

Name

SUDHNEET KAUR
10173461

Basic Info

F | 34

Date

Jul 25, 2025, 09:00 AM

ALLERGY PANEL



Allergy is your body's reaction to things like pollen, animal hair, dust, certain medicines etc. They are usually harmless to others. These things which cause allergic reactions are called allergens.

Allergy Panel Legend

Allergy levels are based on the concentration of specific allergens in your system. Values below **0.35** are considered Normal (N), while values above **0.35** indicate a High (H) allergic reaction



Allergy Inhalants

Feedback

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 Pollens & Plants

Test Name	Result	unit	
Acacia Arabica □□□□	0.50	u/L	HIGH
Adhatoda vasica □□□□□	0.33	u/L	NORMAL
Amaranthus spinosus □□□□□	0.30		
Aspergillus fumigatus ‡ □□□□□ R□□ □□□□□	0.32	u/L	NORMAL
Argemone Mexicana □□□□ □□□□□	0.10	u/L	NORMAL
Artemisia scoparia □□□□□□□	0.61	u/L	HIGH
Brassica rapa □□□□	0.24	u/L	NORMAL
Cannabis Sativa □□□□	0.54	u/L	HIGH
Carica Papaya □□□□□□ □□ □□□□	0.26	u/L	NORMAL

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Test Name	Result	unit	
Cassia Fistula कासी फिस्टुला	0.30	u/L	NORMAL
Cedrus Deodara सेडरुस डीओडारा	0.32	u/L	NORMAL
Chenopodium Album चैनापोडियम अलबम	0.39	u/L	HIGH
Cocos Nucifera कोकोस नुसिफेरा	0.33	u/L	NORMAL
Dandelion डैण्डेलियन	0.34	u/L	NORMAL
Cyperus Retunes सायपरस रीटुनेस	0.35	u/L	NORMAL
Eucalyptus यूकेलिप्टस	0.30	u/L	NORMAL
Birch बिर्च	0.30	u/L	NORMAL
Junipers Communis जुनिपेरस कम्युनिस	0.38		

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Pollens & Plants

Test Name	Result	unit	
English plantain English plantain	0.21	u/L	NORMAL
Lawsonia inermis Lawsonia inermis	0.31	u/L	NORMAL
Kegelia pinnate Kegelia pinnate	0.24	u/L	NORMAL
Mugwort Sagebrush Mugwort Sagebrush	0.25	u/L	NORMAL
Common Ragweed Common Ragweed	0.10	u/L	NORMAL
Phoenix Dactylifera Phoenix Dactylifera	0.31	u/L	NORMAL
Pine Pine	0.35	u/L	NORMAL
Ricinus Communis Ricinus Communis	0.10	u/L	NORMAL
Suaeda Fruticosa Suaeda Fruticosa	0.22	u/L	NORMAL



Pollens & Plants

Test Name	Result	unit	
Tea Leaves Tea Leaves	0.18	u/L	NORMAL
Typha Anussssstata Typha Anussssstata	0.29	u/L	NORMAL
Xanthium Stermarlu Xanthium Stermarlu	0.37	u/L	HIGH

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Mold/Fungi

Test Name	Result	unit	
Alternaria Tenuis □□□□□	0.16	u/L	NORMAL
Aspergillus Niger □□□□□	0.20	u/L	NORMAL
Aspergillus tamarii □□□□□	0.20	u/L	NORMAL
Candida Albicans ☞ □□□ □□ ☞ ☞	0.20	u/L	NORMAL
Cenchrus ciliaris □□□□ □□□	0.10	u/L	NORMAL
Cladosporium herbarum □□□□□	0.20	u/L	NORMAL
Neurospora SPP □□□□□	0.20	u/L	NORMAL
Penicillium chrysogenum □□□□□	0.30	u/L	NORMAL

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Dusts & Fibres

Test Name	Result	unit	
Bajari Dust ਬਾਜਰੀ ਧੂੜ	0.24	u/L	NORMAL
Buffalo Dust ਬੁਫ਼ਾਲੋ ਧੂੜ	0.25	u/L	NORMAL
Chalk Powder ਚਾਕੋ ਧੂੜ	0.30	u/L	NORMAL
Cockroach Dust ਕੋਕਰੋਚ ਧੂੜ	0.18	u/L	NORMAL
Cotton Fiber ਕਾਨੂੰ ਧੂੜ	0.34	u/L	NORMAL
Feather Dust ਫੀਦਰ ਧੂੜ	0.16	u/L	NORMAL
Flour Mill Dust ਫਲੂਰ ਮਿਲ ਧੂੜ	0.20	u/L	NORMAL
Pearl Millet ਪੀਰਲ ਮਿਲੈਟ	0.34	u/L	NORMAL
Hay Dust ਹੇਯ ਧੂੜ	0.15	u/L	NORMAL

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Dusts & Fibres

Test Name	Result	unit	
House Dust 	0.18	u/L	NORMAL
Jowar dust 	0.32	u/L	NORMAL
Jute Dust 	0.10	u/L	NORMAL
Paper Dust 	0.14	u/L	NORMAL
Sheep Wool 	0.33	u/L	NORMAL
Rye Grass 	0.32	u/L	NORMAL
Straw Dust 	0.25	u/L	NORMAL
Wheat Dust 	0.25	u/L	NORMAL
Wheat flour 	0.26	u/L	NORMAL

Dusts & Fibres

Test Name	Result	unit	
Jeera Dust 	0.12	u/L	NORMAL

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 Grasses		
Test Name	Result	unit
Bermuda Grass ਬਰਮੁਡਾ ਝੋਲੀ	0.31	u/L
Cynodon Dactylon ਝੋਲੀ	0.26	
Parathenium ਪਰਾਥੇਨੀਅਮ	0.20	u/L
Imperata Cylindrica ਝੋਲੀ	0.31	u/L
Timothy Grass ਟਿਮੋਥੀ ਝੋਲੀ	0.25	u/L

 Animal Danders		
Test Name	Result	unit
Cow Dander ਗੋਸ਼ ਦੰਦਰ	0.32	u/L
Cricket ਕ੍ਰਿਕਟ	0.30	u/L
Daisy ਡਾਈਜ਼ੀ	0.25	u/L
Dog Dander ਕੁੱਛੜ ਦੰਦਰ	0.10	u/L
Goat Dander ਗੋਸ਼ ਦੰਦਰ	0.32	u/L
Horse Dander ਘੋੜੇ ਦੰਦਰ	0.25	u/L

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Fruiting Vegetables

Test Name	Result	unit	
Eggplant बिड़नी	0.14		
Capsicum पिप्पू	0.34	u/L	NORMAL
Tomato टमाटर	0.26	u/L	NORMAL
Cucumbers खीरबूट	0.30	u/L	NORMAL
Lady Finger बिंदी	0.54	u/L	HIGH
Chilly मिर्च	0.20	u/L	NORMAL



Leafy Vegetables

Test Name	Result	unit	
Spinach पालक	0.26	u/L	NORMAL
Corianders धनिया	0.10	u/L	NORMAL
Celery सेली	0.30	u/L	NORMAL
Lettuce लेटू	0.32		

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 Root Vegetables

Test Name	Result	unit	
Carrot □□□□	0.20	u/L	NORMAL
Potato □□□	0.31	u/L	NORMAL
Radishes □□□□	0.30	u/L	NORMAL
Onion □□□	0.30	u/L	

 Cauliflowers

Test Name	Result	unit	
Cauliflowers □□□ □□□□	0.31	u/L	NORMAL

 Mushroom

Test Name	Result	unit	
Mushroom मश Vन	0.20	u/L	NORMAL

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Tropical Fruits		
Test Name	Result	unit
Papaya पपई	0.30	u/L
Melons मेलन	0.31	
Mango आम	0.20	u/L
Banana बाना	0.26	u/L
Guavas आम Vद	0.24	u/L
Coconut कोक	0.32	u/L
Pineapple पिंपल	0.23	u/L

Cabbage		
Test Name	Result	unit
Cabbage क K ००००	0.18	u/L

Citrus Fruits		
Test Name	Result	unit
Orange ०००००	0.30	u/L
Lemon ०० ००	0.26	u/L

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 Berries

Test Name	Result	unit	
Straw Berry □□□□	0.25	u/L	NORMAL
Grape □□□□	0.25	u/L	NORMAL

 Apple

Test Name	Result	unit	
Apple □□□	0.24	u/L	NORMAL

 Tamarind

Test Name	Result	unit	
Tamarind □□□□	0.32	u/L	NORMAL

Feedback



Nuts & Seeds

Areca nut अरंडी	0.13 u/L	NORMAL
Peanut/ground Nut अण्डाणु	0.35 u/L	NORMAL
Almond आमोना	0.32 u/L	NORMAL
Walnut वाल्नट	0.25 u/L	NORMAL
Cashewnut काशुआ	0.20 u/L	NORMAL
Pistachio पिस्ताचो	0.26 u/L	NORMAL



Dairy & Eggs

Cow's Milk दूध	0.18 u/L	NORMAL
Curd दही	0.32 u/L	NORMAL
Butter मक्खन	0.12 u/L	NORMAL
Cheese चिनी	0.10 u/L	NORMAL
Casein केसिन	0.54 u/L	HIGH

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Grains

Test Name	Result	unit	
Katha ꣳ ꣳꣳ	0.20	u/L	NORMAL
Soyabean ꣳꣳꣳꣳꣳꣳꣳ	0.24	u/L	NORMAL
Chana Dal ꣳꣳꣳ ꣳ ꣳꣳꣳ	0.32	u/L	NORMAL
Moong Dal ꣳꣳꣳꣳ ꣳ ꣳꣳꣳ	0.23	u/L	NORMAL
Red Lentil ꣳꣳꣳꣳ ꣳꣳꣳ	0.10		
Black Lentils ꣳ ꣳꣳ ꣳꣳꣳ	0.32	u/L	NORMAL
Rajma ꣳꣳꣳꣳ ꣳꣳꣳ	0.22	u/L	NORMAL
Barley ꣳꣳ	0.32	u/L	NORMAL
Oat ꣳꣳꣳ	0.30	u/L	NORMAL

Grains

Test Name	Result	unit	
Maize ꣳ ꣳꣳꣳ	0.18	u/L	NORMAL
Rice ꣳꣳꣳꣳ	0.32	u/L	NORMAL

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Spices & Add-ons

Test Name	Result	unit	
Clove लाल अल	0.26	u/L	NORMAL
Cinnamon दालचीनी	0.18	u/L	NORMAL
Aniseed अनिस	0.23	u/L	NORMAL
Garlic लहसुन	0.32	u/L	NORMAL
Ginger अजगर	0.33	u/L	NORMAL
Cadmium कैडमियम	0.35	u/L	NORMAL
Cumin अजमोडा	0.16	u/L	NORMAL
Black Pepper काला मिर्च	0.32	u/L	NORMAL
Salts नमक	0.24	u/L	NORMAL

Feedback



Spices & Add-ons

Sugar □□□□	0.35 u/L	NORMAL
Coffee □□□	0.28 u/L	NORMAL
Vinegar □□□□	0.32 u/L	NORMAL
Yeast □□□□	0.34 u/L	NORMAL
Jaggery □□Z	0.31 u/L	NORMAL
Mustard ☞ T	0.33 u/L	NORMAL
Sunflower □□□□□□□□	0.32 u/L	NORMAL
Nutmeg □□□□□	0.25 u/L	NORMAL
Honey ☞	0.24 u/L	NORMAL



Spices & Add-ons

Test Name	Result unit	
Cocoa □□□□	0.20 u/L	NORMAL
Sesame □□	0.30 u/L	NORMAL
Turmeric □ □	0.25 u/L	NORMAL

Feedback



Chemicals in Air

Tobacco
□□□□□□

0.32 u/L

NORMAL

Allergy Food Non-veg



Dairy & Eggs

Test Name

Result unit

Egg White

□□□□ □□ □□□□ ? □□

0.10 u/L

NORMAL



Meat & Seafood

Test Name

Result unit

Chicken

□□□

0.29 u/L

NORMAL

Fish (cod)

□□□ □□□□

0.20 u/L

NORMAL

Mutton

□□□

0.34 u/L

NORMAL

Crab

□□□□□

0.62 u/L

HIGH

Beef

□□□ □□ □□□□

0.32 u/L

NORMAL

Shrimp

□□□ ?□□

0.31 u/L

NORMAL

Allergy Drug

Feedback



Medications

Amoxicillin.

□□□□□□ □ □

0.30 u/L

NORMAL

Ampicillin.

□□ □ □ □

0.32 u/L

NORMAL

Cephalosporin

□□□□□□ □ □

0.28 u/L

NORMAL

Ciprofloxacin..

□ □ □□□□ □

0.10 u/L

NORMAL

Brufen

□□□□

0.24 u/L

NORMAL

Diclofenac..

□ □□□□□□□

0.25 u/L

NORMAL

Doxycycline..

□□□□□□□□

0.20 u/L

NORMAL

Cloxacillin.

□□□□□ □ □

0.31 u/L

NORMAL

Erythromycin..

□ □ □□□ □

0.22 u/L

NORMAL

Feedback



Medications

Norfloxacin..
नॉर्फ्लॉक्सिन

0.31 u/L

NORMAL

Epinephrine..
एपिनेफ्रिन

0.20 u/L

NORMAL

Procaine..
प्रोकाइन

0.30 u/L

NORMAL

Piroxicam..
पिरोक्सिकाम

0.20 u/L

NORMAL

Ofloxacin..
ऑफ्लॉक्सिन

0.32 u/L

NORMAL

Theophylline..
थيوفिलीन

0.34 u/L

NORMAL

Streptomycin..
स्ट्रेप्टोमायसिन

0.30 u/L

NORMAL

Penicillin
पेनिसिलिन

0.30 u/L

NORMAL

Tetracycline..
टेट्रासाइक्लिन

0.18 u/L

NORMAL



Medications

Test Name

Result unit

Trimethoprim..
ट्रिमेथोप्रीम

0.32 u/L

NORMAL

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Allergy Contacts

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Contact & Chemical Allergens

Test Name	Result	unit	
Alcohol ਸ਼ਰਾਬ	0.34	U/L	NORMAL
Cement ਸਿਮੈਂਟ	0.87	U/L	HIGH
Sulphur ਸਲਫਰ	0.24	U/L	NORMAL
Detergent ਫਲਾਟਰ	0.24	U/L	NORMAL
Hair Dye ਮੋਟਰ ਮੋਟਰ	0.29	U/L	NORMAL
Latex ਲੈਟੈਕਸ	0.35	U/L	NORMAL
Leather ਲੈਥਰ	0.25	U/L	NORMAL
Lime Stone ਲਾਈਮ ਸਟੋਨ	0.10	U/L	NORMAL
Nickel ਨਿਕਲ	0.32	U/L	NORMAL

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Contact & Chemical Allergens

Test Name	Result	unit	
Paints ਘੋਲ	0.24	u/L	NORMAL
Perfume ਝਰੋਖਾ	0.30	u/L	NORMAL
Plastic ਪਲਾਸਟਿਕ	0.15	u/L	NORMAL
Polyester ਪੋਲੀਏਸਟਰ	0.19	u/L	NORMAL
Powder ਪਾਊਡਰ	0.21	u/L	NORMAL
Silk ਸਿੱਕਾ	0.25	u/L	NORMAL
Wood Mix ਵੁੱਡ ਮਿਕਸ	0.39	u/L	HIGH
Caustic Soda ਕਾਸਟਿਕ ਸੋਡਾ	0.30	u/L	NORMAL



Dusts & Fibres

Test Name	Result	unit	
Ash ਘੋਲ	0.16	u/L	NORMAL
Nylon Fibre ਨਾਇਲੋਨ ਫਾਈਬਰ	0.28	u/L	NORMAL
Yam Fibre ਯਾਮ ਫਾਈਬਰ	0.18	u/L	NORMAL

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Chemicals in Air

Test Name

Result unit

Smoke
□□□□

0.20 u/L

NORMAL

Recommended Action Plan

Carry Emergency Medication



Due to allergies to Acacia Arabica, Cannabis Sativa, Chenopodium Album, Artemisia scoparia, Xanthium Stermarlu, always carry epinephrine auto-injector and antihistamines

Consult with Allergist



Schedule an appointment with an allergist for a comprehensive management plan and potentially immunotherapy options.

Food Challenge Test



Consider a supervised food challenge test for Acacia Arabica to confirm the severity of moderate sensitivity.

Nutrition Consultation



Meet with a dietitian to create a balanced meal plan that safely avoids your allergens while maintaining proper nutrition.

Diet and Lifestyle Tips



Avoid exposure to things you might have an allergic reaction to



In case of an allergic reaction, consult your doctor to find out the right medicines to relieve your symptoms.



Get blood tests like allergen specific IgE test done to find out specific things you might be sensitive to.



There are certain treatments like immunotherapy where you are given mild exposure to allergens and then gradually increase to a point where the reaction isn't that bad.

feedback