

Rugnapatrikam

PRASHANA (QUESTIONING):

Name:

Date:

Email:

Phone number:

Date of birth:

Age:

Place of birth:

Other places lived:

Home address:

Occupation:

Marital status:

Primary concerns (OPPPQRST):

Minor concerns (pre 4 th stage samprapti):



Previous Health History:

Medical Practitioners currently under the care of:

Medications/supplements currently taking (reason, dosage, when):

Family medical history (paternal & maternal):



Females:

Age of first menstrual period:

Birth control pills: Y N

Pregnant: Y N

Number or months:

Menopause: Y N

Cycles: Regular Irregular

Cycle frequency:

Length of cycle:

Last menstrual period:

Flow: Heavy Moderate Light

Color of blood:

Clots: Y N

Pain/symptoms during period:

Pain/symptoms before period (PMS):

Female/male reproductive (libido, etc):

Daily routines (type, frequency, timing):

Exercise/recreational activity:

Relaxational activity:



Sleep schedule:

Work/school schedule:

Spiritual practices (yoga, meditation, etc.):

Mental Emotional Health:

Stressors in life (current & past):

Quality of relationships (romantic, friendship, support systems, etc.):

Emotional patterns:

Dhi, Dhrti, Smrti:



Meals, indicate time(s) of day and food choice:

Diet: Vegetarian Non-vegetarian Other

Breakfast:

Lunch:

Dinner:

Beverages & snacks:

Daily water intake:

Substance habits (smoking, alcohol, caffeine, etc.):

Agni (digestion):

Energy after eating:

Appetite:

Digestive symptoms:

Elimination (sama/nirama):

Bowel movements (timing, frequency, consistency, odor, etc.):

Urination (frequency, color, consistency, odor, etc.):



Sweat (color, odor, ease of, etc.):

Respiration (rate, ease, congestion):

Five sense assessment:

Hearing:

Touch:

Vision:

Taste:

Smell:

DARSHANA (OBSERVATION):

Height:

Posture:

Weight:

Fluctuations: Y N

Face:

Complexion:

Lines:

Eyes:

Ears:

Tongue:

Shape:

Color:

Coating:

Gunas: Moist Dry

Lines:

Other:



Nails:

Shape:

Moisture:

Cuticles:

Markings:

Moons:

Other:

Voice:

SPARSHANA (PALPITATION):

Pulse:

Rate:

Qualities:

Prakruti:

Vikruti:

Other:

Marma:

Sensitivity:

Other:

Joints & muscles:

Abdomen:

Other:

