

Ayurvedic-Informed SOAP Note for MTs

A simple, scope-appropriate way for MTs to begin thinking in Ayurvedic terms without diagnosing. For bodywork assessment only.

S - Subjective (Client Report)

Have the client describe:

- Current discomfort, pain, tension
- Energy level (low, normal, wired, scattered)
- Sleep quality (restless? heavy? unrefreshing?)
- Stress level + emotional tone
- Sensations: hot, cold, dry, heavy, restless, swollen, tight

Ayurvedic prompts (optional):

- “Are you feeling more dry, oily, or normal?”
- “Do you feel more cold or warm than usual?”
- “Has your digestion felt slow, sharp, or unpredictable?”

These map gently to Vata
(irregularity/dryness),

Pitta (heat/sharpness),

Kapha
(heaviness/slowness)

O - Objective (Therapist Observations)

Observe tissue qualities using the Gunas (qualities):

- Temperature: warm / cool / variable
- Texture: rough / smooth
- Tone: tight / loose / boggy
- Moisture: dry / oily
- Movement: restricted / hypermobile / sluggish
- Rhythm: erratic / sharp / slow

Also note:

- Postural patterns
- Breath quality
- Joint mobility restrictions
- Facial tension, jaw holding, abdominal guarding

Ayurvedic lens:

- Vata tendencies → cold, dry, irregular, tight
- Pitta tendencies → warm, sharp, focused tension
- Kapha tendencies → heavy, cool, dense, sluggish

A – Assessment (Within MT Scope Only)

NOT a dosha diagnosis — simply patterns observed.

Examples:

- “Tissues present with dryness, coolness, and irregular tone → use warming oil + slow strokes.”
- “Heat + sharp tension around traps → use neutral oil + avoid added heat.”
- “Heaviness + stagnation in legs → medium tempo + directional strokes.”

P – Plan (Ayurvedic-Informed Bodywork Choices)

Choose:

- Oil (warming/cooling/neutral)
- Temperature (mild warmth, no heat, avoid heat)
- Tempo (slow, rhythmic, grounding vs. neutral)
- Stroke type (long warming strokes vs. gentle compression vs. spreading strokes)
- Areas of focus
- Aftercare suggestions (hydration, warmth, grounding practices, rest)

This allows MTs to begin integrating Ayurveda safely and ethically before deeper training.