



VAYAS
HOLISTIC AYURVEDA CENTRE
Near Silent Valley, Attappadi,
Palakkad, Kerala, India 678581
PH: +91 9496 925 925

PERSONAL DETAILS

Name :

Age :

Sex :

Address :

Nationality :

Profession :

MEDICAL DETAILS

Presenting Complaints:

Details of presenting complaints with duration of each.

S.No.	Description	Duration
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Full History of Presenting Complaints:

Details of Investigations Done So far:

Details of treatments done:

Current Medication :

Allergy :

History of previous Illnesses:

Associated Ailments:

Disease	Yes	No
Hypertension		
Diabetes		
Heart Disease		
Asthma		
Piles		
Thyroid Disorder		

Others:

State of Digestion:**Appetite**

Normal Less More

Bowel Habits

Regular Irregular

Urine Quantity / Frequency

Adequate Less More

Sleep

Adequate Less More Disturbed

Dietary Habits: Vegetarian

Non Vegetarian

Schedule**Menu****Time**

Early Morning

Breakfast

Mid morning

Lunch

Evening

Night

Addiction if any: Smoking Alcohol Tobacco Chewing