



Kerala Ayurveda Academy & Wellness Center  
691, S Milpitas Blvd, Suite 206, Milpitas, CA 95035  
1-888 275-9103

## Health seeker Intake form

<b>Today's Date:</b>		<b>Age:</b>	<b>Gender:</b> <input type="checkbox"/> F <input type="checkbox"/> M
<b>Name (Last, First, MI):</b>		<b>Height:</b>	<b>Weight:</b>
<b>Address (No. Street):</b>		<b>Date of Birth:</b>	<b>Place of Birth:</b>
<b>City, State, Zip Code:</b>		<b>Phone (c)</b>	<b>(h)</b> <b>(w)</b>
<b>E-mail:</b>	<b>Occupation:</b>	Married Single	Divorced/Separated Cohabiting Widowed
<b>Emergency Contact Name:</b>		<b>Referred by:</b>	
<b>Phone:</b>			

### What is your ethnicity?

Native American      Asian      Hispanic      Mediterranean  
African American      South Asian      Caucasian      Northern European  
Other

**With whom do you live?** *Include children, parents, other occupants and pets with ages*

**What do you hope to achieve with your health consultation today?**



**Main problem(s) you would like help with**

Describe problem	Since	Mild/Moderate/Severe	Attempted treatment and response

*Mild – some discomfort, Moderate – creates much trouble, but can continue regular activities, severe – restricts your daily routine*

**Are you diagnosed with any medical conditions?**

Conditions	Since when	Control status	Treating physician, affiliation

**Are you taking any prescription medications?**

Medication Name	Started in	Dosage	Prescribed by

**Are you taking any herbal or alternative medicine?**

Name	Started in	Dosage	Prescribed by



**Are you taking any vitamins or nutritional supplements?**

Name with dose of main ingredients	Since when	Regularly	Given by

*e.g. One a Day, Centrum, other vitamins*

**Were there any diseases that you suffered from earlier?**

Disease	From when to when	Treatment – drugs, exercise, etc.

*Include major infections like typhoid, malaria, hepatitis*

**Have you had any kind of surgery or minor procedures performed on you?**

Procedure	When	Who and where performed

*Include any Panchakarma, Acupuncture and other treatments here as well*

**Please list any hospitalizations**

Year	Condition	Procedure done



**Family History** Fill only the positive yes as 'Y' or a tick mark

	Father	Mother	Brother(s)	Sister(s)	PGM	PGF	MGM	MGF
Diabetes								
Hypertension								
Heart Disease								
Stroke								
Asthma								
Cancer (type)								
Hypothyroid								
Arthritis								
Other								
If not living, age at and cause of death								

PGM, PGF = Paternal grandmother, grandfather; MGM, MGF =maternal grandmother, grandfather

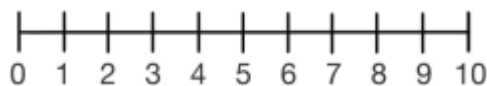
**How much do you move?**

Activity	Intensity	Hours	Days/ week	Since
How often do you break a sweat with exercise? (times/week)				
How many hours do you watch TV every week?				
Do you watch TV, read or surf while eating meals?				

**Do you connect with yourself? How and how often?** Hobbies/music/ meditation/ community service etc.

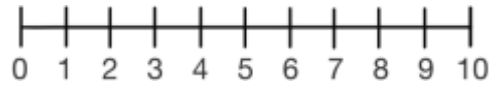
**On a scale of 1 to 10, please indicate in the past week:**

**How stressed you have been?** 0 – not at all, 10 extreme



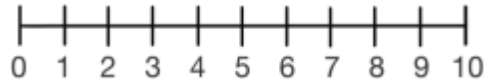


**What is your energy level?** 0 – very poor, I can barely get through the day, 10 – excellent, I can do more!



**Rate on a scale of 0 to 10, how hungry do you feel at different meal times?**

0 – not at all 1-3 – mildly hungry 4-7 moderately hungry, 8-9 – quite hungry 10 – very hungry!



	<i>Example</i>	Morning	Mid -morn	Lunch	Snack	Evening	Dinner	Bedtime
Time	11am							
How hungry	8							

**Rate on a scale of 1-5 how the following applies**

*If 1= Always, 2= Often, 3=Sometimes, 4=Rarely, 5=Never*

	<b>Rate</b>	<b>If 3 or below, it indicates</b>
Is the above pattern mentioned irregular?		<i>Vāta (Vishama)</i>
Can you skip meals easily?		<i>Kapha/Āma (Manda)</i>
Are you mostly always ready to eat – whatever the time of the day it maybe?		<i>Pitta (Tikshna)</i>
If hunger is not gratified, do you feel uncomfortable or irritable?		<i>Pitta (Tikshna)/ (Vāta)</i>
Do you end up feeling fuller earlier than expected at the start of a meal?		<i>Āma/ Vāta (Manda/Vishama)</i>
Are there times when even little quantity of food doesn't get digested for a long time?		<i>Āma (Manda)</i>
Does your food get digested well on some days and sometimes not?		<i>Vāta (Vishama)</i>

**Habits** Please indicate usage: none, light, moderate, or heavy. Add comments where significant.

	Heavy	Moderate	Light	None	Comments
Alcohol	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Coffee	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Tea	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Tobacco	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Marijuana	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Other	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	



### Personal preference

Which weather do you prefer?	Warm / cool/ both
Which extreme of weather are you unable to tolerate?	Hot / Cold / Neither
Which taste do you prefer?	Sweet/ Sour/ Salty/ Hot/ Bitter/ Astringent
How thirsty do you feel?	Often/ Moderate/ Not much
Do you sweat easily?	Often/ Not that much/ rarely
What is your basic nature	Extrovert/Introvert
What makes you happy?	

Please indicate below any symptoms you have experienced in the last three months:

#### General

- |   |                                       |  |   |
|---|---------------------------------------|--|---|
| <input type="checkbox"/> Poor appetite          | <input type="checkbox"/> Weight gain  | <input type="checkbox"/> Fevers              | <input type="checkbox"/> Sudden energy drop     |
| <input type="checkbox"/> Cravings               | <input type="checkbox"/> Weight loss  | <input type="checkbox"/> Chills              | <input type="checkbox"/> <i>Time(s) of day:</i> |
| <input type="checkbox"/> Change in appetite     | <input type="checkbox"/> Poor sleep   | <input type="checkbox"/> Tremors             |   |
| <input type="checkbox"/> Peculiar tastes/smells | <input type="checkbox"/> Fatigue      | <input type="checkbox"/> Poor balance        |   |
| <input type="checkbox"/> Strong thirst – hot    | <input type="checkbox"/> Night sweats | <input type="checkbox"/> Localized weakness  |   |
| <input type="checkbox"/> Strong thirst – cold   | <input type="checkbox"/> Sweat easily | <input type="checkbox"/> Bleed/bruise easily |   |

#### Skin and Hair

- |                                    |  |                                       |  |
|------------------------------------|--|---------------------------------------|--|
| <input type="checkbox"/> Rashes    | <input type="checkbox"/> Change in skin/hair texture | <input type="checkbox"/> Recent moles | <input type="checkbox"/> Other skin/hair problems: |
| <input type="checkbox"/> Skin tags | <input type="checkbox"/> Hives                       | <input type="checkbox"/> Loss of hair | <input type="checkbox"/> Pimples                   |
| <input type="checkbox"/> Itching   |  | <input type="checkbox"/> Dandruff     |  |

#### Head

- |                                      |                                    |  |
|--------------------------------------|------------------------------------|--|
| <input type="checkbox"/> Dizziness   | <input type="checkbox"/> Migraines | <input type="checkbox"/> Other head/neck problems: |
| <input type="checkbox"/> Facial pain | <input type="checkbox"/> Headaches |  |



### Eyes, Ears, Nose and Throat

- |  |  |   |  |
|--|--|---|--|
| <input type="checkbox"/> Glasses         | <input type="checkbox"/> Blurry vision   | <input type="checkbox"/> Poor hearing   | <input type="checkbox"/> Grinding teeth          |
| <input type="checkbox"/> Poor vision     | <input type="checkbox"/> Color blindness | <input type="checkbox"/> Ear aches      | <input type="checkbox"/> Recurrent sore throats  |
| <input type="checkbox"/> Cataracts       | <input type="checkbox"/> Eye pain        | <input type="checkbox"/> Nose bleeds    | <input type="checkbox"/> Sores on lips or tongue |
| <input type="checkbox"/> Eye strain      | <input type="checkbox"/> Spots in vision | <input type="checkbox"/> Sinus problems | <input type="checkbox"/> Jaw clicks              |
| <input type="checkbox"/> Night blindness | <input type="checkbox"/> Ringing in ears | <input type="checkbox"/> Teeth problems |  |

### Cardiovascular

- |   |  |  |  |
|---|--|--|--|
| <input type="checkbox"/> Swelling of feet     | <input type="checkbox"/> Chest pain      | <input type="checkbox"/> Blood clots       | <input type="checkbox"/> Other problems with heart or blood vessels: |
| <input type="checkbox"/> Low blood pressure   | <input type="checkbox"/> Fainting        | <input type="checkbox"/> Cold hands        | <input type="checkbox"/> _____                                       |
| <input type="checkbox"/> Difficulty breathing | <input type="checkbox"/> Dizziness       | <input type="checkbox"/> Swelling of hands |  |
| <input type="checkbox"/> Irregular heartbeat  | <input type="checkbox"/> Venous swelling | <input type="checkbox"/> Cold feet         |  |

### Respiratory

- |   |  |  |                                 |
|---|--|--|---------------------------------|
| <input type="checkbox"/> Cough          | <input type="checkbox"/> Pain with deep breath | <input type="checkbox"/> Phlegm color: | <input type="checkbox"/> Other: |
| <input type="checkbox"/> Coughing blood | <input type="checkbox"/> Difficulty lying down |  |                                 |

### Musculoskeletal

- |  |  |  |                                 |
|--|--|--|---------------------------------|
| <input type="checkbox"/> Neck pain     | <input type="checkbox"/> Hand/wrist pain | <input type="checkbox"/> Foot/ankle pain   | <input type="checkbox"/> Other: |
| <input type="checkbox"/> Back pain     | <input type="checkbox"/> Hip pain        | <input type="checkbox"/> Other muscle pain |                                 |
| <input type="checkbox"/> Shoulder pain | <input type="checkbox"/> Knee pain       | <input type="checkbox"/> Muscle weakness   |                                 |

### Gastrointestinal

- |                                       |                                      |  |   |
|---------------------------------------|--------------------------------------|--|---|
| <input type="checkbox"/> Nausea       | <input type="checkbox"/> Gas         | <input type="checkbox"/> Blood in stools       | <input type="checkbox"/> Other problems with stomach or intestines: |
| <input type="checkbox"/> Vomiting     | <input type="checkbox"/> Belching    | <input type="checkbox"/> Black stools          | <input type="checkbox"/> _____                                      |
| <input type="checkbox"/> Diarrhea     | <input type="checkbox"/> Indigestion | <input type="checkbox"/> Abdominal pain/cramps |   |
| <input type="checkbox"/> Constipation | <input type="checkbox"/> Bad breath  | <input type="checkbox"/> Chronic laxative use  |   |



### Genito – Urinary

- |   |   |  |  |
|---|---|--|--|
| <input type="checkbox"/> Frequent urination | <input type="checkbox"/> Urgency to urinate   | <input type="checkbox"/> Kidney stones         | <input type="checkbox"/> Wake up to urinate how often: |
| <input type="checkbox"/> Pain on urination  | <input type="checkbox"/> Unable to hold urine | <input type="checkbox"/> Impotency             |  |
| <input type="checkbox"/> Blood in urine     | <input type="checkbox"/> Decrease in flow     | <input type="checkbox"/> Excessive sexual urge |  |

### Neuropsychological

- |   |                                      |  |                                       |
|---|--------------------------------------|--|---------------------------------------|
| <input type="checkbox"/> Lack of coordination           | <input type="checkbox"/> Depression  | <input type="checkbox"/> Seizures        | <input type="checkbox"/> Other: _____ |
| <input type="checkbox"/> Easily susceptible to stress   | <input type="checkbox"/> Bad temper  | <input type="checkbox"/> Concussion      | _____                                 |
| <input type="checkbox"/> Areas of numbness              | <input type="checkbox"/> Poor memory | <input type="checkbox"/> Dizziness       | _____                                 |
| <input type="checkbox"/> Treated for emotional problems | <input type="checkbox"/> Anxiety     | <input type="checkbox"/> Loss of balance | _____                                 |

### Pregnancy and Gynecology

- |   |   |  |
|---|---|--|
| <input type="checkbox"/> Painful periods                    | <input type="checkbox"/> Use birth control              | <input type="checkbox"/> Age at first menses: _____  |
| <input type="checkbox"/> Clots                              | <input type="checkbox"/> Type: _____ How long: _____    | <input type="checkbox"/> Date of last menses: _____  |
| <input type="checkbox"/> Irregular periods                  | <input type="checkbox"/> No. of pregnancies: _____      | <input type="checkbox"/> Menses duration: _____      |
| <input type="checkbox"/> Vaginal discharge                  | <input type="checkbox"/> No. of births: _____           | <input type="checkbox"/> Length of full cycle: _____ |
| <input type="checkbox"/> Vaginal sores                      | <input type="checkbox"/> No. of premature births: _____ | <input type="checkbox"/> Date of last PAP: _____     |
| <input type="checkbox"/> Breast lumps                       | <input type="checkbox"/> No. of miscarriages: _____     |  |
| <input type="checkbox"/> Premenstrual symptoms              | <input type="checkbox"/> No. of abortions: _____        |  |
| <input type="checkbox"/> Unusual character (heavy or light) |   |  |





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### **HIPAA NOTICE OF PRIVACY PRACTICES**

Effective Date:

We keep medical records of the health care services we provide for you. You may ask to see and copy your records. You may ask to correct your records. Your records will be kept confidential unless you give us written permission to release them or we are required to do so by law.

We will ask you to sign a consent form allowing us to use and disclose your health information for purposes of consultations, payment and health technique operations in this office. You may see your records or get more information about them by contacting our office.

For more information about our privacy practices please inquire with us.

By signing below, I acknowledge receipt of the Notice of Privacy Practices.

\_\_\_\_\_  
Signature of Rogi/Client or legal representative

\_\_\_\_\_  
Date



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Name : \_\_\_\_\_ Date: \_\_\_\_\_

Welcome to Kerala Ayurveda Academy and Wellness Center. As you know, we are practitioners, faculties and interns of Ayurveda. We are not licensed physicians, nor are Ayurveda services licensed by the state. Ayurveda is the 5000-year-old Wisdom of Healthy living. It is a way of natural healing and emphasizes on maintaining the harmony of Body-Mind-Spirit through diet, life style, and natural herbs. In Ayurveda the emphasis is not on a disease but on maintaining the balance of individual Body Constitution, so Ayurvedic treatments are never one size fits all, but they are custom tailored for each individual need. We are a primarily a training institution and the services our wellness center provide are for education purposes. As a training institution our practitioners, faculties and interns of Ayurveda, we will provide you with the following kinds of services:

- Body - Constitutional analysis
- Diet and the life style counseling
- Ayurvedic body techniques
- Yoga and meditation Practices

Our method of treatment in Ayurveda is alternative or complementary to conventional medicine. If you ever have any concerns about the nature of your Ayurvedic services, please feel free to discuss them with us. We recommend that you inform your medical doctor that you are receiving Ayurvedic advises.

I have read and understood the above disclosure about the Ayurvedic services offered by Practitioners of Kerala Ayurveda Academy and Clinic. I have discussed with them, the nature of the services to be provided. I understand that the Practitioners, faculties and interns are not licensed physicians and that Ayurvedic services are not licensed by the state. I understand it is my responsibility to maintain a relationship for myself with a medical doctor.

\_\_\_\_\_  
Signature of Rogi/Client

\_\_\_\_\_  
Date

\_\_\_\_\_  
Printed Name of Rogi/Client

\_\_\_\_\_  
Signature of Parent or Legal Guardian  
(If Rogi is under 18yrs of age)



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### **MISSED APPOINTMENT POLICY**

Please give us at least 48 hours cancellation notice for an initial appointment, and 24 hours notice for follow-up appointment. This allows us to call those waiting for an appointment to take your place.

If you do have health insurance that is accepted by our office, missed appointments are not billable to your insurance company. Unavoidable emergencies will be considered reasonable exceptions.

Please also be aware that the clinic allots a specific amount of time for each treatment and that if you arrive late, the length of your treatment will be adjusted to fit that schedule.

\*NOTE: Cancellations for a Monday appointment must be made no later than 6:00pm the previous Friday.

A fee of \$50.00 will be charged for missed appointments without adequate notice.

I have read and agree to this missed appointment policy.

\_\_\_\_\_  
Signature of Rogi

\_\_\_\_\_  
Date

\_\_\_\_\_  
Printed Name of Rogi

\_\_\_\_\_  
Signature of Parent or Legal Guardian  
(If Patient is under 18yrs of age)