

Chatchai

9 Sep 2026 01:20

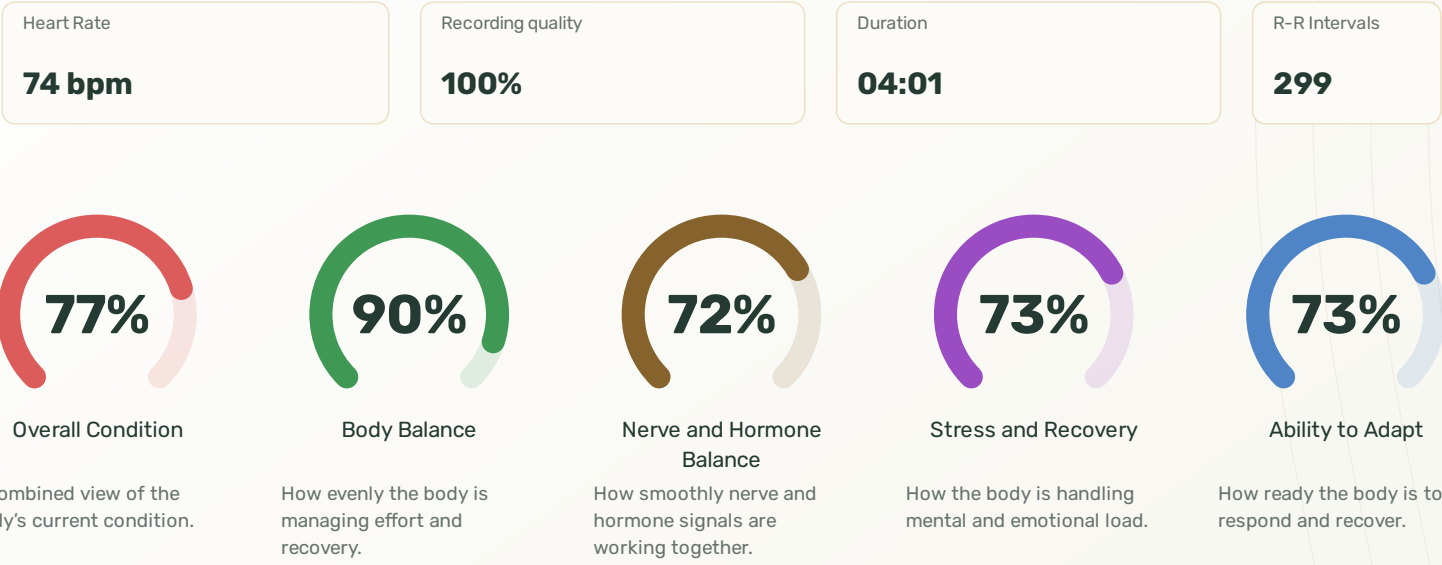
Age at Measurement 37 years

Recording quality: 100%

BMS-HRV-2.0 | HRV measurements and modelled wellness interpretations. Not a diagnosis.

Summary

Wellness estimates



Record Overview

Date of measurement	Age at Measurement	Total intervals	Accepted intervals
9 Sep 2026 01:20	37 years	299	299

The five gauges summarize overall condition, body balance, nerve and hormone balance, stress and recovery, and ability to adapt on one consistent 0-100 scale.

Educational wellness information for practitioner review. Values and reference ranges describe the recorded functional pattern; they are not a diagnosis or a treatment recommendation.

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9 Sep 2026 01:20

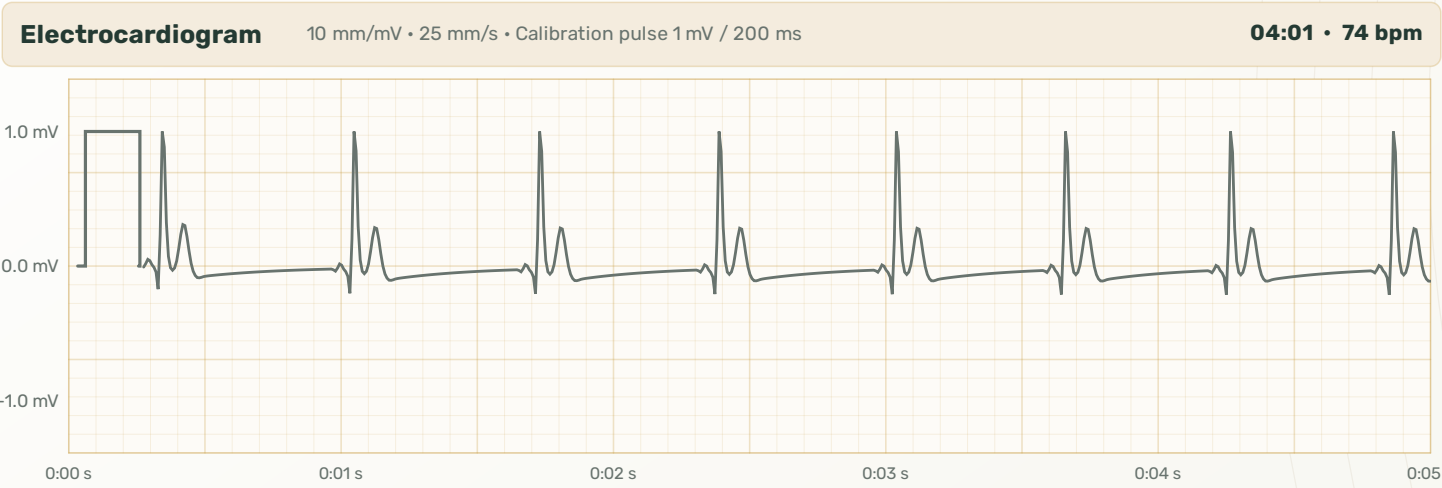
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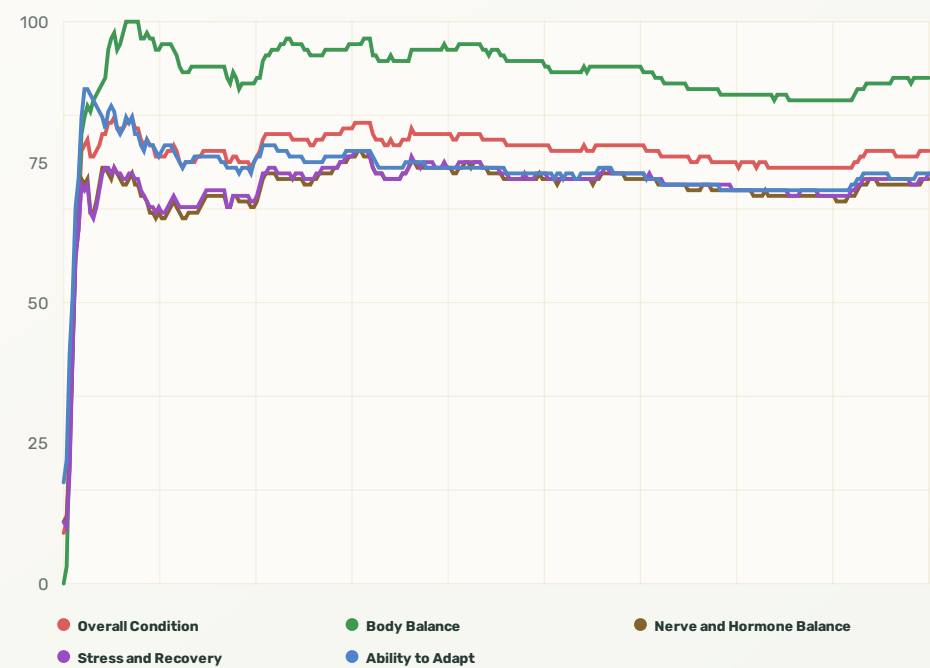
Rhythm

Electrocardiogram

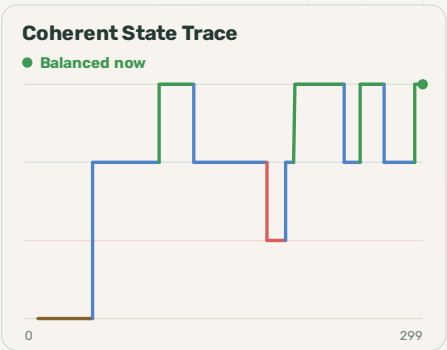


The ECG overview is the saved post-calibration recording. Chart axes remain left-to-right in every application language.

Body Changes During This Scan



The physiological dynamics chart shows how the five integral indices changed while the accepted R-R intervals were collected. Use the trends together with signal reliability and the full report context.



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Rhythm

HRV Analysis

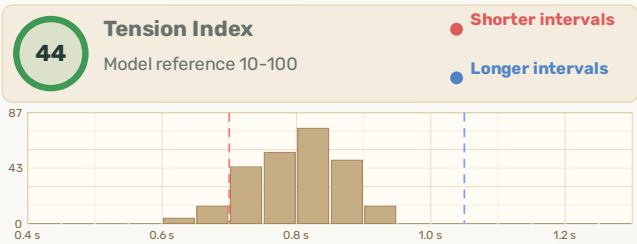
Heart Rate	Mean R-R	SDNN	RMSSD	pNN50
74.5 bpm	805.6 ms	66.8 ms	34.2 ms	11.7%
Recording quality	VLF	LF	HF	LF/HF
99.8%	1849.3 ms²	1033.4 ms²	408.6 ms²	2.53

BMS-HRV-2.0 • 299 accepted intervals • 295 adjacent pairs • 232.7 s uninterrupted spectrum segment.
Band powers are descriptive estimates. Short recordings limit LF and especially VLF interpretation. LF/HF does not measure autonomic balance.

Rhythmogram

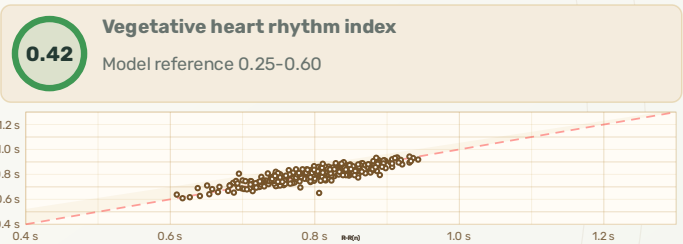


Histogram of R-R Intervals



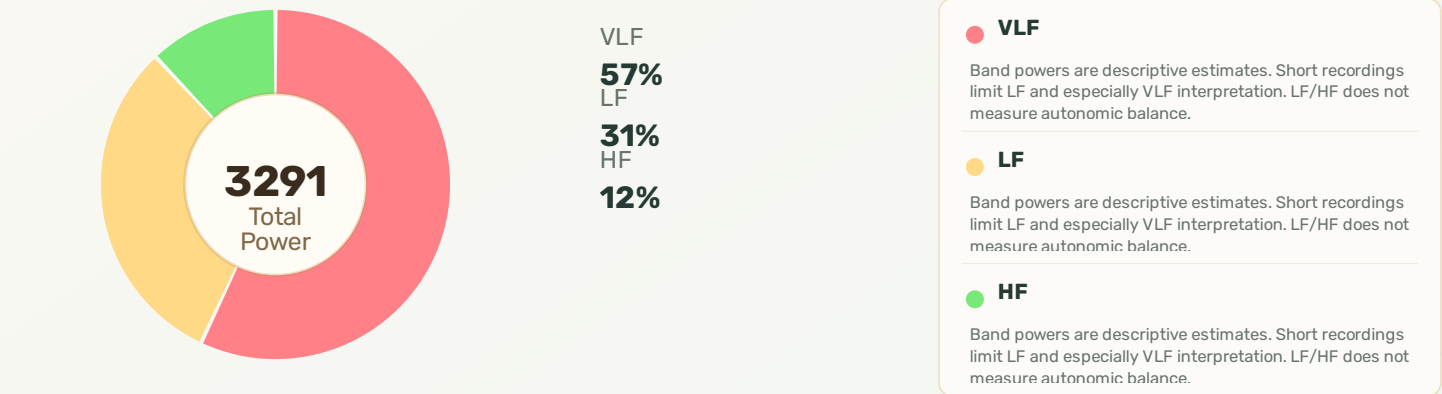
Distribution of accepted R-R intervals grouped by duration.

Scatterogram



Plots every R-R interval against the next one. A compact cloud near the diagonal indicates a stable rhythm; the vegetative heart rhythm index reference is 0.25-0.60.

Spectrum Diagram



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9 Sep 2026 01:20

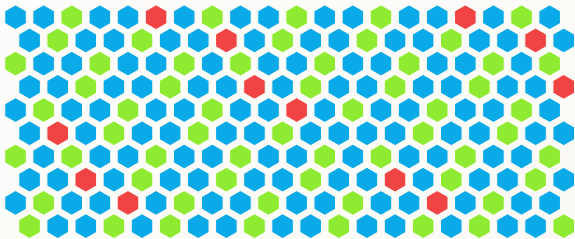
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Balance

Neurodynamic Matrix



0% 100%

Normal

64%

With changes

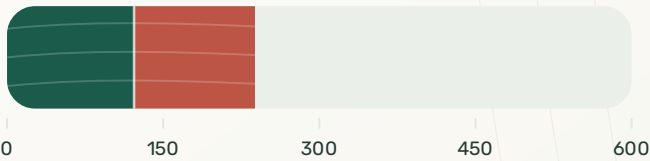
30%

With violations

6%

Shows the calculated proportions of the three neurodynamic categories.

Energy Flow Harmony



Energy Resources

238

Energy Balance

0.95

Accumulation / Recovery

122

Expenditure / Consumption

116

Green shows accumulation and recovery; coral red shows expenditure and consumption. The filled area represents total energy resources, while the relative sides represent energy balance. The flexible contour changes with the recorded resource total and balance. References: resources 150-600 units; balance 1.0-2.5.

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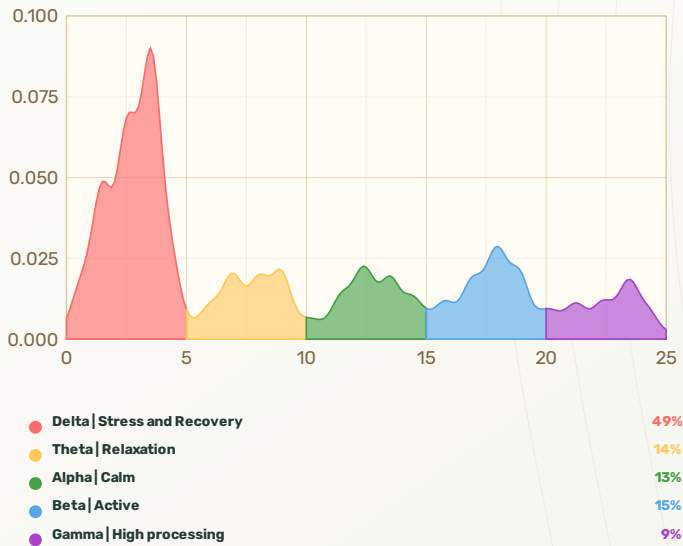
Balance

Mind and Emotions



Shows the calculated stress and recovery pattern for this recording.

Nervous System Patterns



Illustrative patterns generated from wellness scores. The horizontal axis is a model scale, not EEG frequency or measured brain activity.

Circulation Regulation

RMSSD	SDNN	Usable heartbeats	Scan confidence
34.2 ms	66.8 ms	100%	97%

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Balance

Biological Age



Age at Measurement 37 years

Biological Age 27 years

Difference 10 years younger than calendar age

Compares the calculated biological-age estimate with calendar age.

Age at Measurement

37 years

Biological Age

27 years

Daily Forecast

Scan Time 01:20



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Age at Measurement 37 years

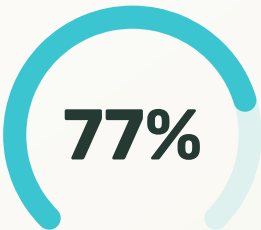
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Energy

Aura and Chakra Analysis

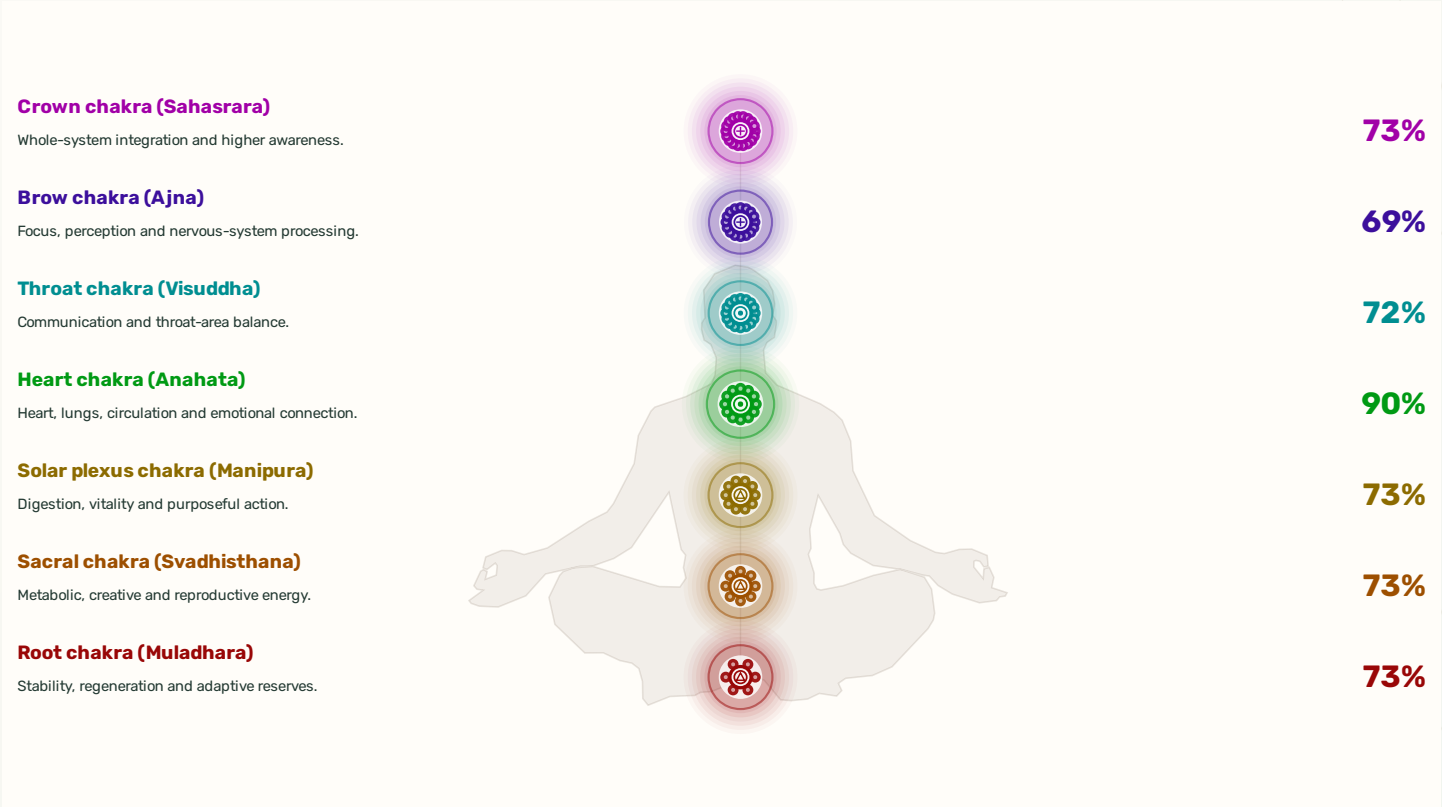
Aura Field



Functional State and
Aura Integral Index

White
Quiet, transformative, imaginative and spiritually aware.

Chakra Activity Map



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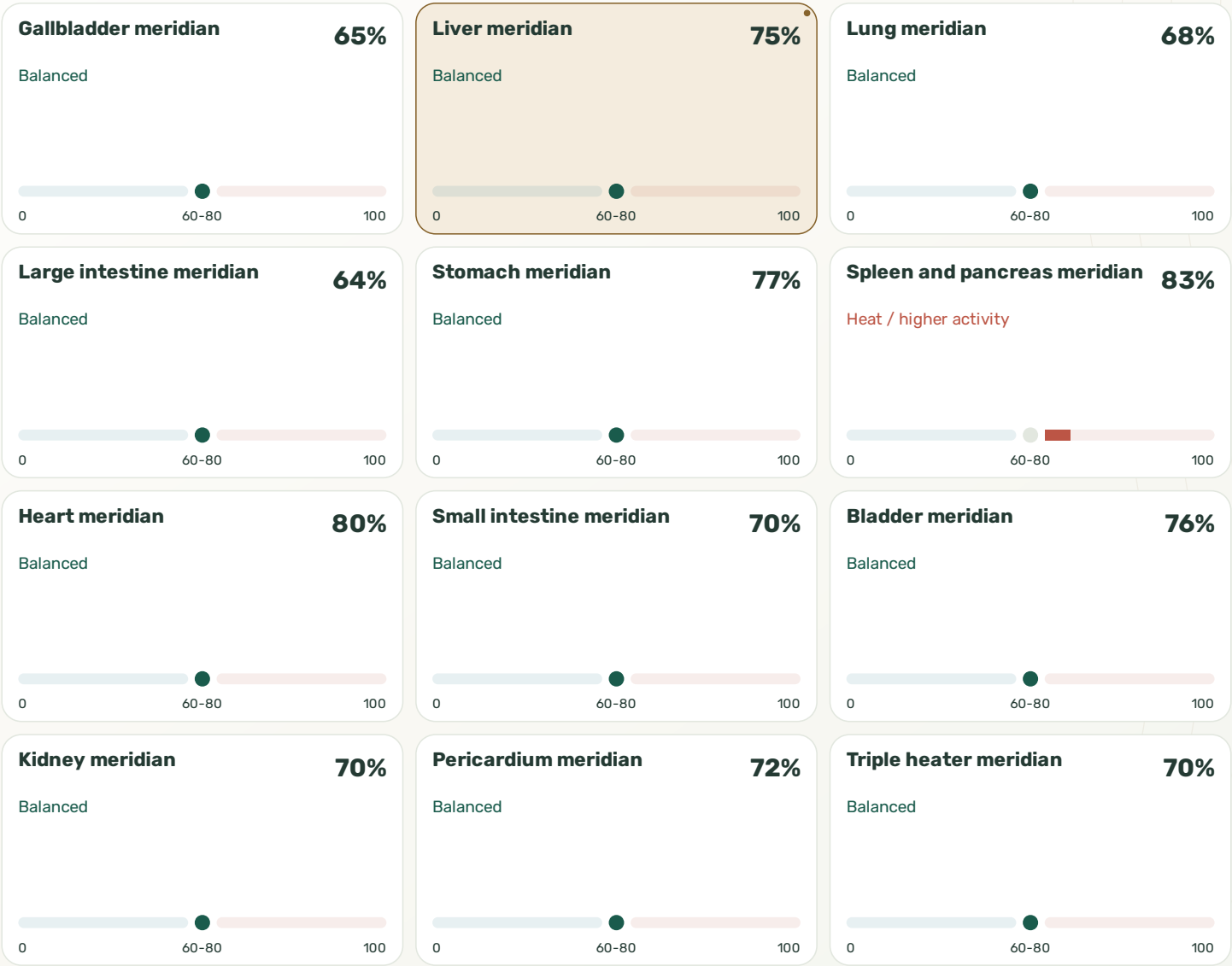
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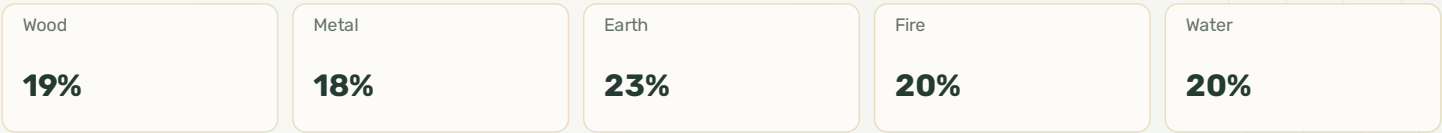
Energy

Chart of the Meridians

Reference scale: Cold below 50 • Slight imbalance 50-59 • Balanced 60-80 • Heat above 80



Five Elements



Twelve percentage badges and proportional colored bars summarize the calculated Meridian scores. Blue means cold/lower activity, green balance, and red heat/higher activity on this scale. These are score-based interpretations; the two colors do not represent independently measured signals. Five Elements remains a separate view.

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A guide to your results

A guide to your results

Start with heart rate and HRV, then explore the calculated balance and energy views. Each chapter offers a different perspective on the same recording. Exact values stay visible alongside the graphics; your own repeated sessions provide the most useful context.

Wellness estimates

These five calculated scores describe overall condition, body balance, nerve and hormone balance, stress and recovery, and adaptation. Each bar uses the same 0-100 scale. Read the exact percentage and description together, then compare the pattern with your previous sessions.

HRV Analysis

Heart rate describes the pace of your heart. SDNN describes overall variation between accepted beats; RMSSD and pNN50 describe neighboring beat-to-beat changes. Total power and LF/HF describe the frequency view when the recording supports it. Read these together with recording quality and your own history.

Compare recordings of similar duration and conditions. A single higher value is not automatically an improvement; LF/HF is not a direct stress measurement. Look for consistent changes over several sessions.

Histogram of R-R Intervals

Distribution of accepted R-R intervals grouped by duration.

Scatterogram

Plots every R-R interval against the next one. A compact cloud near the diagonal indicates a stable rhythm; the vegetative heart rhythm index reference is 0.25-0.60.

Neurodynamic Matrix

Shows the calculated proportions of the three neurodynamic categories.

A guide to your results

A guide to your results

Look for patterns across your own sessions. Similar posture, breathing, time of day and good electrode contact make comparisons more useful. Notice changes alongside how you felt that day.

Energy Flow Harmony

Green shows accumulation and recovery; coral red shows expenditure and consumption. The filled area represents total energy resources, while the relative sides represent energy balance. The flexible contour changes with the recorded resource total and balance. References: resources 150-600 units; balance 1.0-2.5.

Psychoemotional state

Shows the calculated stress and recovery pattern for this recording.

Nervous System Patterns

Illustrative patterns generated from wellness scores. The horizontal axis is a model scale, not EEG frequency or measured brain activity.

Biological Age

Compares the calculated biological-age estimate with calendar age.

Daily Forecast

Illustrative daily curve from the legacy wellness model. Not a validated health prediction or a guide to the best time for activity.

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A guide to your results

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Look for patterns across your own sessions. Similar posture, breathing, time of day and good electrode contact make comparisons more useful. Notice changes alongside how you felt that day.

Aura Field

Body color uses the accepted heartbeat pattern with age-aware interpretation. The surrounding field follows the Aura Percentage.

Chakra Activity Map

Each circular lotus marker shows the calculated activity of one chakra. Its name and exact percentage are printed beside the map.

Chart of the Meridians

Twelve percentage badges and proportional colored bars summarize the calculated Meridian scores. Blue means cold/lower activity, green balance, and red heat/higher activity on this scale. These are score-based interpretations; the two colors do not represent independently measured signals. Five Elements remains a separate view.

Reference scale: Cold below 50 • Slight imbalance 50-59 • Balanced 60-80 • Heat above 80

Five Elements

Notice the relative pattern and exact scores across your own recordings, rather than judging one color or one region in isolation. Use the translated names and meanings as a way to reflect on your experience; compare them with the measured rhythm information in the other chapters.