

Āyubowan



Svāgatam

Manjusri Centre for Well Being

Āyurveda Sabena Milton Keynes



The advice/treatment provided by your Āyurvedic practitioner
DOES NOT REPLACE the medication or treatment
prescribed by your doctor or GP

Please DO NOT stop your current medications without consulting your doctor or GP

HEALTH CONSULTATION FORM [Confidential]

Date of Appointment		Time of Appointment	
Name			
Address			
Tel. No.			
Email			
Date of Birth		Marital Status	
Gender	Male / Female	Children	
Occupation			
GP's Name			
Health Centre			
Current Medications			
Medication Allergies			
Use of other CAM therapies			
Present Complaint			
History of Complaint			

Health History	
Family History	
Social History	
Stress Level	<p>Indicate your current level of stress on this ruler as a number from 1 to 10</p> <p style="text-align: center;"> Relatively calm Lightly stressed Stressed Highly stressed </p> <p style="text-align: center;"> 1 2 3 4 5 6 7 8 9 10 </p>

Constitutional Status

<p>Tick the box that describes how you normally feel. You may tick more than one answer.</p> <p>Appetite:</p> <ul style="list-style-type: none"> <input type="checkbox"/> I usually/often miss my meals. <input type="checkbox"/> I am always hungry and cannot miss a meal. <input type="checkbox"/> My appetite is good, but I'm not concerned if I miss a meal. <p>Bowel motions:</p> <ul style="list-style-type: none"> <input type="checkbox"/> My bowel habits are OK, but I have a tendency towards constipation/dry stools. <input type="checkbox"/> My motions come easily. <input type="checkbox"/> My motions tend to be sluggish. <p>Climate:</p> <ul style="list-style-type: none"> <input type="checkbox"/> I prefer warm sunny weather. <input type="checkbox"/> I cannot tolerate hot humid weather. <input type="checkbox"/> Any type of weather is OK with me. <p>Eyes:</p> <ul style="list-style-type: none"> <input type="checkbox"/> My eyes are normally dull and dry. <input type="checkbox"/> My eyes are sharp and sparkly. <input type="checkbox"/> My eyes are moist and attractive. <p>Memory:</p> <ul style="list-style-type: none"> <input type="checkbox"/> I am quick to grasp new ideas, but I also forget them quickly. <input type="checkbox"/> I have a sharp and enquiring mind. <input type="checkbox"/> My long-term memory is good, but I am often slow to learn new things. 	<p>Tick the box that describes how you currently feel. Tick only one answer.</p> <ul style="list-style-type: none"> <input type="checkbox"/> My appetite is variable. <input type="checkbox"/> I get hungry soon after eating. <input type="checkbox"/> My appetite is poor. <ul style="list-style-type: none"> <input type="checkbox"/> I often feel constipated, but sometimes stools are loose or they are normal. <input type="checkbox"/> My stools are loose and small. <input type="checkbox"/> My stools come with mucus. <ul style="list-style-type: none"> <input type="checkbox"/> I like hot weather, but even then I feel cold. <input type="checkbox"/> I cannot tolerate hot weather. <input type="checkbox"/> Rain and cloudy weather makes me feel tired. <ul style="list-style-type: none"> <input type="checkbox"/> My eyes are dry / rough. <input type="checkbox"/> My eyes are often red and feel hot. <input type="checkbox"/> My appetite is poor. <ul style="list-style-type: none"> <input type="checkbox"/> I find it difficult to remember small things. <input type="checkbox"/> I am often too critical and harbour negative thoughts. <input type="checkbox"/> I often feel foggy minded.
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Skin:

- My skin is thin, cold or dry.
- My skin is moist warm or pink.
- My skin is thick, oily or cold.

Sleep:

- My sleep is light and easily interrupted.
- My sleep is light and it is easy to get up in the morning.
- I sleep deeply for 8 to 10 hours.

Sweat:

- I find it difficult to sweat.
- I sweat easily.
- I sweat while exercising, but not profusely.

Temperament:

- I am impatient and worry a lot.
- I tend to be moody and can get upset easily.
- I am an easy-going and happy person.

Weight:

- I am finding it difficult to put on weight.
- My weight is fairly constant.
- I put on weight easily.

Stress:

- I become anxious and restless quite easily.
- I am able to relax and release my stress.
- It does not bother me, but I can get depressed quite easily.

Speech:

- Often quick and loud when I get excited.
- Is clear, precise and well organised.
- Slow, calm and soft.

Energy:

- Full, highly active, enthusiastic and excited.
- Medium paced, competitive and passionate.
- Comes in spurts, enduring, and slow.

Taste preference:

- I prefer sweet, sour and salty food.
- I prefer bitter, sweet and astringent food.
- I prefer spicy, bitter and astringent food.

Hair:

- Wavy, thin, brown or black in colour.
- Straight, oily, blond or red in colour.
- Thick, luxurious, curly, and black in colour.

Height:

- Tall or short and petite with small bones.
- Average height, muscular and normal bones.
- Below average height, stocky and large bones.

Qualities:

- Creative, intelligent and philosophical.
- Ambitious, sensitive and perfectionist.
- Calm, dependable, nurturing, compassionate.

- My skin is dry / rough / cracked.
- My skin often has red rashes or boils or spots.
- My skin is oily and smooth.

- My sleep is interrupted and has vivid dreams.
- My sleep is light and I find it difficult to relax. I also feel hot.
- I always feel sleepy.

- I do not sweat at all.
- I sweat profusely and the sweat can smell.
- I sweat easily and feel cold.

- I feel anxious and worry a lot.
- I often get angry and get upset quickly.
- I often feel sad, and prefer to keep to myself.

- I am losing weight.
- My weight is stable.
- I am finding it difficult to lose weight.

- I become tense, insecure / hyperventilate.
- I become aggressive, angry and irritable.
- I become lethargic, dull and in denial.

- High pitched, fast and wandering.
- Medium pitched, sharp, and intolerant.
- Low pitched, slow, monotonous and deep.

- Low, comes in spurts, then need to rest.
- Moderate to high, I can push myself too hard.
- Good, long-lasting, but takes a while.

- Oily, heavy and soupy foods.
- Warm, light and rich food.
- Dry, light and low-fat food.

- Dry, brittle, thin and coarse.
- Fine, straight, and lose hair easily.
- Thick, oily and dark, often unmanageable.

- Tall, thin and sharp features.
- Medium height, and well built.
- Short, stocky with broad shoulders and hip.

- Fearful, indecisive and low tolerance.
- Aggressive, frustrated and irritable.
- Depressed, lazy, stubborn, and passive.

DIET AND NUTRITIONAL HISTORY

Diet: Vegetarian Vegan: Semi-Vegetarian Non-Vegetarian

Appetite: Sometimes Hungry Hungry Not very Hungry

Agni: Vishamagni Tikshagni Mandagni

Meal Times: Regular Irregular Mostly Regular

Where do you eat your meals: Home: Work: Eating Out:

Do you snack: (When & Type)

No. of meals per day:

Time of Meal: Breakfast: Lunch: Tea: Dinner:

Main meal of the day? Time:

What type of food/tastes do you like best?

What type of food/tastes do you like least?

How much of fluids do you drink per day?

Do you use Microwave, fast food, fresh food, left-over, etc?

Do you have any food intolerance or allergies?

Discomfort/Symptoms:

Example of a day's menu:

Breakfast:

Lunch:

Dinner:

Do you drink: Spirit / Wine:

Tea / Coffee:

Herbal Teas:

Other beverages:

What sweeteners & salts do you use?

Tolerance to Dairy products/Wheat:

Salads:

[Females Only]		
Menstrual History:	Cycle: No. of days: Flow: Dysmenorrhoea: Contraception: Menopause:	Duration: Clots: PMT: How long: HRT:
Breast Examination:		
Sexual History:		

Any other information (specify):

Please send the completed Consultation Form to:

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Dr. Mauroof M. Athique

DAMS(Hon.); MD(AM); DAC; DHom; RGN; MBA; PhD.
Ayurvedic Physician & Panchakarma Specialist

Director/Principal,
College of Ayurveda (UK), Milton Keynes.

Dr. Mauroof Athique is one of the leading Ayurvedic physicians in the UK. He comes from Sri Lanka and been in Britain for the last 35 years. He qualified in Ayurvedic Medicine in 1967 from the Govt. College of Ayurvedic Medicine, which is presently part of the University of Colombo, Sri Lanka. He was among the first group of students to specialise in Pañcakarma, which is the flagship of Ayurvedic treatment modalities.

Following the 6-year studies in Ayurvedic Medicine, he completed his internship at the Hospital of Ayurvedic Medicine, Colombo, and was appointed as House Officer. During this period he was attached to the Ayurvedic Research Institute as a Research Assistant. Some of his research papers were subsequently presented at International Conferences. He also studied Acupuncture and Homeopathy in Sri Lanka. He completed the MD in Integrated Medicine in 1984. He has pioneered several treatment modalities using a combination of complementary therapies.

He came to Britain in 1969 to pursue a career in Nursing. He successfully completed his nurse training at Central Middlesex Hospital, London. From 1990 until late 1998 he worked as Director of Pre-registration Nursing (Project 2000) at the Nene University College, Northampton. He had a varied career that took him to the Middle East, where he completed his MBA, and PhD in Education from USA. During the last 30 years he has maintained the practice of Ayurvedic Medicine and Acupuncture on a part-time basis. On several occasions he has worked as locum-acupuncturist at the Tryingham Naturopathic Clinic in Newport Pagnell, Milton Keynes.

He is one of the founder members of the Ayurvedic Medical Association (UK), which is the professional body of Ayurvedic physicians in the U.K. Currently he is the Director of the College of Ayurveda, which is the only Institution in Britain that trains to the level of Ayurvedic Medical practitioner. He is the recipient of the International Ayurveda Dhanvantaree Award from the Ayurveda Academy, Pune, for achievement in Ayurveda Education and Research; and the All India Hakim Ajmal Memorial Award from Delhi for the Best Ayurvedic Physician. He is also the Programme Leader in Ayurvedic Medicine at the Middlesex University, London; the only University in the West to offer Ayurvedic medical training at Postgraduate level.