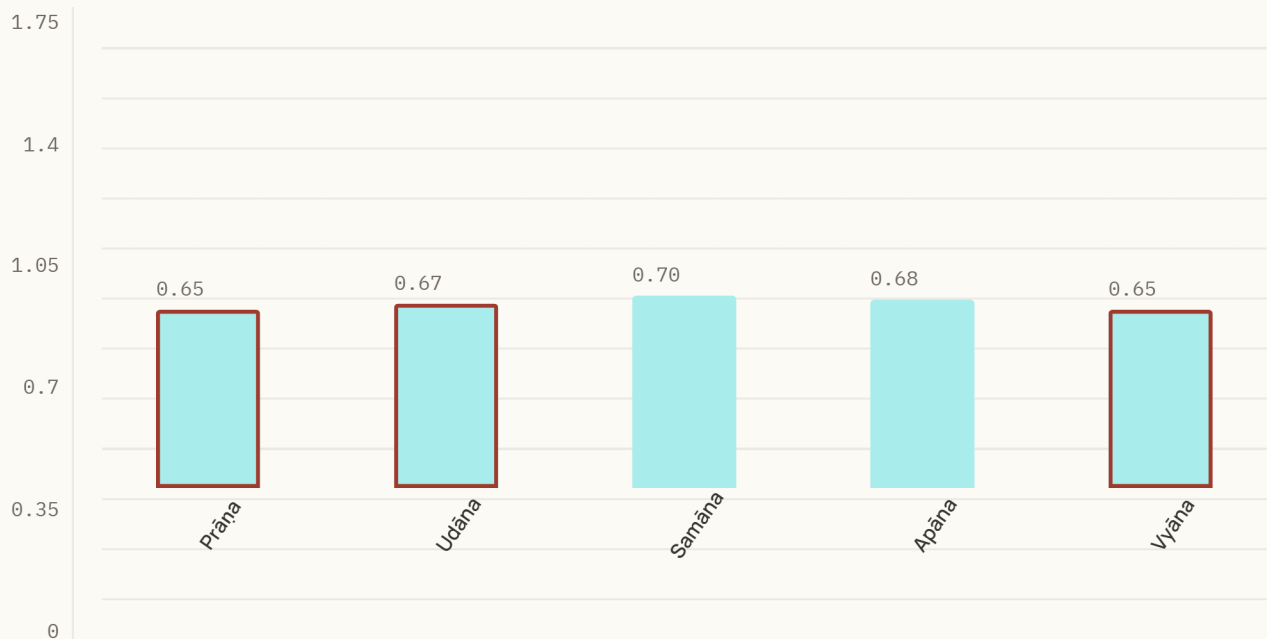
CLINICAL INTERPRETATION

The most balanced tridoṣha profile of the current series: Kapha sits at the norm, Vāta marginally under it, and Pitta modestly above. The imbalance is mild and confined to Pitta elevation – heat and transformation running a little high without significant structural or mobility deficit. Cooling, unhurried meals and a regular daily rhythm are sufficient; the sub-doṣha pages locate the excess more precisely.

AYURVEDIC FUNCTIONAL MAPPING • VĀTA

Vāta sub-doṣhas

Vāta governs movement — respiration, circulation, elimination, and the transit of sensations and thoughts. Its five vāyus each direct a specific current. In this recording all five cluster in a narrow band well below the norm, at roughly two-thirds of balanced expression.

**Prāṇa** LOW

Head and chest — inhalation, sensory reception, and the flow of attention. Below norm; deliberate deep breathing is indicated.

Udāna LOW

Throat and diaphragm — exhalation, speech, and upward effort. Below norm; may present as shallow exhalation.

Samāna

Gastric region — governs digestive fire and assimilation alongside Pachaka. The least depleted vāyu, still under norm.

Apāna

Pelvic floor — elimination and downward movement. Below norm; supports attention to fibre, hydration, and daily rhythm.

Vyāna **LOW**

Whole-body circulation – the vāyu that distributes nutrients and directs the movement of the limbs. Below norm; regular gentle movement supports it.

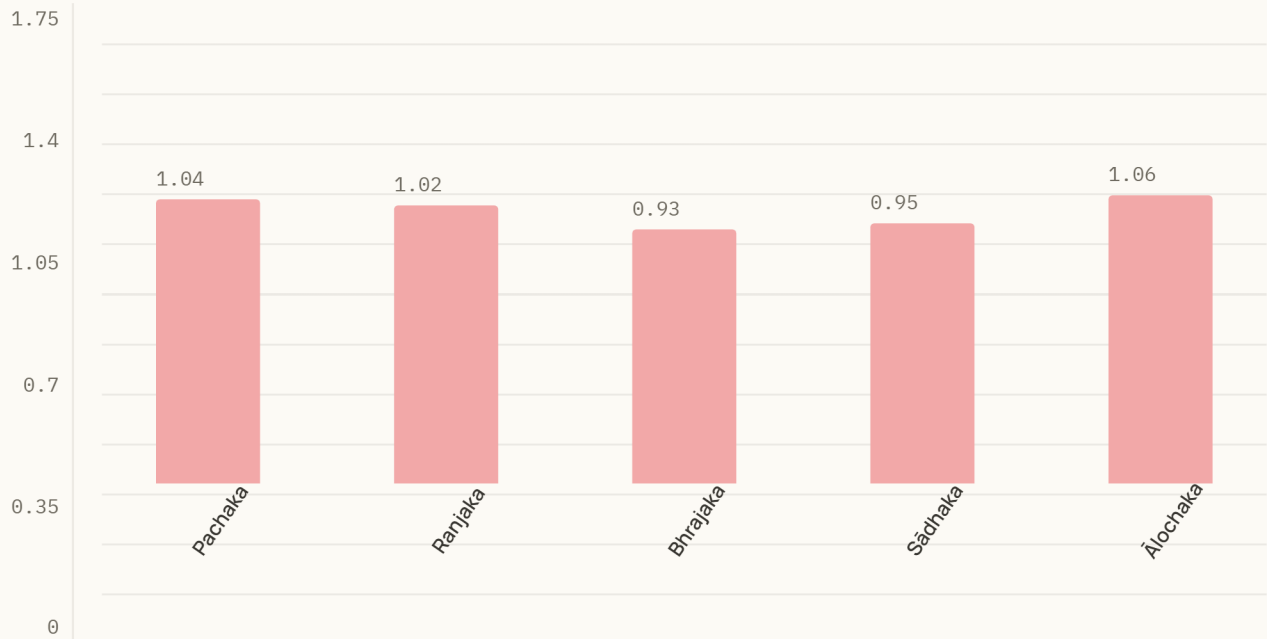
CLINICAL INTERPRETATION

Even Vāta depletion across all five vāyus with no single outlier – a uniformly slowed movement pattern rather than a localised deficit. The three flagged sites (Prāṇa, Udāna, Vyāna) are breath- and circulation-related, so unforced breath practice and consistent low-intensity activity are the primary levers. Note this sits alongside the elevated stress index: reduced Vāta with high sympathetic load suggests tension without mobilisation.

AYURVEDIC FUNCTIONAL MAPPING • PITTA

Pitta sub-doṣhas

Pitta governs transformation — digestion, metabolism, sight, and the processing of experience. In this recording all five sites sit close to the norm, with Ālochaka and Pachaka marginally above it.



Pachaka

Digestive fire of the small intestine. Just above norm; with reduced Samāna Vāta, digestion may run warm but unhurried.

Ranjaka

Liver and spleen — colours the blood and metabolises what has been digested. At the norm.

Bhrajaka

Skin's lustre and thermoregulation. Marginally below norm; the lowest Pitta site.

Sādhaka

Heart-centred — processes emotion and intention. Just under norm, despite the emotional tension reflected in the stress index.

Ālochaka

Visual processing and the sharpness of perception. The highest Pitta site, though only marginally above norm; monitor if screen exposure is high.

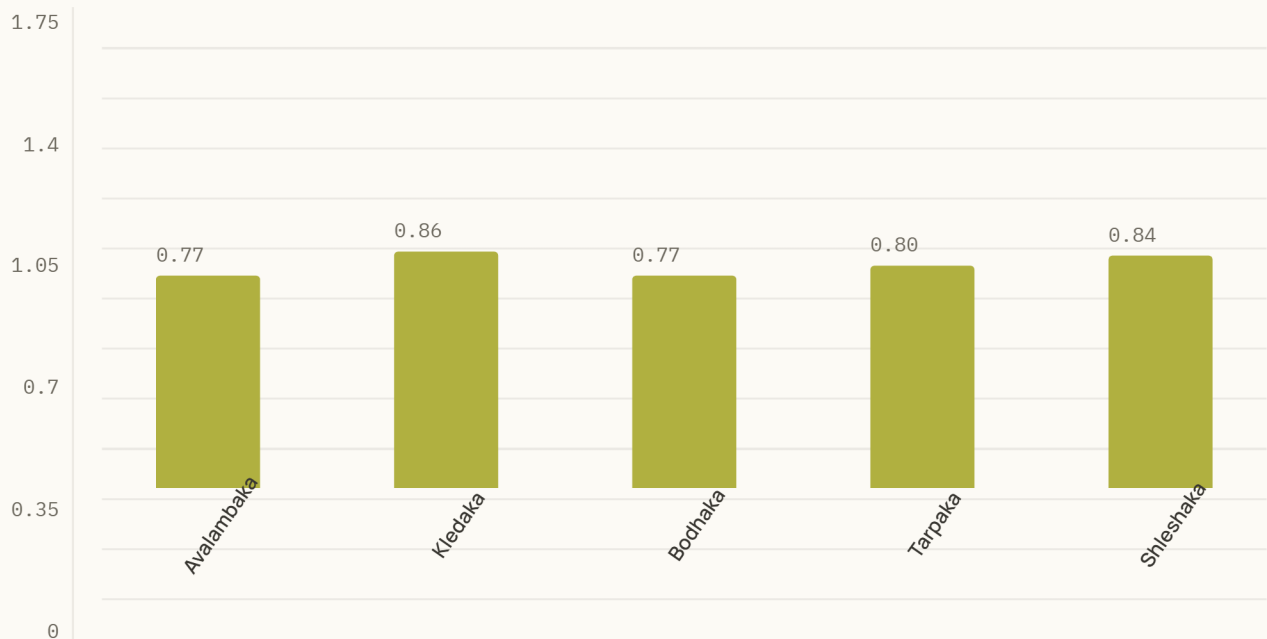
CLINICAL INTERPRETATION

At sub-doṣha level Pitta is remarkably even, every site within roughly ten percent of the norm — the whole-doṣha elevation of 1.25 reflects a broad, mild lift rather than any single hot site. No targeted Pitta intervention is indicated; maintain regular, unhurried, moderately cooling meals so that the reduced Vāta does not destabilise digestive fire.

AYURVEDIC FUNCTIONAL MAPPING • KAPHA

Kapha sub-doṣhas

Kapha governs structure and lubrication — the tissues, joint fluid, mucous membranes, and the steadying anchor of the mind. In this recording all five sites cluster just below the norm in a tight, even band.



Avalambaka

Chest — supports the heart, lungs, and lower back. Among the lowest Kapha sites; a slower breath and adequate rest support it.

Kledaka

Stomach — the moistening layer of the digestive lining. The highest Kapha site; a useful buffer against Pachaka.

Bodhaka

Tongue and mouth — taste, salivation, and the first phase of digestion. Below norm; may present as dryness of the mouth.

Tarpaka

Head — nourishes the sensory organs and steadies the mind. Modestly below norm, consistent with the fast-frequency brain profile.

Shleshaka

Joint lubrication. Close to norm; support with hydration, gentle movement, and the fatty acids that maintain joint tissue.

CLINICAL INTERPRETATION

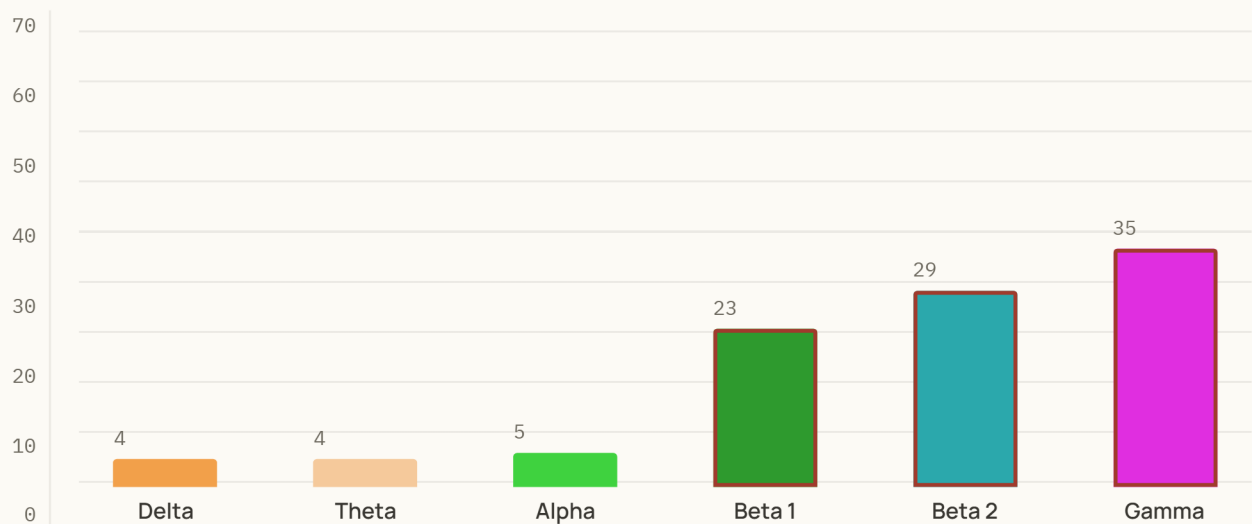
Kapha sits in a narrow band just under norm with no site markedly deficient — structural and lubricating reserves are broadly intact. Warm, cooked, mildly oily foods and protected hydration maintain the picture. With all three doṣhas close to balance, the clinical priority for this patient lies with the autonomic and brain-state findings rather than the doṣha profile.

BRAIN FUNCTIONAL STATE

Brain functional state

Distribution of activity across the six frequency bands during pulse recording. The three fast bands carry the profile — Gamma leads at 35%, with Beta 2 at 29% and Beta 1 at 23%.

BRAIN RHYTHM DURING PULSE RECORDING



Frequency band (Hz): Delta 0-4 • Theta 4-8 • Alpha 8-13 • Beta 1 13-23 • Beta 2 23-34 • Gamma 34-45

Interpreting the bands

The six bands map to distinct states of arousal. In a resting recording we expect Alpha to lead, with the fast bands quiet. Here the profile is strongly inverted — the three fast bands account for 87% of recorded activity while the resting bands are near-silent.

Delta 0-4 Hz

The slowest band. Present in deep sleep and low physical activity. Near-silent at 4%.

Theta 4-8 Hz

The border between sleep and wakefulness — relaxation, drowsiness, fatigue. Near-silent; no drift toward rest.

■ Alpha 8–13 Hz

The resting-eyes-closed rhythm and calm baseline. Strongly suppressed at 5% – the calm baseline was not accessed during recording.

■ Beta I 13–23 Hz

Ordinary waking thought – planning, conversation, focused tasks. Elevated at 23%; active processing sustained throughout.

■ Beta 2 23–34 Hz

The stress and tension band. Rises with emotional load, worry, and sympathetic drive. Substantially elevated at 29%, matching the raised stress index.

■ Gamma 34–45 Hz

Peak concentration and problem-solving. The leading band at 35% – effortful cognition sustained rather than transient.

CLINICAL INTERPRETATION

A rising staircase across Beta 1, Beta 2, and Gamma with near-silent slow bands describes a brain held in sustained high-effort processing with concurrent emotional tension, and no accessible resting state at the time of recording. Unlike an isolated Beta 2 spike, the raised Beta 1 and Gamma indicate genuine cognitive load alongside the tension. This coheres with the SI of 385.3 and the declining life-energy trend. Both cognitive load reduction and deliberate downregulation practice – slow nasal breathing, yoga nidrā, timed non-screen rest – are indicated.

BIOENERGETIC MAPPING

Bioenergetic mapping (Chakra mapping)

Relative activity along the seven-centre bioenergy axis, referenced against the classical figure.
Values are relative – 1.0 represents balanced expression.

**Chakras
Activity**



Crown Chakra 0.61

Third Eye Chakra 0.63

Throat Chakra 0.66

Heart Chakra 0.69

Solar Plexus Chakra 0.84

Sacral Chakra 0.97

Root Chakra 0.43

REFERENCE FIGURE – SEVEN-CENTRE BIOENERGY AXIS

Recorded values

	Crown centre Sahasrāra (crown chakra) – awareness, orientation	0.61
	Third eye centre Ājñā (third eye chakra) – insight, discernment	0.63
	Throat centre Viśuddha (throat chakra) – expression, voice	0.66
	Heart centre Anāhata (heart chakra) – compassion, connection	0.69
	Solar plexus centre Maṇipūra (solar plexus chakra) – agency, digestion	0.84
	Sacral centre Svādhiṣṭhāna (sacral chakra) – creativity, flow	0.97
	Root centre Mūlādhāra (root chakra) – grounding, stability	0.43

CLINICAL INTERPRETATION

The profile forms a near-monotonic gradient from sacral (0.97, highest) upward to crown (0.61), with root the clear outlier at 0.43 – the lowest reading in the report. Every centre sits below balanced expression, consistent with the slightly reduced life energy. The very low root alongside depleted Apāna Vāta points to grounding and stability practices – weight-bearing movement, regular routine, and warm nourishing food – as the priority, rather than further activating work.

Medical disclaimer

This report reflects a single pulse recording on 2026.08.11 interpreted against Heart Rate Variability Test standards, classical Ayurvedic doṣha theory, and the bioenergetic (chakra) framework. Findings are observational and represent a snapshot of the physiological state at the moment of recording.

The contents of this report are not intended to diagnose, treat, cure, or prevent any disease and are not a substitute for professional medical advice. Any lifestyle, dietary, or therapeutic recommendation implied by the readings above should be discussed with a qualified physician who can review your complete medical history, current medications, and clinical context before initiating changes.

If you are experiencing acute symptoms — chest pain, breathlessness, palpitations, or a sudden change in wellbeing — seek immediate medical care rather than acting on this report.

HOLISTICA WORLD

A baseline you can trust. A protocol you can measure.

Integrative medicine that pairs advanced diagnostics with the slower sciences of nutrition, sleep, and movement — to reverse disease, extend healthspan, and restore peak biological function.

BOOK A CONSULTATION

@holistica.world

BENGALURU CLINIC

+91 91738-78263

ONLINE

holistica.world