**Questionnaire**

***Comprehensive Health Assessment***

# Personal Information

|  |  |
| --- | --- |
| Name |  |
| Age |  |
| Height (cms) |  |
| Weight |  |
| Sex |  |
| Reference |  |
| E-mail |  |
| Mobile Number |  |

# Health Details

1. Hunger:
* ☐ Less Hunger
* ☐ No Hunger
* ☐ More Hunger
1. Motion:
* ☐ Constipation
* ☐ Hard stools
* ☐ Lower abdominal pain
1. Sleep:
* ☐ Sound sleep
* ☐ Disturbed sleep
* ☐ Wake up in-between for restroom usage
1. Breathing:
* ☐ >15 breaths/min
* ☐ <15 breaths/min
* ☐ Difficulty in breathing
* ☐ Other issues
1. Character:
* ☐ Angry and irritated
* ☐ Talkative
* ☐ Worried
* ☐ Weeping
* ☐ Fearful
1. Skin Irritations (if any):
* ☐ Rashes (details)
* ☐ Color of rashes
* ☐ Location of rashes
1. Thirst:
* ☐ Gulp water
* ☐ Sip water
* ☐ Quantity per day
1. Preferred Taste:
* ☐ Sweet
* ☐ Hot and Spicy
* ☐ Salt
* ☐ Sour
* ☐ Bitter
* ☐ Bitter-sweet
1. Periods (For Females):
* ☐ Normal
* ☐ Delayed
* ☐ Normal flow with clots
* ☐ Painful periods
1. Any other information:
2. Affected Parts:
3. Explain in detail:

# Additional Notes

Please use this space to provide any additional information you feel is relevant:



**Insert Tongue Image Here**

# Healer's Section

# Name:

## Recommendations

Acupepper Points Suggested:

Use surgical tape (or paper tape) to secure the pepper at the prescribed location.

On day 1 keep the pepper on the left leg/hand and the next day switch to the right leg/hand. Repeat until the pain is not felt at the pepper point location.

## Meridian Massage

Massage the following channels 3 times in the morning and 3 times in the evening either using a massage gun without oil or with thumb/index finger with mustard oil + camphor mixture (100 ml mustard oil + 5 gm camphor).

## Acupepper Therapy Protocol

• Eat only when you are hungry.

• Drink plain water only when you are thirsty. Do not gulp.

• Two liters of seasoned buttermilk per day to be consumed intermittently till 6 pm.

• More pepper & ghee.

• Take 10 pepper kernels with jaggery twice a day.

• More of Alkaline food.

• More greens.

• No white sugar, red-chilies & tamarind in any form.

## Other Instructions

Make a paste with half spoon of Multani Mitti in one spoon water. Mix in one spoon of Inzurol lotion. Before bed apply on the abdomen (including navel).Wash off in the morning while bathing and apply pure coconut oil. (If Inzurol is unavailable, apply castor oil around the navel region).

Diet recommendations: