



Ayur-Shilpi Ayurveda & Wellness promotes healthy living using a natural and holistic approach, and the therapies recommended by Ayur-Shilpi echoes this belief by incorporating natural elements; whether you have current medical issues or are interested in optimizing your health as you go through life. Our most important guiding principle is that of patient-centered care. The unique story of each individual is honored in the process of unraveling and clarifying the interwoven fabric of your health issues by careful history-taking, physical examination, and Ayurvedic medicine diagnostic evaluation.

What is Ayurvedic Medicine?

Ayurveda, a traditional medical science that originated in Ancient India, has been practiced for thousands of years and has treated millions of people worldwide. The emphasis of this medical system is on preventive health measures that are customized to the client's inborn normal physical and mental constitution (prakruti) as well as current imbalances (vikruti). Ayurvedic treatment protocols include but are not limited to: Marma Point Therapy, Yoga Therapy, Meditation, Pranayama (breathing exercises), Dinacharya (daily routine recommendations), Aromatherapy, Dietary Recommendations, Customized Herb and/or Spice Regimens.

Medical Disclaimer: AYURVEDIC DOCTOR AND AYURVEDIC YOGA THERAPIST

Shilpika Devaiah AD, is not a medical doctor or osteopathic physician. After a strict outlined process created by NAMA (National Ayurveda Medical Association) and AAPNA (Association of Ayurvedic Professionals of North America), based on her education, training, and clinical background she has met the requirements as a professional member at the Ayurvedic Doctor (AD) level, along with satisfying the requirements for Ayurvedic Yoga Therapist (AYT). NAMA is the leading Ayurveda organization creating standards of what it means to practice Ayurveda in the USA. By no means is this to be confused with becoming a medical doctor (MD) which requires a whole other level of training and licensure. Consulting with Shilpika Devaiah is not a replacement for an MD/DO. Here is an additional "Statement of Understanding" that is signed prior to working with Shilpika Devaiah:

Legal Consent: AYURVEDIC SERVICES AND THERAPIES

I hereby request and voluntarily consent to the performance of Ayurvedic Consultation and/or Therapy, counseling, and recommendations for myself by Practitioner(s) at Ayur-Shilpi Ayurveda & Wellness.

I understand that methods or therapies may include but are not limited to Ayurvedic Therapies, herbal recommendations, health counseling, and food counseling. I understand that Ayurvedic Medicine is a form of holistic health care which may include health and nutritional counseling as well as therapies which aim to address imbalances in the body and mind. I understand that Shirodhara, Panchakarma and other service offerings are forms of natural Ayurvedic therapy which may be contraindicated under certain conditions, specifically improper digestion. I acknowledge these contraindications.

I understand that Ayurvedic Medicine is a safe method of addressing imbalances of the body-mind and their root cause but that may on occasion result in the temporary surfacing of uncomfortable emotions and/or sensations including changes in perceived body temperature, dizziness, tingling, pain, or numbness as the body-mind seeks a state of balance. I understand that these occurrences are a natural part of the process of the body-mind reaching a state of balance. I also understand that there is always a possibility of an unexpected complication. I understand that no guarantee can be made concerning the results of the therapy.

If Pregnant, I must notify the Practitioner immediately so that I can be informed of the possible risks and contraindications of therapy while pregnant.

I understand that the evaluation given to me is either an energetic assessment of the functioning of the Chakras and energy state of the body according to the balance of the three doshas, their qualities (gunas), the dhatus (tissues), the srotas (channels), and the malas (wastes) of the body; the causal factors for imbalance (poorvarupa and rupa), and their course of imbalance (samprapti) according to Ayurvedic Medicine. It in no way purports to be nor replaces allopathic (western) medical evaluation, diagnosis, or treatment. I understand that the practitioner(s) Shilpika Devaiah at Ayur-Shilpi Ayurveda & Wellness is neither a licensed physician nor a Medical Doctor and does not diagnose or treat medical conditions.

I have been advised to consult a licensed physician for any medical problems I may have and, in the event that I am receiving other conventional medical treatment, I have been advised to inform my physician of the proposed complementary therapies. In addition, I have been advised to consult a physician if a new symptom should arise. If there is a worsening of my ailment or condition or it does not improve within the time estimated by my practitioner, I am aware that I should consult a physician. I understand I am fully responsible for all decisions I make regarding whether and when to seek medical treatment.

I understand that I may refuse or stop therapies and consultations at any time. Individual experiences and diagnosing techniques may vary from person to person. Not all therapies and supplements are advisable for all clients. I have read, or have had read to me the contents of this consent in its entirety. I have also had an opportunity to ask questions about its content, and by signing below I agree to the above-named procedures. I intend this consent form to cover all interactions, consultations, courses, Therapies, and recommendations for my present condition and for any future condition(s) for which I may seek advice.

General Disclaimer: AYUR-SHILPI AYURVEDA & WELLNESS LLC

Ayur-Shilpi Ayurveda & Wellness is a complimentary Ayurvedic holistic wellness center designed to be informative, educative and supportive of establishing a balance of health within body-mind-spirit, through maintenance of health and prevention of imbalances. Ayur-Shilpi Ayurveda & Wellness has not been evaluated by the Food and Drug Administration. None of the information, treatments or products are intended to diagnose, treat, cure or prevent any disease.

For medical concerns or before making changes to your diet or lifestyle, please consult your physician.

Please DO NOT take Ayur-Shilpi Ayurveda & Wellness as a means to substitute your medical treatment. Ayurveda Therapy is a long term, slow-acting therapy that includes diet, lifestyle changes along with stress management with Ayurvedic bodywork, yoga and meditation practices. IT IS NOT A MEDICAL PLAN. It is the therapy that slowly builds immunity introducing the healthy habits for improvement of health and helps to prevent the risk of imbalances such as chronic diseases. It is NOT AN ALTERNATIVE PLAN for medical treatment.

Ayur-Shilpi Ayurveda & Wellness is NOT a medical facility or provide emergency services. Please call your physician, medical facility or emergency services for ALL medical complaints.

Informed Consent:

I understand the approach to health and wellness offered at Ayur-Shilpi Ayurveda & Wellness LLC. I understand that treatments that may be offered to me are considered experimental and I am choosing to participate in this approach and the treatments offered.

Patient's Signature, Date: _____

Patient's Name (Please Print): _____

Guardian's Signature (if applicable), Date: _____

Guardian's Name (Please Print): _____