



Colorado Āyurveda ROUNDTABLE

Presenter Instructions

Please refer to this document when preparing your roundtable presentation. Keep in mind:

- **IDENTIFYING INFORMATION** — please be meticulous in removing your client/patient's name or other identifying data from all presentation materials. We suggest you create a nickname for your client/patient. It is essential for the ongoing success of this event that we perfectly protect client/patient anonymity. Photos (of the tongue, for example) are welcome, so long as they maintain anonymity.
- **TIME** — you will be assigned a 30, 45 or 60 minute time slot. This includes both your presentation and group discussion. Consider that a more concise presentation allows more time for feedback, and you can always introduce new information as necessary during the discussion.
- **STYLE** — you are welcome to use Word, PDF, Powerpoint or any other appropriate presentation style. We will work with you in the days leading up to the Roundtable event to be sure that all attendees (virtual and in-person) will be able to view the presentation. Please reach out if you have any questions or concerns in this area.
- **CONTENT** — while every client/patient is unique, there is certain information essential to any āyurvedic case study. Presentations should include and expand upon the classical *daśavidha parīksha* (ten-fold examination). It is up to you as the clinical professional to decide the order and relative emphasis of these details given your limited presentation time. Here are the basics of what to include:

About the Client/Patient

- Age; height; weight; physical strength; psychological strength
- Home and work environment; local climate; seasonal considerations
- Prakruti; vikruti; prana; tejas; ojas; dhatu and srotamsi; tongue; palm; nails; face; hair; etc.
- Agni type; dietary habits; lifestyle habits; bowel habits

About the Clinical Encounter(s)

- Date of initial appointment; timeline of followup encounters
- Client/patient's primary complaint; onset, progression and current stage of samprāpti
- Medical history; relevant family/ethnic history; adverse childhood experiences
- Treatment given; suggestions made; client/patient adherence to recommendations
- Observed outcomes; measurable progress/regression; future plans; requests for support
- Additional notes; miscellaneous observations

Please reach out with any questions!

events@coloradoayurveda.org