

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<br>□□□□                     | 0.50   | u/L  | HIGH   |
| Adhatoda vasica<br>□□□□□                   | 0.33   | u/L  | NORMAL |
| Amaranthus spinosus<br>□□□□□               | 0.30   |      |        |
| Aspergillus fumigatus<br>‡ □□□□□ R□□ □□□□□ | 0.32   | u/L  | NORMAL |
| Argemone Mexicana<br>□□□□ □□□□□            | 0.10   | u/L  | NORMAL |
| Artemisia scoparia<br>□□□□□□□              | 0.61   | u/L  | HIGH   |
| Brassica rapa<br>□□□□                      | 0.24   | u/L  | NORMAL |
| Cannabis Sativa<br>□□□□                    | 0.54   | u/L  | HIGH   |
| Carica Papaya<br>□□□□□□ □□ □□□□            | 0.26   | u/L  | NORMAL |

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 Pollens & Plants

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

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Pollens & Plants

| Test Name                            | Result | unit |        |
|--------------------------------------|--------|------|--------|
| English plantain<br>English Plantain | 0.21   | u/L  | NORMAL |
| Lawsonia inermis<br>Henna            | 0.31   | u/L  | NORMAL |
| Kegelia pinnate<br>Moringa           | 0.24   | u/L  | NORMAL |
| Mugwort Sagebrush<br>Mugwort         | 0.25   | u/L  | NORMAL |
| Common Ragweed<br>Ragweed            | 0.10   | u/L  | NORMAL |
| Phoenix Dactylifera<br>Date Palm     | 0.31   | u/L  | NORMAL |
| Pine<br>Pine                         | 0.35   | u/L  | NORMAL |
| Ricinus Communis<br>Castor Oil Plant | 0.10   | u/L  | NORMAL |
| Suaeda Fruticosa<br>Suaeda           | 0.22   | u/L  | NORMAL |

Pollens & Plants

| Test Name                      | Result | unit |        |
|--------------------------------|--------|------|--------|
| Tea Leaves<br>Tea              | 0.18   | u/L  | NORMAL |
| Typha Anussssstata<br>Typha    | 0.29   | u/L  | NORMAL |
| Xanthium Stermarlu<br>Xanthium | 0.37   | u/L  | HIGH   |

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Mold/Fungi

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

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| <div>Dusts &amp; Fibres</div> |             |        |
|----------------------------------------------------------------------------------------------------------------|-------------|--------|
| Test Name                                                                                                      | Result unit |        |
| Bajari Dust<br>ਬਾਜਰੀ ਧੂੜ                                                                                       | 0.24 u/L    | NORMAL |
| Buffalo Dust<br>ਬੁਫ਼ਾਲੋ ਧੂੜ                                                                                    | 0.25 u/L    | NORMAL |
| Chalk Powder<br>ਚਾਕੋ ਧੂੜ                                                                                       | 0.30 u/L    | NORMAL |
| Cockroach Dust<br>ਕੋਕਰੋਚ ਧੂੜ                                                                                   | 0.18 u/L    | NORMAL |
| Cotton Fiber<br>ਕਾਨੂੰ ਧੂੜ                                                                                      | 0.34 u/L    | NORMAL |
| Feather Dust<br>ਫੀਦਰ ਧੂੜ                                                                                       | 0.16 u/L    | NORMAL |
| Flour Mill Dust<br>ਫਲੂਰ ਮਿਲ ਧੂੜ                                                                                | 0.20 u/L    | NORMAL |
| Pearl Millet<br>ਪੀਰਲ ਮਿਲੈਟ                                                                                     | 0.34 u/L    | NORMAL |
| Hay Dust<br>ਹੈ ਧੂੜ                                                                                             | 0.15 u/L    | NORMAL |

Feedback

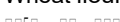
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Dusts & Fibres

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



Dusts & Fibres

| Test Name                                                                                         | Result | unit |        |
|---------------------------------------------------------------------------------------------------|--------|------|--------|
| Jeera Dust<br> | 0.12   | u/L  | NORMAL |

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| <div>Grasses</div> |        |      |
|-----------------------------------------------------------------------------------------------------|--------|------|
| Test Name                                                                                           | Result | unit |
| Bermuda Grass<br>□□□                                                                                | 0.31   | u/L  |
| Cynodon Dactylon<br>₹ □□□                                                                           | 0.26   |      |
| Parathenium<br>□□□□ □□□                                                                             | 0.20   | u/L  |
| Imperata Cylindrica<br>□□□                                                                          | 0.31   | u/L  |
| Timothy Grass<br>□□□□□ □□                                                                           | 0.25   | u/L  |

| <div>Animal Danders</div> |        |      |
|--------------------------------------------------------------------------------------------------------------|--------|------|
| Test Name                                                                                                    | Result | unit |
| Cow Dander<br>□□□ V□□                                                                                        | 0.32   | u/L  |
| Cricket<br>₹ ?□□□                                                                                            | 0.30   | u/L  |
| Daisy<br>□□□□□□□                                                                                             | 0.25   | u/L  |
| Dog Dander<br>□□K□ ₹ V□□                                                                                     | 0.10   | u/L  |
| Goat Dander<br>□□□□ □□□† V□□                                                                                 | 0.32   | u/L  |
| Horse Dander<br>□□□□ □□□† V□□                                                                                | 0.25   | u/L  |

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| Fruiting Vegetables  |        |      |
|----------------------|--------|------|
| Test Name            | Result | unit |
| Eggplant<br>बिंदी    | 0.14   |      |
| Capsicum<br>पिप्पू   | 0.34   | u/L  |
| Tomato<br>टमाटर      | 0.26   | u/L  |
| Cucumbers<br>खीरबूट  | 0.30   | u/L  |
| Lady Finger<br>बिंदी | 0.54   | u/L  |
| Chilly<br>मिर्च      | 0.20   | u/L  |

| Leafy Vegetables    |        |      |
|---------------------|--------|------|
| Test Name           | Result | unit |
| Spinach<br>पालक     | 0.26   | u/L  |
| Corianders<br>धनिया | 0.10   | u/L  |
| Celery<br>सेली      | 0.30   | u/L  |
| Lettuce<br>लेट्यूस  | 0.32   |      |

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 **Root Vegetables**

| Test Name        | Result | unit |        |
|------------------|--------|------|--------|
| Carrot<br>□□□□   | 0.20   | u/L  | NORMAL |
| Potato<br>□□□    | 0.31   | u/L  | NORMAL |
| Radishes<br>□□□□ | 0.30   | u/L  | NORMAL |
| Onion<br>□□□     | 0.30   | u/L  |        |

 **Cauliflowers**

| Test Name                | Result | unit |        |
|--------------------------|--------|------|--------|
| Cauliflowers<br>□□□ □□□□ | 0.31   | u/L  | NORMAL |

 **Mushroom**

| Test Name         | Result | unit |        |
|-------------------|--------|------|--------|
| Mushroom<br>मश Vन | 0.20   | u/L  | NORMAL |

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## Tropical Fruits

| Test Name          | Result | unit |        |
|--------------------|--------|------|--------|
| Papaya<br>पपई      | 0.30   | u/L  | NORMAL |
| Melons<br>मेलन     | 0.31   |      | NORMAL |
| Mango<br>आम        | 0.20   | u/L  | NORMAL |
| Banana<br>बाना     | 0.26   | u/L  | NORMAL |
| Guavas<br>आम Vद    | 0.24   | u/L  | NORMAL |
| Coconut<br>कोक     | 0.32   | u/L  | NORMAL |
| Pineapple<br>पिंपल | 0.23   | u/L  | NORMAL |



## Cabbage

| Test Name              | Result | unit |        |
|------------------------|--------|------|--------|
| Cabbage<br>क K ० ० ० ० | 0.18   | u/L  | NORMAL |

Feedback



## Citrus Fruits

| Test Name         | Result | unit |        |
|-------------------|--------|------|--------|
| Orange<br>० ० ० ० | 0.30   | u/L  | NORMAL |
| Lemon<br>० ० ०    | 0.26   | u/L  | NORMAL |

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| <div> Berries</div> |        |        |
|------------------------------------------------------------------------------------------------------|--------|--------|
| Test Name                                                                                            | Result | unit   |
| Straw Berry<br>□□□□                                                                                  | 0.25   | u/L    |
|                                                                                                      |        | NORMAL |
| Grape<br>□□□□                                                                                        | 0.25   | u/L    |
|                                                                                                      |        | NORMAL |

| <div> Apple</div> |        |        |
|----------------------------------------------------------------------------------------------------|--------|--------|
| Test Name                                                                                          | Result | unit   |
| Apple<br>□□□                                                                                       | 0.24   | u/L    |
|                                                                                                    |        | NORMAL |

| <div> Tamarind</div> |        |        |
|---------------------------------------------------------------------------------------------------------|--------|--------|
| Test Name                                                                                               | Result | unit   |
| Tamarind<br>□□□□                                                                                        | 0.32   | u/L    |
|                                                                                                         |        | NORMAL |

Feedback



## Nuts & Seeds

|                             |          |        |
|-----------------------------|----------|--------|
| Areca nut<br>अरंडी          | 0.13 u/L | NORMAL |
| Peanut/ground Nut<br>अण्डाण | 0.35 u/L | NORMAL |
| Almond<br>अमू               | 0.32 u/L | NORMAL |
| Walnut<br>अखंड              | 0.25 u/L | NORMAL |
| Cashewnut<br>अखंड           | 0.20 u/L | NORMAL |
| Pistachio<br>अखंड           | 0.26 u/L | NORMAL |



## Dairy & Eggs

|                   |          |        |
|-------------------|----------|--------|
| Cow's Milk<br>दूध | 0.18 u/L | NORMAL |
| Curd<br>दही       | 0.32 u/L | NORMAL |
| Butter<br>मक्खन   | 0.12 u/L | NORMAL |
| Cheese<br>चूज़    | 0.10 u/L | NORMAL |
| Casein<br>केसिन   | 0.54 u/L | HIGH   |

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| <div><div>Grains</div></div> |        |      |
|---------------------------------------------------------------------------------------------------------------|--------|------|
| Test Name                                                                                                     | Result | unit |
| Katha<br>ꣳ ꣳꣳ                                                                                                 | 0.20   | u/L  |
| Soyabean<br>ꣳꣳꣳꣳꣳꣳꣳ                                                                                           | 0.24   | u/L  |
| Chana Dal<br>ꣳꣳꣳ ꣳ ꣳꣳꣳ                                                                                        | 0.32   | u/L  |
| Moong Dal<br>ꣳꣳꣳꣳ ꣳ ꣳꣳꣳ                                                                                       | 0.23   | u/L  |
| Red Lentil<br>ꣳꣳꣳꣳ ꣳꣳꣳ                                                                                        | 0.10   |      |
| Black Lentils<br>ꣳ ꣳꣳ ꣳꣳꣳ                                                                                     | 0.32   | u/L  |
| Rajma<br>ꣳꣳꣳꣳ ꣳꣳꣳ                                                                                             | 0.22   | u/L  |
| Barley<br>ꣳꣳ                                                                                                  | 0.32   | u/L  |
| Oat<br>ꣳꣳꣳ                                                                                                    | 0.30   | u/L  |

| <div><div>Grains</div></div> |        |      |
|-----------------------------------------------------------------------------------------------------------------|--------|------|
| Test Name                                                                                                       | Result | unit |
| Maize<br>ꣳ ꣳꣳꣳ                                                                                                  | 0.18   | u/L  |
| Rice<br>ꣳꣳꣳꣳ                                                                                                    | 0.32   | u/L  |

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Spices & Add-ons

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

Feedback



## Spices & Add-ons

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



## Spices & Add-ons

| Test Name       | Result unit |        |
|-----------------|-------------|--------|
| Cocoa<br>□□□□   | 0.20 u/L    | NORMAL |
| Sesame<br>□□    | 0.30 u/L    | NORMAL |
| Turmeric<br>□ □ | 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

Feedback

## Allergy Drug



## 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..

प्रोकेन

0.30 u/L

NORMAL

Piroxicam..

पिरोक्सिकाम

0.20 u/L

NORMAL

Ofloxacin..

ऑफ्लॉक्सिन

0.32 u/L

NORMAL

Theophylline..

थियोफिलीन

0.34 u/L

NORMAL

Streptomycin..

स्ट्रेप्टोमासिन

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

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|-------------------------|--------|------|--------|
| Alcohol<br>ਸ਼ਰਾਬ        | 0.34   | u/L  | NORMAL |
| Cement<br>ਸਿਮੈਂਟ        | 0.87   | u/L  | HIGH   |
| Sulphur<br>ਸਲਫਰ         | 0.24   | u/L  | NORMAL |
| Detergent<br>ਫਲੂਇਡ      | 0.24   | u/L  | NORMAL |
| Hair Dye<br>ਹੈਅਰ ਡਾਈ    | 0.29   | u/L  | NORMAL |
| Latex<br>ਲੈਟੈਕਸ         | 0.35   | u/L  | NORMAL |
| Leather<br>ਲੈਥਰ         | 0.25   | u/L  | NORMAL |
| Lime Stone<br>ਲਾਈਮ ਸਟੋਨ | 0.10   | u/L  | NORMAL |
| Nickel<br>ਨਿਕਲ          | 0.32   | u/L  | NORMAL |

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 Contact & Chemical Allergens

| Test Name                                                                                           | Result | unit |        |
|-----------------------------------------------------------------------------------------------------|--------|------|--------|
| Paints<br>         | 0.24   | u/L  | NORMAL |
| Perfume<br>        | 0.30   | u/L  | NORMAL |
| Plastic<br>        | 0.15   | u/L  | NORMAL |
| Polyester<br>      | 0.19   | u/L  | NORMAL |
| Powder<br>         | 0.21   | u/L  | NORMAL |
| Silk<br>         | 0.25   | u/L  | NORMAL |
| Wood Mix<br>     | 0.39   | u/L  | HIGH   |
| Caustic Soda<br> | 0.30   | u/L  | NORMAL |

 Dusts & Fibres

| Test Name                                                                                          | Result | unit |        |
|----------------------------------------------------------------------------------------------------|--------|------|--------|
| Ash<br>         | 0.16   | u/L  | NORMAL |
| Nylon Fibre<br> | 0.28   | u/L  | NORMAL |
| Yam Fibre<br>   | 0.18   | u/L  | NORMAL |

Feedback

Name  
**SUDHNEET KAUR**  
**10173461**

Basic Info  
**F | 34**

Date  
**Jul 25, 2025, 09:00 AM**



## 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