

# Health questionnaire

Please fill it in with your computer or write in block letters



AYURVEDA MEDIZIN

Date of arrival in Bad Bocklet \_\_\_\_\_ Date of departure \_\_\_\_\_

\_\_\_\_\_

Last name

\_\_\_\_\_

Surname

\_\_\_\_\_

Street name

\_\_\_\_\_

House number

\_\_\_\_\_

Postal code / town / country

\_\_\_\_\_

E-mail-address

\_\_\_\_\_

Phone number / mobile

\_\_\_\_\_

Age

\_\_\_\_\_

Date of birth

health insurance  private  social health

I would like to have an invoice according to GOÄ for a fee  yes

\_\_\_\_\_

Weight

\_\_\_\_\_

Height

Physique

slim

medium

strong



\_\_\_\_\_

**Do you practise spirituality in your life?**

\_\_\_\_\_

**Current symptoms** (Please name them in chronological order, depending on intensity and duration)

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

\_\_\_\_\_

**Course of treatment for current illnesses (e.g. surgeries, special therapies)**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Traumatic experiences during your childhood or adolescence, accidents, surgeries**

\_\_\_\_\_

**Previous diseases**

Hypertension, diabetes, jaundice, haemorrhoids, fistula, ulcers, anemia, further diseases (if necessary)

**Medicine you currently take** (please name each medicament and since when you take them)

Name of medicine

month/year

**Family medical history**

Please describe similar diseases or symptoms which occurred in your family, if information is available

**Individual short check**

Appetite	
Digestion	
Urination	
Sleep	
Menstruation (regularity, also in connection with pregnancies and birth, as far as any problems occurred or still exist)	
Marital status	
Stress Level	
Do you keep to a diet?	
Nutrition habits	<input type="radio"/> vegetarian <input type="radio"/> non-vegetarian
What do you eat for breakfast and when do you have breakfast?	
What do you eat for lunch and when do you have lunch?	
What do you eat for dinner and when do you have dinner?	
Allergies und intolerances	
Do you suffer of any addiction (smoking, alcohol, medicaments)?	
Which profession do you practise at the moment?	

**Date and diagnostic finding of your latest medical examination**

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**Details of previous medical examinations (only noticeable findings, please put standard values in brackets)**

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**Diagnosis of your treating physician**

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**Ayurvedic body-type-identification (self-evaluation)**

Please tick as appropriate

No.	Characteristics	VATA	PITHA	KAPHA
1	<b>Phenotype</b>	slim hips and shoulders	average physique	wide hips and shoulders
2	<b>Weight</b>	low	average	high
3	<b>Endurance/Strength</b>	low, weak	adequate	high, good
4	<b>Skin condition</b>	dark, dry, rough and wrinkly	soft, bright, oily, sensitive with rose-colored or red moles and skin pigmentation	oily, white, pale, moist and smooth
5	<b>Hair</b>	dry, dark brown to black and curly	Fine, light brown, soft, early greying	oily, dark, strong and full, straight or wavy
6	<b>Teeth</b>	large, protruding, tendency to caries	yellowish, tendency to discolouration	white und large
7	<b>Eyes</b>	small, black/brown	green or grey	white, clear, moist
8	<b>Voice/way of speaking</b>	shrill, quick and communicative	middle pitch of voice, likes to discuss, convincing	low pitch of voice, slow, melodious, monotonous
9	<b>Bowel movement</b>	dry, hard defecation, constipation, flatulences, irregular and of small volume	soft, oily, loose defecation, regular excretion	heavy, solid defecation, regular excretion
10	<b>Physical activity</b>	restless, quickly tiresome	offensive and focused	calm and constant
11	<b>Appetite/digestion</b>	unstable	big appetite	little appetite
12	<b>Taste preferences</b>	oily, heavy, warm, sweet, salty, sour	light, cold, sweet, bitter, contracting	dry, light, hot, spicy, aromatic, bitter, contracting
13	<b>Emotional condition</b>	anxious, eager, insecure, unpredictable	offensive, easily excitable, angry, quarrelsome	calm, lovely, obstinate

14	<b>Mental tendencies</b>	questioning, full of ideas, undecisive		judging, strong-willed, obstinate		stable, logical, calm, emotional	
15	<b>Sleep pattern</b>	short and restless sleep of 4 - 5 hours		good and a bit restless sleep of 5 - 7 hours		deep, recreative, long sleep, falls asleep easily, approx. 8 hours	
16	<b>Dreams</b>	fear, flying, running		fire, emotive subjects		water, calm subjects	
17	<b>Sexual drive</b>	frequent		average		periodic, not frequent	
18	<b>Memory performance</b>	short-term memory, learns fast / forgets fast		good, but not long-term		learns slowly, good long-term memory	
19	<b>Behaviour in terms of financial affairs</b>	spends money quickly and rash		average money saving		saves a lot of money and accumulates prosperity	
20	<b>Pulse</b>	fast with shifts		moderate, with jumps		slow and constant	
21	<b>Heart rate</b>	80 - 100/min.		70 - 80/min.		60 - 70/min.	
22	<b>Reaction in threatening situations</b>	anxious, fearful, retreating		angry, irritable mood, fortified and able to resist		feeling of indifference, apathetic, retreating	

- Please note that alcohol and smoking are strictly forbidden during an ayurveda treatment. Full-
- body treatments are not possible for menstruating women.

#### Further explanations, in order to understand your body even better

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#### For your questions

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I agree to the storage of my dates

yes

Signature (upon arrival) \_\_\_\_\_

Please send back the completed questionnaire to: [gesundheitsfragebogen@ayurveda-deutschland.org](mailto:gesundheitsfragebogen@ayurveda-deutschland.org)



Booked rate \_\_\_\_\_

Have you made any experience with ayurveda yet?

 yes

 no

How did you find out about us? \_\_\_\_\_

To be filled in by the physician:

Serial-No:

Dosha-type

Eye-, tongue- and pulse-diagnosis



Diagnosis

**Enquiries and reservations:**

**Ayurveda centre Germany at Kunzmann's Hotel** An der Promenade 6 | 97708 Bad Bocklet

Tel. +49 9708 78-832 | Fax +49 9708 78 100

**Further informations:** [www.ayurveda-deutschland.org](http://www.ayurveda-deutschland.org) [willkommen@kunzmanns.de](mailto:willkommen@kunzmanns.de) | [www.kunzmanns.de](http://www.kunzmanns.de) [info@ayurveda-deutschland.org](mailto:info@ayurveda-deutschland.org)