



**Nandu Koregaonkar**

MBAMA Marmapuncture

Reg No: 34

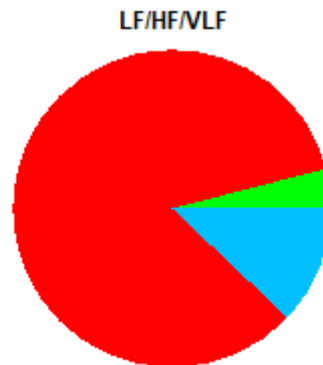
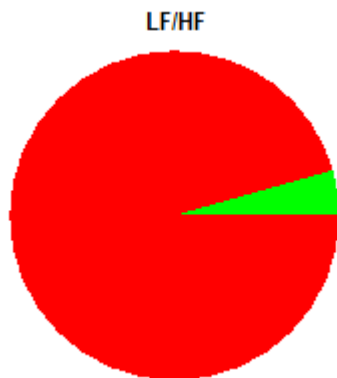
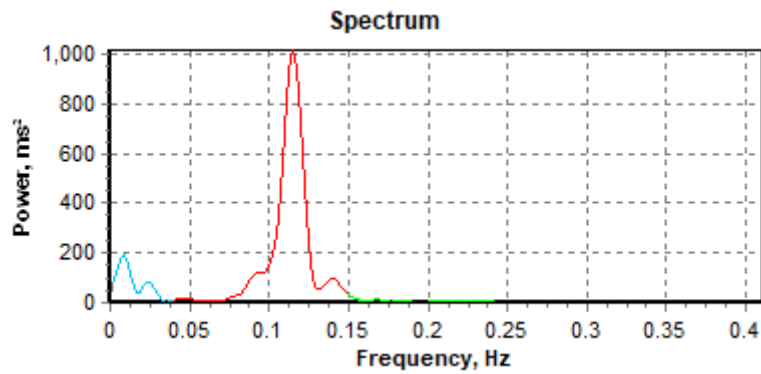
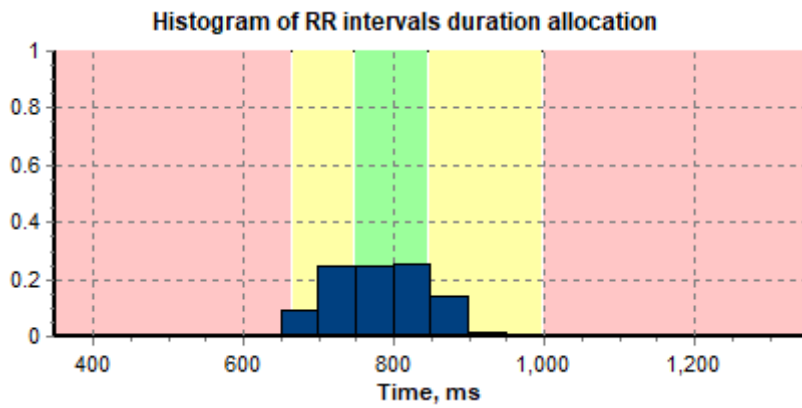
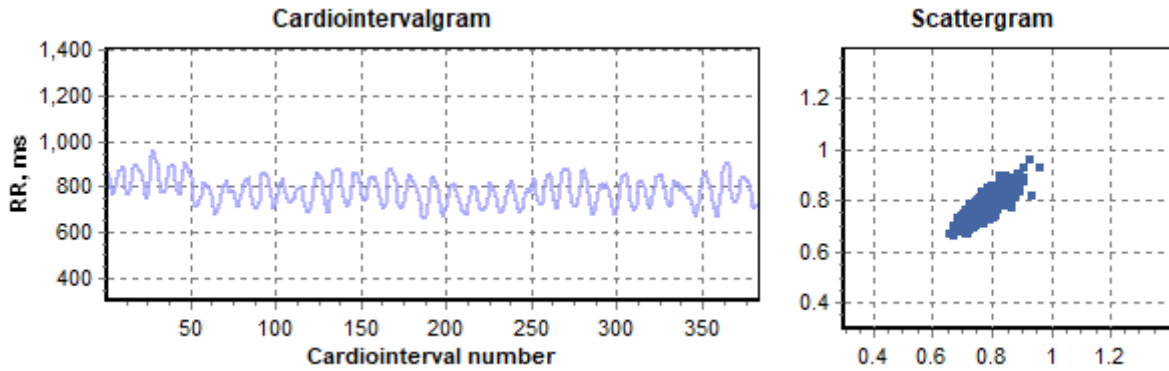
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**Full name:** Example-1

**Age:** 47

**Date of assessment:** 08-04-2011 19:20





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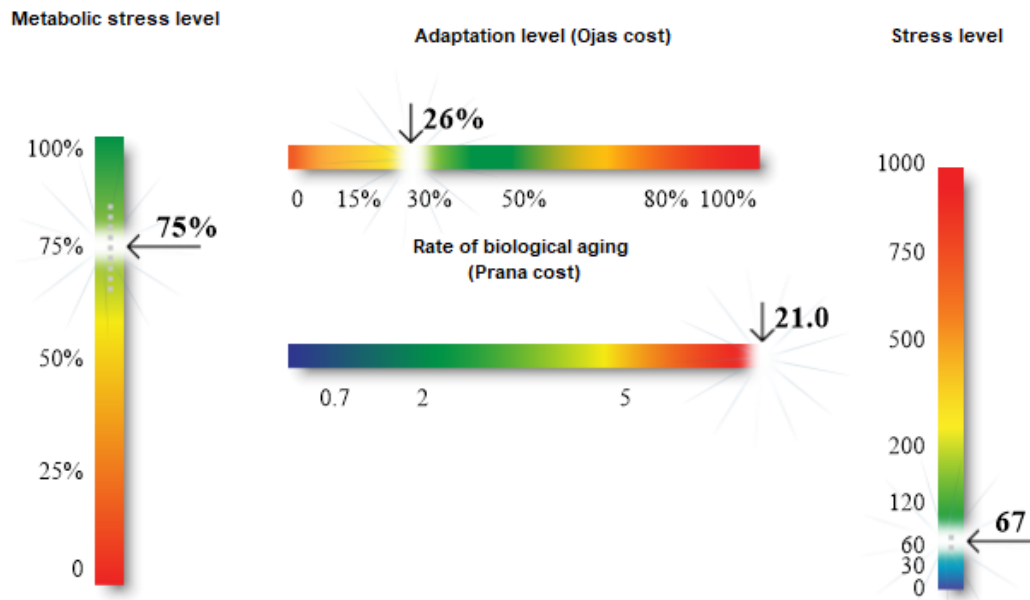
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## Main indices

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### 75 % - Metabolic stress level

Optimal level of functional condition. Good working ability, creativity.

### 67 c.u. - Stress level

State of eustress - optimum response to stress factors. Balanced and harmonious work of the physiological regulatory systems.

### 26 % - Adaptation level (Ojas cost)

Excess of the adaptive resources.

### 21.0 c.u. - Rate of biological aging (Prana cost)

Energy potential is exhausted. Very high rate of the biological aging.

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## Balance (Ayurveda)

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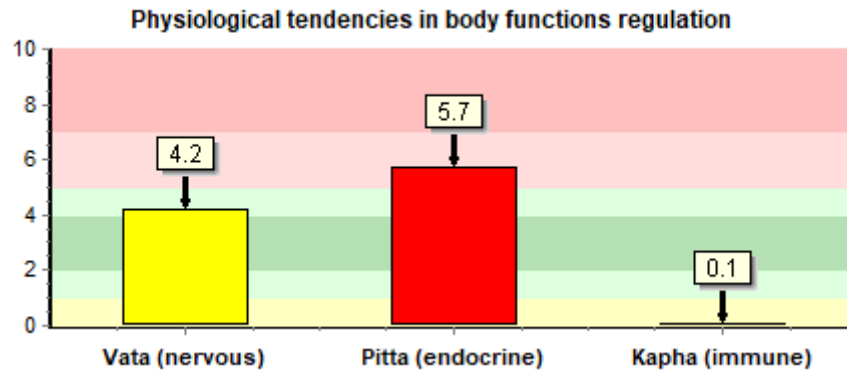
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### Characteristics of the pulse

#### **Vega - frequency/speed**

Speed of the pulse corresponds to Pitta Vikruti (stressed).

#### **Tala - rhythm of the pulse**

Elastic rhythm, typical for Pitta Vikruti (stressed).

#### **Bala - force of the pulse**

Intense pulse, typical for Pitta Vikruti (imbalanced).

#### **Tapamana - temperature of the pulse (the fire of digestion)**

Tikshna Agni

### Dosha balance

Tendency to Vata Dosha tension

Excess of Pitta Dosha

Depleted Kapha Dosha

### Heuristic analysis of Dosha balance probability

Probability of dual type Pitta-Vata - 73%

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**Syndromes (TCM)**

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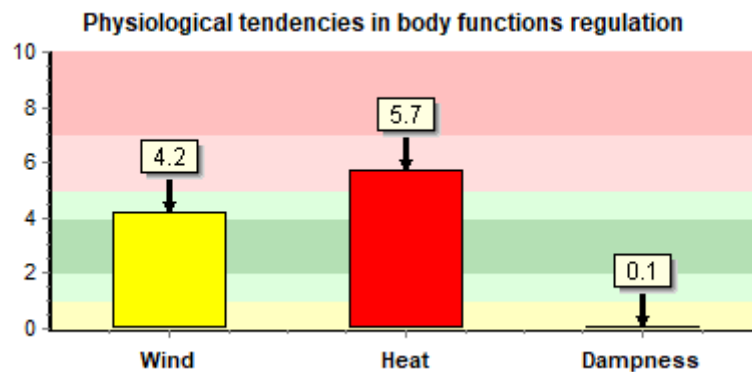
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### **Deficiency (emptiness) of Yin**

#### **Definition:**

it is a deficiency or damage to the internal fluids (juices) of the body, which cause an imbalance between yin and yang.

#### **Genesis of the constitutional type:**

poor health, blood loss, promiscuous sexual behavior, prolonged fatigue (damages yin), a tendency to thinness in all family members, poor health of the mother during pregnancy, late pregnancy, premature birth, various hemorrhagic diseases, etc. Sleepless nights, overexertion at work, and high temperatures can aggravate Yin deficiency.

#### **Constitutional characteristic:**

liability to thinness.

#### **Main manifestations:**

hot palms and feet, dryness in the mouth, nasopharynx, thirst with preference for cold drinks, dry stools, red tongue with a small amount of coating, lack of fluids in the body.

#### **Secondary manifestations:**

flashing blush, a feeling of heat in the body, dry eyes, blurred vision, reddish dry lips, dry skin, early appearance of wrinkles, dizziness, ringing in the ears, poor sleep quality, infrequent urination, little urine, thin pulse feeling like a string.

#### **Psychological characteristics:**

haste, extraversion, activity, airiness.

#### **Liability to diseases:**

dry heat with yin damage, or yin damage as a result of disease.

#### **Categories of individuals:**

this constitutional type is common among young people, and may be the result of a preference for fried or grilled foods, smoking and alcohol abuse.

#### **Adaptive resources:**

intolerance of heat and dryness, preference for winter over summer.

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### **Organ pulse - Ayurvedic scheme**

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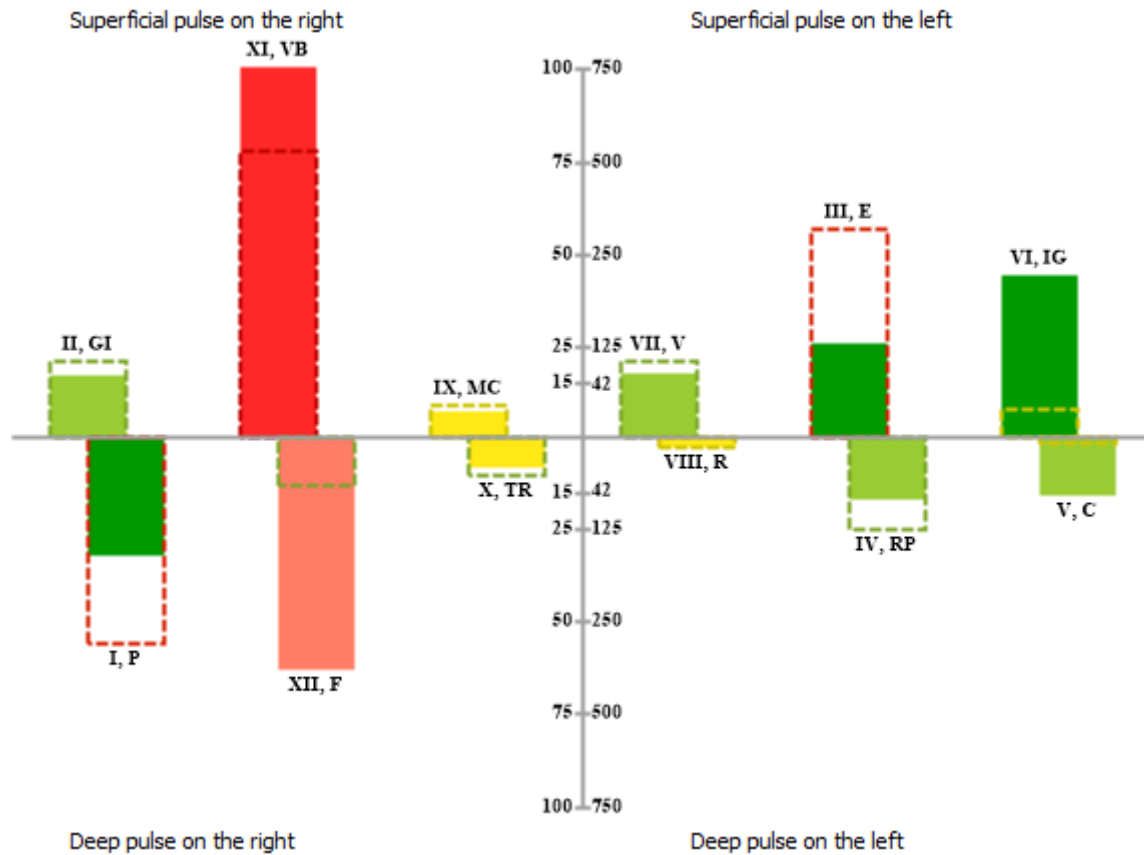
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**Significant depletion of energy (emptiness syndrome)**

- Kidney Meridian (VIII, R)
- Pericardium Meridian (IX, MC)
- Triple Heater Meridian (X, TR)

**Slight depletion of energy**

- Large Intestine Meridian (II, GI)
- Spleen and Pancreas Meridian (IV, RP)
- Heart Meridian (V, C)
- Urinary Bladder Meridian (VII, V)

**Norm**

- Lung Meridian (I, P)
- Stomach Meridian (III, E)
- Small Intestine Meridian (VI, IG)

**Slight tension of energy**

- Liver Meridian (XII, F)

**Major tension (syndrome of fullness)**

- Gallbladder Meridian (XI, VB)



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**Atlas**

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Broncho-pulmonary system	
Large intestine	
Stomach	
Spleen and pancreas	
Heart	
Small intestine	
Urinary bladder	
Kidneys	
Vessels	
Endocrine system	
Gall bladder	
Liver	

**Kidneys, Vessels:**

Signs of energy emptiness in a corresponding functional system. Tendency to formation of a slow, chronic pathology with functional deficiency.

**Endocrine system:**

Signs of energy emptiness in a corresponding functional system. Tendency to formation of a slow, chronic pathology with functional compensation.

**Heart, Small intestine:**

Decrease of functional lability in the system, low adaptative resource.

**Broncho-pulmonary system, Large intestine, Stomach, Spleen and pancreas, Urinary bladder, Liver:**

State of compensation (relatively normal values) with normal functional condition and sufficient adaptative resource in the system.

**Gall bladder:**

Tendency to exacerbation of a chronic disease or appearance of an acute pathology with possible morphological changes in the organs of a corresponding functional system. Couples with a pronounced functional tension in it.

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**Chakras**

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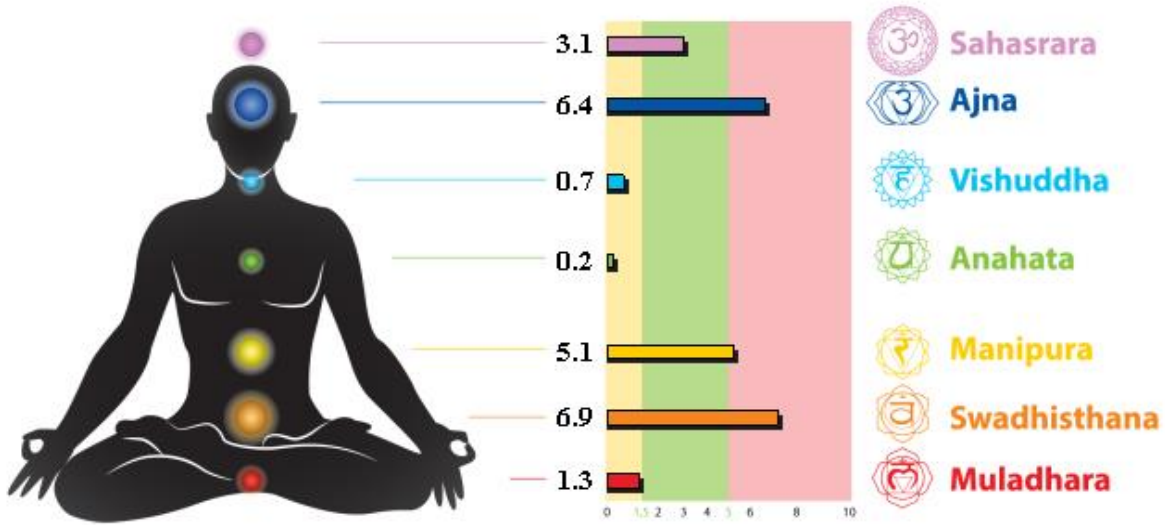
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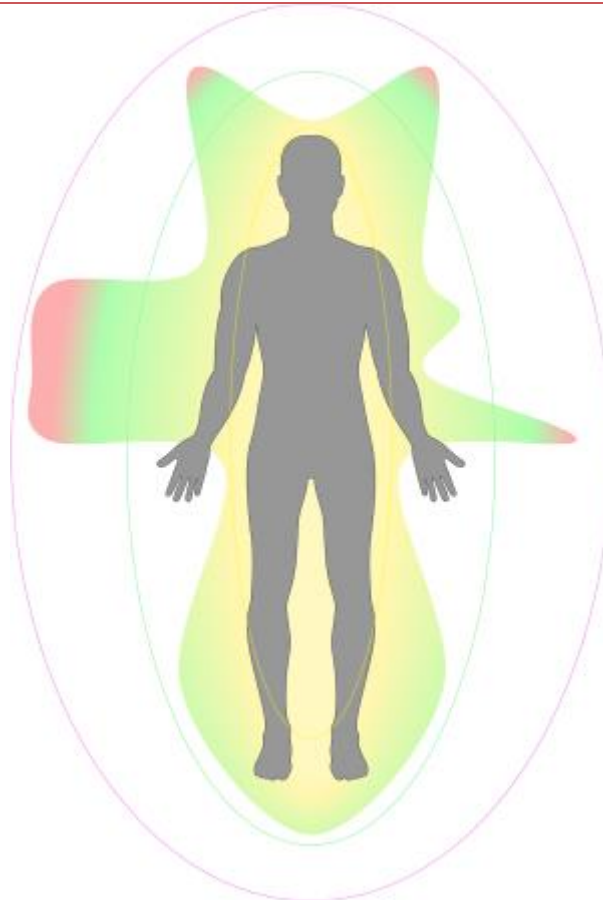
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**Energy field**

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Level of restorative potential: 120.0%

Broncho-pulmonary system: 6.6%

Large intestine: 2.4%



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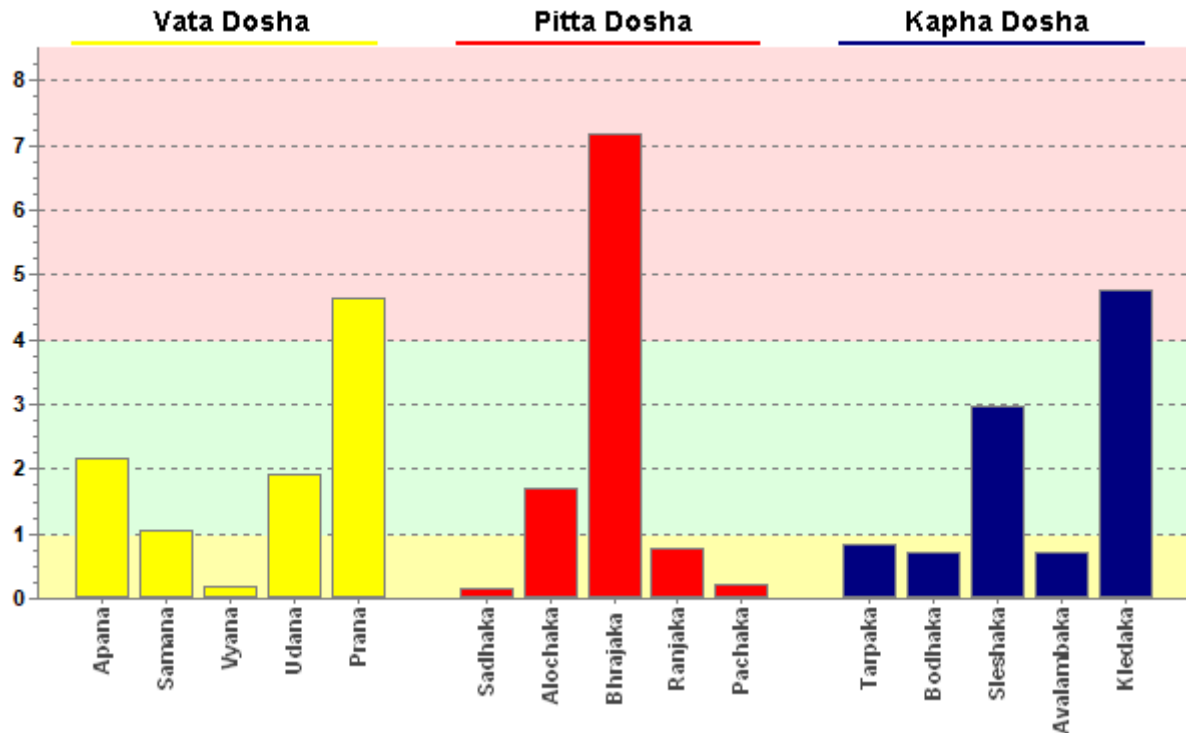
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Stomach: 2.2%  
 Spleen and pancreas: 1.0%  
 Heart: 1.4%  
 Small intestine: 6.5%  
 Urinary bladder: 2.5%  
 Kidneys: 0.3%  
 Vessels: 0.3%  
 Endocrine system: 0.4%  
 Gall bladder: 65.2%  
 Liver: 11.1%

### Nidana - Subdosha



#### General Vyana Vata disorder without differentiation

General tendency towards developing the syndrome of energy (Prana/Chi) congestion

#### Energy stagnation, manifested by stagnation of Blood

- The concept of blood congestion in traditional medicine is equivalent to derangement of the hemostatic system functioning in clinical physiology

- Initially, there is a tendency towards the development of endothelial dysfunction, since the endothelium is the largest endocrine organ in the body, diffusely scattered throughout all tissues. Then there is a tendency towards disruption of the synthesis of hormonal substances by endothelium, which are important for controlling blood coagulation, regulating vascular tone and blood pressure, filtering function of the kidneys, contractive activity of the heart, metabolic support of the brain, diffusion mechanisms of water, ions and



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metabolic products in the microcirculatory bloodstream, and increased settling in places of microtrauma of lipid complexes blood vessels.

- There is also a tendency towards derangement in the work of vascular-platelet hemostasis and hemocoagulation, which is accompanied by a predisposition to increase blood viscosity and thrombosis.
- Predisposition to develop vein diseases (thrombophlebitis of the lower extremities and internal organs).

#### **Energy stagnation presenting itself through endocrinopathy**

- Derangement of the endocrine regulation of the large endocrine glands is a frequent effect of the Energy stagnation syndrome
- Topical analysis must be carried out by matching the data with Bioenergy module

#### **Energy stagnation in locomotor apparatus**

- There is a tendency to lymphostasis in muscle tissue, which may be accompanied by spasm, diffuse pain and heaviness along the muscle fiber and tendon.
  - There may be metabolic disorders in the bone tissue, manifested through exacerbation of the joints and spine diseases.

#### **General Prana Vata disorder without differentiation**

- State of internal anxiety and stress
  - Tendency towards energy imbalance
    - Signs of metabolic changes in neuronal tissue
  - Tendency towards deficiency conditions for B vitamins

#### **Prana Vata disorders at the level of functional systems**

- Disorders of ether dynamics in organs and tissues associated with a specific functional system (separation of the "pranic body" from physical processes)
  - Decrease in the effective energy potential of a functional system, necessary for the normal support of its function.

#### **Sadhaka Pitta disorders at the level of emotionally motivational behavior**

Sadhaka Pitta disorders are associated with various diseases of the central nervous system - psychiatric, psychological and neurological.

From a psychological point of view, there is a loss of the possibility of concentration and clarity of perception (Rajas and Tamas), loss of self-confidence, self-worth, disturbed self-expression through feelings and thoughts, confusion, illusions, incorrect conclusions or following wrong concepts, emotional disorders, alexithymia, irritability, anger, recklessness, excessive criticism, insomnia, narcissistic personality disorder, impaired ability to understand and assimilate knowledge, comprehend and appreciate.

From the psychiatry point of view there may be manic states, schizoid accentuation of a personality, auditory and visual hallucinations, cognitive impairment, hysteria in behavior, persecution mania, neurosis, psychosis, and sexual perversion.

From the neurology point of view there may be disorders of serotonin and dopamine neurotransmission, diencephalic syndrome, autonomic disorders, vegetovascular dystonia, emotional disorders, motor disorders, tremors, sleep disorders, somnambulism, increased brain irritability, etc.

#### **Bhrajaka Pitta disorders at the skin level**

- Qualitative and quantitative disorders of the skin microbiota
- Tendency towards developing skin diseases of inflammatory, autoimmune and atopic etiology (eczema, dermatitis, psoriasis, acne, urticaria, erysipelas, skin cancer)
- Pigmentation disturbance (vitiligo)
- Dermal appendages disorders (hair - alopecia, nails)
  - Violation of stereognosis, transformation of tactile sensations into emotional perception, paresthesia
  - Dark depression (disruption of serotonin production by melanocytes)

#### **General Ranjaka Pitta disorders without differentiation**



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Tendency to heme metabolism disorder

#### **Ranjaka Pitta disorders at the Liver level**

- Decreased effectiveness of the liver detox systems
  - Signs of impaired protein metabolism with the likelihood of anemic syndrome
- Signs of impaired blood coagulation mechanisms and impaired effectiveness of the hemostatic system at the level of hepatic coagulation factors and their activation, signs of thrombocytopenia
- Impaired biotransformation of steroid hormones in the Liver with a tendency towards developing hyperproliferative diseases in the reproductive system
- Violations of heme recirculation in the hepatic-intestinal mechanism, as a reflection of excessive bacterial growth in the large intestine
- Impaired bilirubin metabolism with indirect signs of stone formation in gall bladder
- Liver disorders (metabolic, viral)

#### **General Pachaka Pitta disorder without differentiation**

- Tendency to impaired endocrine regulation of the functioning of the upper floor of the abdominal cavity (stomach, small intestine, bile ducts, pancreas)
- Tendency to impaired secretion of digestive juice

#### **Pachaka Pitta disorders at the level of gallbladder and bile ducts**

- Impaired endocrine regulation of bile secretion, with changes in the qualitative and quantitative component composition,
- Impaired emulsification and cavity hydrolysis of fats in the duodenum
- Impaired absorption of products of fatty acids and fat-soluble vitamins in the small intestine
- Impaired colloid stability of bile
- Signs of chronic cholecystitis
- Signs of biliary dyskinesia, impaired tonus of Lutkens, Mirizzi, and Oddi sphincters
- Signs of parasitic diseases of the biliary tract

#### **Tarpaka Kapha disorders at the level of central nervous system:**

- Disorders of Tarpaka Kapha are associated with violations in metabolic processes in nerve cells, development of trophic and immuno-inflammatory pathological conditions of the glial brain tissue, violation in the processes of myelination of the nerve fiber.
- Due to the weakened Tarpaka, there may develop vulnerability to neuroinfections, especially to those of a viral nature.
- Tarpaka is a physical projection of karmic social status, reflection of Dharma.
- There may be a tendency to develop nervousness, mental lethargy, daytime drowsiness, loss of faith in life, feeling of dissatisfaction, anxiety, emotional attachment, sadness, depression, mental fatigue.
- Tendency to develop sleep physiology disorder, with an increase in the duration of the paradoxical sleep and a decrease in the duration and depth of the slow-wave sleep, a feeling of exhaustion and fatigue after sleep.
- Reflects the misuse of senses (one of the main causes for a disease).
- Tendency to various sensory disorders ("tarpanam"- the one that nourishes the senses). All sensory sensations (tactile, visual, olfactory, auditory, gustatory) are transported to Prana Vata and crystallized by Tarpaka Kapha
- Functionally associated with the etheric body, keeps the past life experiences.
- There may be a tendency to memory and cognitive disorders (Alzheimer's).

#### **Bodhaka Kapha disorders at the level of the nasopharynx and oropharynx**

- Violated taste and olfactory sensitivity, with changes in the emotional status of the person and his ability to perceive the reality through the prism of his consciousness, which leads to various changes in taste and olfactory preferences.
- Immuno-inflammatory diseases of the oral mucosa, gums and teeth, throat, nose, sinuses, middle ear, which from a psychosomatic point of view is a consequence of the imbalance of mental energy (Prana) of a person and his emotional state.



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- Sensitive marker of prodroma of bronchopulmonary diseases and SARS

#### **Avalambaka Kapha disorders at the level of interstitium in general**

- Tendency to increased levels of metabolic stress, with the accumulation of intermediate products of metabolism - Ama - in interstitium and lymph, which leads to accumulation of acidic metabolites and acidification of the interstitium (pH shifts to acidity).

#### **Kledaka Kapha disorders at Kapha stage of digestion**

- Tendency to excessive accumulation of mucus, as well as Manda Agni (strong, but sluggish and slow fire of digestion)

- Tendency to hypoacid gastritis (rare episodes of hyperacidity), heaviness in the stomach after eating, stagnation of food and decreased gastric motility

- Belching and GERD

- With long-term disorders of Kledaka Kapha, restoration of the integrity of the mucous membrane in the stomach and small intestine get violated

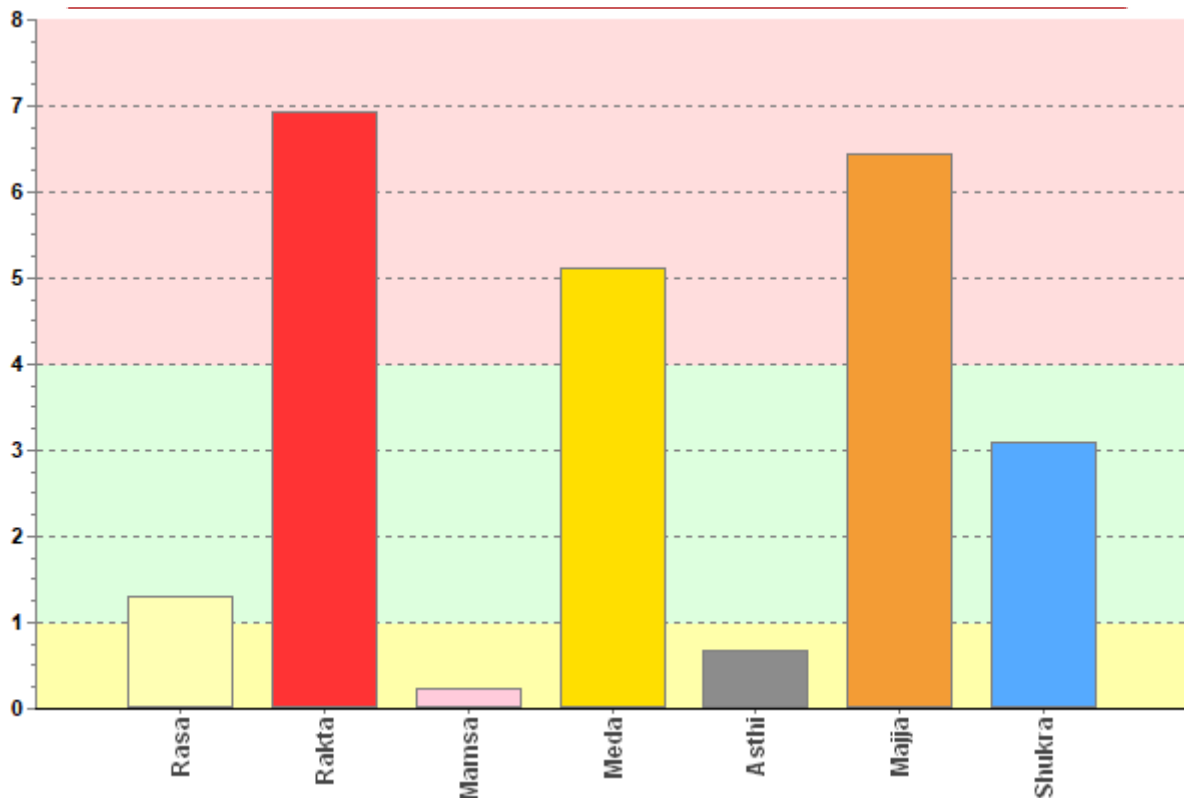
- Tendency to contamination with *Helicobacter pylori* and erosive gastritis

- Tendency to develop gastric and duodenal ulcer

- Signs of dysmicrobiocenosis in the stomach and duodenum, giardia enteritis

- Tendency to formation of polyps in the stomach

#### **Nidana - Dhatu (tissues)**





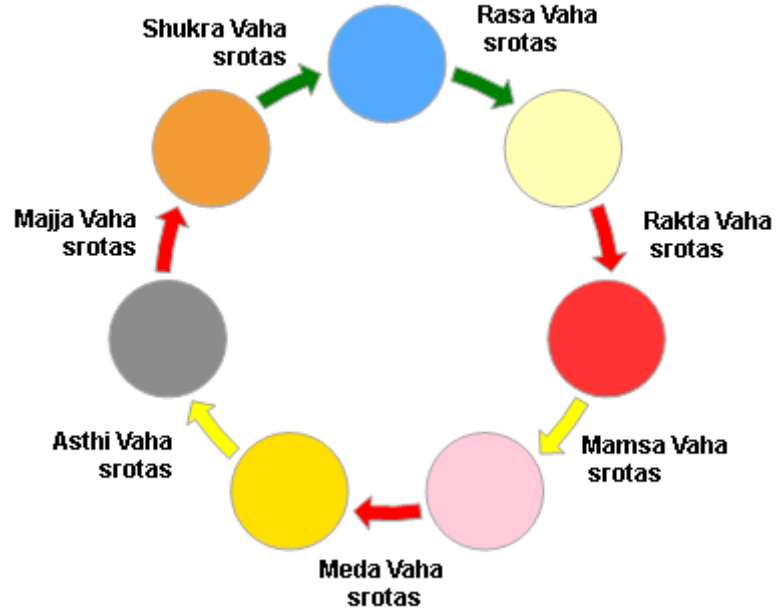
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**Nidana - Pancha Mahabhuta**

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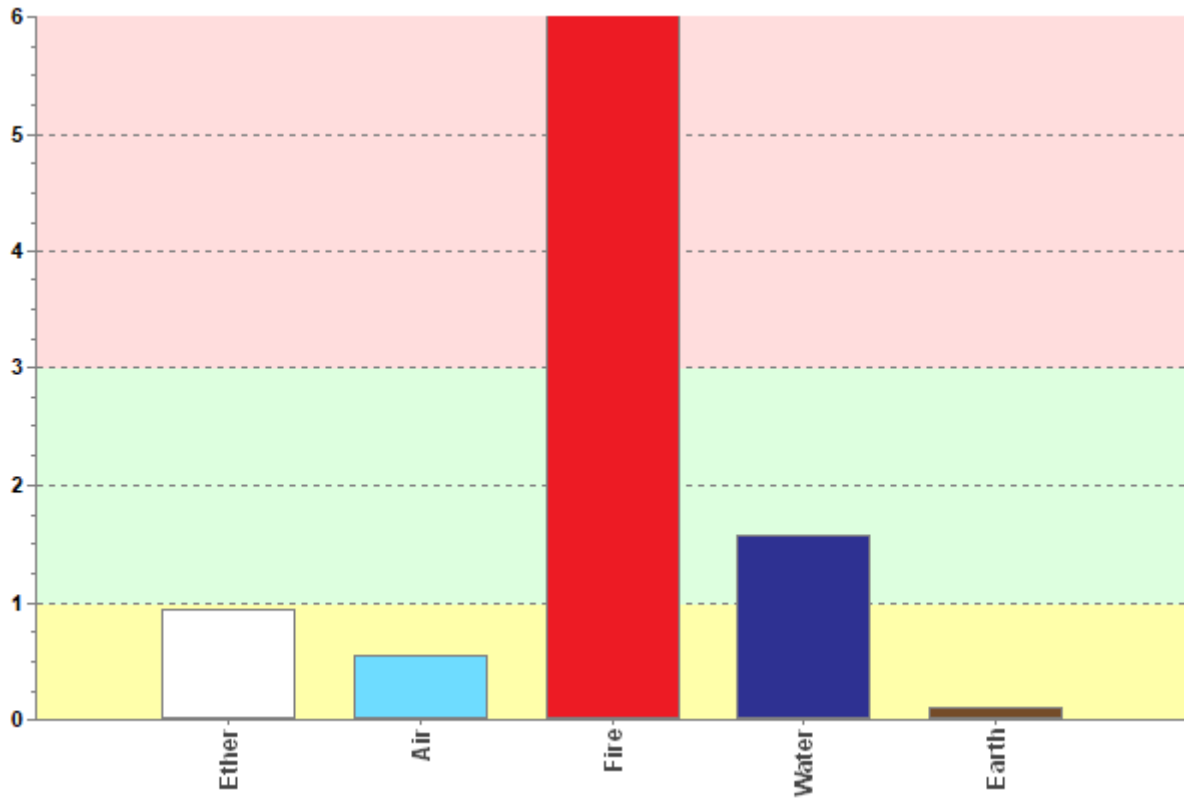
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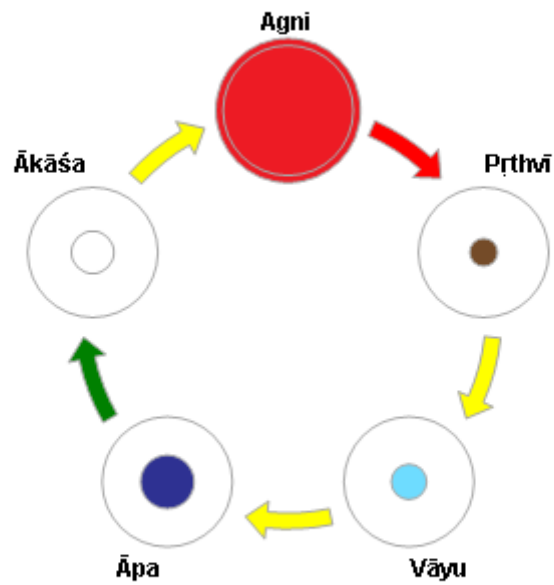
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Wheel of Support



Wheel of Destruction



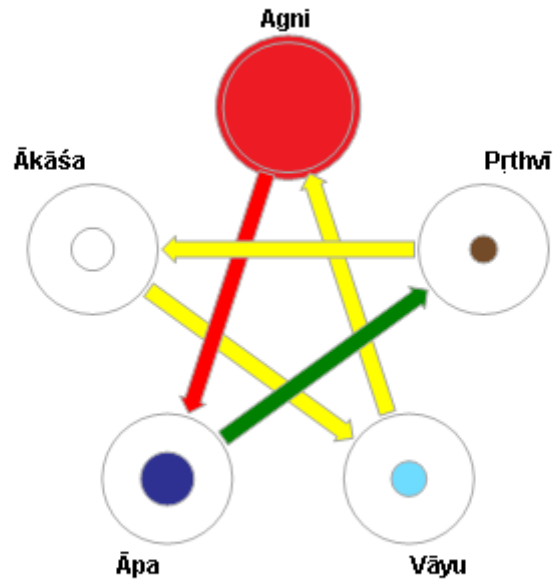
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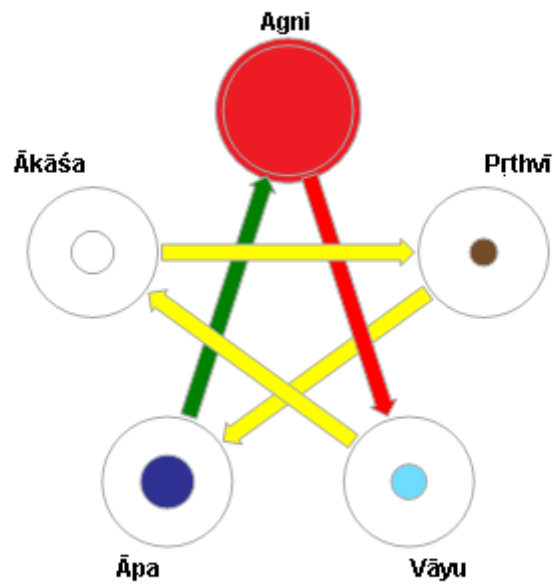
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Restraint







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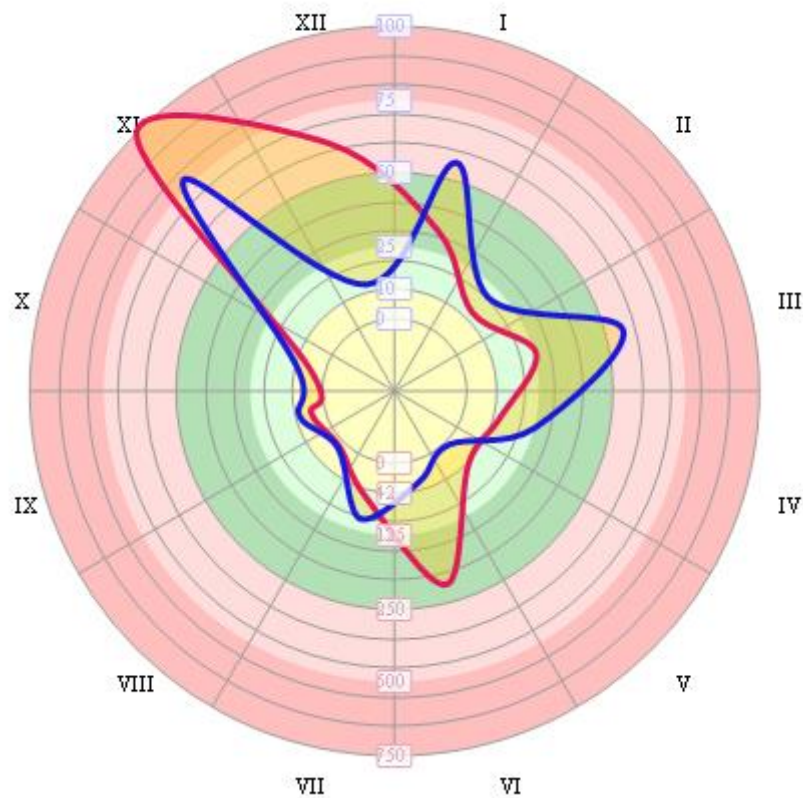
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## Organ pulse - Chinese scheme



### ■ Significant depletion of energy (emptiness syndrome)

- 8 - Kidney Meridian (VIII, R): 2.8% (func.), 8.2 (morph.)
- 9 - Pericardium Meridian (IX, MC): 8.6% (func.), 19.4 (morph.)
- 10 - Triple Heater Meridian (X, TR): 10.3% (func.), 23.1 (morph.)

### ■ Slight depletion of energy

- 2 - Large Intestine Meridian (II, GI): 20.6% (func.), 59.4 (morph.)
- 4 - Spleen and  
Pancreas Meridian (IV, RP): 25.0% (func.), 56.1 (morph.)
- 5 - Heart Meridian (V, C): 1.7% (func.), 47.5 (morph.)
- 7 - Urinary Bladder Meridian (VII, V): 20.7% (func.), 59.7 (morph.)

### ■ Norm

- 1 - Lung Meridian (I, P): 55.9% (func.), 161.2 (morph.)
- 3 - Stomach Meridian (III, E): 56.1% (func.), 126.1 (morph.)
- 6 - Small Intestine Meridian (VI, IG): 7.7% (func.), 220.8 (morph.)

### ■ Slight tension of energy



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12 - Liver Meridian (XII, F): 13.2% (func.), 377.7 (morph.)

■ **Major tension**  
**(syndrome of fullness)**

11 - Gallbladder Meridian (XI, VB): 77.4% (func.), 2215.2 (morph.)

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## Recommendations

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### General characteristics:

Pitta-Vata people are assertive, insistent, determined, mobile. The predominance of Pitta provides confidence and enterprise, Vata in its turn manifests through an off-beat way of thinking, ease and rapid response. At the same time, such characteristics as aggression, irritation, uncertainty, tension, fearfulness, anxiety and unreasonable worries are typical for Vata-Pitta people. They can easily get irritated and become impulsive.

They often stay up after midnight and have bad sleep with a lot of dreams.

It is better for Pitta-Vata people to avoid stressful and conflict situations, to adopt a balanced lifestyle, to calm the mind by Pranayama and meditation, to listen to relaxing music.

The constitutional feature of this dual type is the Empty Heat syndrome with the violation of moisturizing and nourishing function of Avalambaka Kapha. Usually, the diseases of Pitta-Vata are either prolonged or chronic, manifesting through a stable set of four signs - a tendency to weight loss, dryness, heat and exhaustion (asthenia). Also, constipation and spastic motor disorders may start developing due to dryness of GIT. The Empty Heat disturbs the Spirit of the Heart, forming a tendency to tachycardia and various types of arrhythmia. The Empty Heat burns the body of a person in ages; in women it leads to early menopause with pronounced vegetative disorders.

Be attentive to your body in summer, since Pitta Dosha goes out of the balance this time of year. Reduce activity, limit the exposure to the sun and heat. at the same time, in cold and windy seasons Vata Dosha increases.

For both Doshas it is recommended to use food, medicinal plants and essential oils of hot potency; use oily, hot substances to reduce Vata-imbalance, but overusing them you may increase Pitta; and similarly, dry and cool properties reduce Pitta, but overusing them you increase Vata.

### Day routine:

Usually your day is balanced, you are active and energetic, but you need to follow moderation and do not waste your energy, find time for rest and recovery. Moderate regular exercise combined with yoga will help you to keep the body in shape. It's ideal to wake up at 6:30-7:30 am. and go to bed around 10:30 pm.

### Diet:

You have a good appetite and strong digestion, but it may become unstable under the influence of stress. The food should be heavy, warm and nutritive. The ideal time for breakfast is 7:30-8:30 am, lunch - 12:00-1:00 pm, dinner - 7:00-8:00 pm. However, whenever you feel hungry, do not overeat when it comes to food with the properties mentioned above. Such spices as coriander, cardamom, fennel are might be useful for you. The meal should include astringent and bitter tastes, but overusing them you increase Vata. Sweet taste is good for both doshas. It is necessary to limit the intake of hot spices, such as chili. It is better to avoid fasting and long gaps between meals.

### Physical activity:



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Physical exercises should not be too intense. Choose asanas suitable for Pitta Dosha. After the training, apply oil and take a warm bath. Stretching exercises and swimming are preferable.

**Body care:**

Relaxing massage, Abhyanga with the constitutionally suitable essential oils (rose, lemon balm, lotus, ylang-ylang, vanilla, neroli) are recommended once a week. Use coconut or sesame oil.

**Ideal day schedule:**

Get up right after waking up.

**6:30-7:30pm** - Perform stretching exercises and breathing techniques, take a warm bath. Apply warm oil twice a week.

**7:30-8:30pm** - Breakfast. Don't distract yourself from food by reading a newspaper, watching TV, using your smartphone or laptop. Have a full breakfast to get enough energy to make it till lunch.

**10:00am-12:00pm** - Your working capacity remains at a good level throughout the day, you get quickly involved in new activities and switch between different tasks. You can have a snack if you feel slightly hungry.

**12:00-1:00pm** - Have lunch in a relaxed friendly atmosphere. Eat only if you feel hungry - don't eat just to keep company or being in a hurry. Eat slowly, enjoying each bite, chew carefully and try not to participate in heated discussions at the table. Concentrate on food and its quantity.

**2:00-4:00pm** - Take a short break after lunch. It is not advisable to sleep during the daytime, it is much better for you to do stretching asanas and go for a walk to get rested and refreshed. Rhythmic music would help you to get focused and active.

**4:00-4:30pm** - Have a cup of herbal tea. In case you don't feel hungry, avoid eating snacks.

**5:00-7:00pm** - Draw conclusions of the working day, finish all your tasks.

**7:00-8:00pm** - Have dinner with family or friends in a relaxed atmosphere. Add constitutionally suitable spices to support digestion.

**8:00-10:00pm** - Take a walk or listen to music, a warm shower or a bath before bedtime would improve sleep.

**10:00pm** - Go to sleep.

NOTE: all recommendations are made for a 12-hour day and 12-hour night, dawn is around 6:00am and dusk is around 6:00pm.

Your personal (constitutional) diet				
Ideal		Suitable		Not recommended
<b>Fruits and Berries</b>				
Watermelon	117.33	Sweet berries	66.67	Plum
Raisins	96.67	Avocado	66.67	Kiwi fruit
Prunes	86.67	Lime	60.67	Peach
Sweet grapes	86.67	Ripe bananas	53.33	Orange
Figs	86.67	Melons	53.33	Lemon
Dates	60.00	Unripe bananas	50.67	Cranberry
		Papaya	44.00	Sour berries
		Pears	40.67	Sour grapes
		Apples	40.67	Apricots
		Cherry	37.33	Tamarind
		Pineapple	37.33	Persimmon



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		Mango	36.67	Pomegranate (sour)
		Pomegranate (sweet)	24.00	
		Grapefruit	10.67	
<b>Vegetables</b>				
Zucchini	100.67	Cucumbers	86.67	Raw onion
Asparagus	100.67	Mushrooms	60.67	Mustard (leaves)
Rutabaga	90.00	Courgette	60.67	Chili pepper
Parsnip	90.00	Olives (black)	53.33	Eggplants
Okra	70.00	Sweet potatoes	53.33	
Pumpkin	66.67	Radish	51.33	
		Bell pepper	50.67	
		Leek	47.33	
		Potatoes	47.33	
		Carrot	47.33	
		Artichoke	44.00	
		Green peas	40.67	
		Dandelion (leaves)	37.33	
		Cooked onion	37.33	
		Beetroot	33.33	
		Tomatoes	30.67	
		Lettuce	28.00	
		Spinach	27.33	
		Brussels sprouts	24.00	
		Coriander	20.67	
		Rhubarb	17.33	
		Celery	17.33	
		Cabbage	10.67	
		Cauliflower	10.67	
		Jerusalem artichoke	10.67	
		Broccoli	10.67	
		Turnip	1.33	
		Kohlrabi	1.33	
<b>Crops</b>				
Pasta	96.67	Corn	76.67	Quinoa, saltbush
Durum wheat flour	73.33	Basmati rice	73.33	



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Cooked oats	60.00	White rice	53.33	
		Wheat	53.33	
		Barley	50.00	
		Buckwheat	46.67	
		Millet	46.67	
		Brown rice	20.00	
		Oat bran	17.33	
		Rye	1.33	
<b>Legumes</b>				
		Soy milk	71.33	
		Soy sauce	67.33	
		Chickpeas (Turkish peas)	60.67	
		Tofu	60.67	
		Red lentils	60.67	
		Mung bean (mung dal)	60.67	
		Soy beans	54.00	
		Soy meat	54.00	
		Soy cheese	47.33	
		Brown lentils	40.67	
		Peas (dried)	40.67	
		Beans	24.00	
<b>Dairy Products</b>				
Butter oil (Ghee)	36.67	Goat milk	61.33	
		Buttermilk	60.00	
		Yoghurt	53.33	
		Butter	47.33	
		Cow milk	40.00	
		Sour cream	30.67	
		Hard cheese	24.00	
		Soft cheese	24.00	
		Farmer cheese	24.00	
<b>Nuts</b>				
Coconut	73.33	Cashews	66.67	Almonds



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		Hickory	60.00	Walnuts
		Peanuts	53.33	
		Hazelnut	36.67	
		Pistachios	30.67	
		Pine nuts	26.67	
<b>Seeds</b>				
Pumpkin seeds	90.00	Sunflower	60.00	Sesame
<b>Oils</b>				
Coconut oil	73.33	Corn oil	67.33	Almond oil
Olive oil	60.00	Avocado oil	53.33	Castor oil
Sunflower oil	60.00	Safflower oil	37.33	Mustard oil
		Peanut oil	36.67	
		Sesame oil	36.67	
		Soy oil	17.33	
		Canola oil	17.33	
<b>Spices</b>				
Cane sugar (brown)	86.67	Salt	66.67	Rosehip
Poppy seed	73.33	Chicory	44.00	Fenugreek
Rose leaves	56.67	Saffron	34.00	Parsley
		Vanilla	30.67	Black pepper
		Cardamom	30.67	Mace
		Peppermint	30.67	Rosemary
		Cubeb pepper	27.33	Anise
		Dill	24.00	Nutmeg
		Fennel	24.00	Hot pepper
		Sorrel	17.33	Bay leaf
		Cumin (Jeera)	17.33	Estragon
		Coriander	16.67	Green pepper (paprika)
		Cloves	14.67	Basil
		Ginger (dry)	10.67	Caraway
		Turmeric	10.67	Thyme
				Mustard
				Marjoram



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				Cinnamon
				Ajvan
				Garlic
				Asafoetida
<b>Animal source foods (for non vegetarians)</b>				
		Eggs	77.33	Egg yolk
		Chicken dark meat	77.33	Pork
		Turkey dark meat	77.33	Duck meat
		Mutton	67.33	
		Rabbit meat	61.33	
		Shrimp	60.67	
		Sea fish	57.33	
		Fish (salmon)	57.33	
		Freshwater fish	57.33	
		Beef	57.33	
		Egg white	57.33	
		Turkey white meat	48.00	
		Chicken white meat	41.33	
		Venison	17.33	

<b>Yoga</b>				
<b>Ideal</b>		<b>Suitable</b>		<b>Not recommended</b>
Parsva Upavistha Konasana (over one open leg forward bend)	167.01	Ardha Baddha Padma Paschimottanasana (half lotus forward bend pose)	161.71	Utkatasana (power chair pose)
Upavistha Konasana (open legs forward bend)	167.01	Kurmasana (tortoise pose)	161.71	Parivrttaika pada sirsasana (rotated open legs in headstand)
Supta Padangusthasana (one leg stretched up lying down)	146.67	Paschimottanasana (full forward bend)	161.71	Parsva Sirsasana (rotated legs in headstand)
Parivrtta Janu Sirsasana (revolved head to knee pose)	141.45	Triang Mukhaikapada Paschimottanasana (leg forward bend)	156.51	Sirsasana (headstand)
Padottanasana (spread legs forward bend)	119.43	Urdhva Mukha Paschimottanasana (upward facing forward bend)	149.21	Preparation for Sirsasana (preparation for headstand)
Vasisthasana (side plank pose)	50.25	Janu Sirsasana (head to knee pose)	143.99	Virabhadrasana I ( warrior pose I)



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	Anantasana (serpent stretch)	95.45	Adho Mukha Vrksasana (handstand)
	Padahasthasana (hands under feet pose)	91.22	Pincha Mayurasana (arm stand)
	Uttanasana (intense extension pose)	91.22	Virabhadrasana III (warrior pose III)
	Baddha Konasana (bound angle sitting pose)	90.06	Eka Pada Urdhva Dhanurasana (upward bow one leg extended pose)
	Basic Virasana (basic hero pose)	90.06	Dwi Pada Viparita Dandasana (inverted arch pose)
	Padangusthasana (foot big toe pose)	90.06	
	Siddhasana (perfect sitting pose)	90.06	
	Supta Virasana (reclining hero pose)	90.06	
	Virasana (hero pose)	90.06	
	Urdhva Prasarita Ekapadasana (upward leg forward bend)	85.71	
	Parivrtta Trikonasana (revolving triangle)	84.55	
	Parsvottanasana (intense sideways stretch pose)	84.55	
	Vrksasana (tree pose)	84.55	
	Trikonasana (triangle pose)	82.04	
	Halasana (plow pose)	78.41	
	Savasana (corpse pose (relaxation pose))	78.09	
	Yoga Mudrasana (yoga seal)	78.09	
	Ubhya Padangusthasana (balancing foot big toe pose)	76.21	
	Dandasana (staff pose)	72.68	
	Viparita Karani (special inversion)	72.87	
	Urdhva Prasarita Padasana (upward extended feet pose)	71.91	
	Alligator Twist Variation I	70.94	
	Alligator Twist Variation II	70.94	
	Alligator Twist Variation III	70.94	
	Alligator Twist Variation IV	70.94	
	Ardha Matsyendrasana I (half fish I)	70.94	





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	Jathara Parivartanasana (revolving stomach pose)	70.94	
	Marichyasana I (sage twist I)	70.94	
	Marichyasana II (sage twist II)	70.94	
	Marichyasana III (sage twist III)	70.94	
	Back Vinyasa (movement series for the back)	67.26	
	Sarvangasana I (half shoulderstand I)	67.68	
	Sarvangasana II (half shoulderstand II)	67.68	
	Sarvangasana III (full shoulderstand )	67.68	
	Bharadvajasana I (legs side sitting twist pose)	65.60	
	Two Chair Twists (sitting and standing chair twists)	65.60	
	Niralamba Bhujangasana I, II, III (unsupported cobra variations I, II, III)	63.88	
	Adho Mukha Svanasana (downward facing dog)	61.95	
	Adho Mukha Svanasana Variation(downward facing dog leg extended)	61.95	
	Navasana (boat pose)	61.95	
	Tadasana (mountain pose)	62.17	
	Depada Pidam (bridge pose)	59.72	
	Eka Pada Sarvangasana (one leg extended shoulderstand)	53.99	
	Setu Bandha Sarvagasana (bridge pose from shoulderstand)	53.99	
	Supta Konasana Sarvangasana (Open Angle Shoulderstand)	53.99	
	Ardha Chandrasana (half moon pose)	53.20	
	Salabhasana I, II, III (locust variations I, II, III)	47.00	
	Makarasana (locust variation)	41.95	
	Chaturanga Dandasana	32.45	



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		(plank pose - sun salutation position №6)		
		Virabhadrasana II (warrior pose)	30.74	
		Parsvakonasana (extended side angle pose)	24.98	
		Bhujangasana (full cobra pose)	23.19	
		Purvottanasana (intense front extension pose)	19.93	
		Urdhva Dhanurasana (upward bow pose)	-6.78	
		Dhanurasana (bow pose)	-10.55	
		Eka Pada Rajakapotasana (pigeon pose stretch)	-10.55	
		Eka Pada Rajakapotasana I (pigeon pose I)	-10.55	