

## Ayurvedic Questionnaire

### Assessing your constitution (Prakruti or Vikruti)

Complete the checklist below and tick alongside the attributes that most closely resemble your own. Then total the ticks in each column separately to see which Dosha predominate. Try to answer all questions for a more accurate assessment.

CHARACTERISTIC	VATA	PITTA	KAPHA
Body frame	Thin, Tall or Short, Bony	Moderate , Average development	Thick, Wide, Well developed body
Height	Very short, Very tall	Medium	Small & Stout Large & Stout
Body weight	Low, Can't keep weight on, may be heavy but fluctuating weight and spongy tissue	Moderate, muscular, well built	Overweight, hard to keep weight off
Body fat	Around the waist	Evenly distributed	Around thighs and buttocks
Muscles	Light muscles, stiffness of muscles, minute muscle twitching	Soft delicate muscles,	Heavy & firm muscles,
Hair on head	Black, Dry, Kinky, Coarse, Curly	Soft, Oily, Yellow, Early grey, Red	Thick, Oily, Wavy, Dark or Light, Abundant
Skin	Thin, Cold, Rough, Cracked, Dry, Brown, Black	Warm, Pink, Freckles, Acne, Moles, Moist, Red, Yellowish	Thick, Cold, Smooth, White, Soft, Moist, Oily, Odema, Fatty,
Eyes	small, dark, dry, nervous	sharp, bright, red, sensitive to light	Large, moist, calm
Lips	Small, dark, dry, cracked	Medium, soft, red	Large, velvety, moist
Teeth	not straight, thin gums	medium, straight, tender gums	large, strong, healthy, white
Fingers	small, long	Regular	Wide, plump
Nails	Brittle, dry, ridged, break easily	well formed, soft, pink, flexible sharp	strong, thick, smooth, oily
Hands and feet	Cold, dry	Warm, pink	Cool, damp
Joints	Cold, cracking	Moderate in size, warm/hot to touch	Large lubricated
Movement	Fast	Medium speed	Slow and steady
Speech	Fast, chaotic, interrupted	Sharp, clear and precise	Slow, monotonous, melodious
Physical energy	Very active, erratic, comes in bursts	Moderate, driven by motivation	Lethargic, once motivated long lasting
Physical activity	Very active	Moderate	Lethargic
Mental energy	Restless, erratic, very active	Active, highly intellectual	Dull, slow, tends to be lazy
Mind	Restless, active	Aggressive, intelligent	Calm, slow
Strength/ exertion	Poor endurance, starts and stops	Medium, intolerant of heat	Strong, slow, good endurance
Emotions	Anxiety, fear, uncertainty, flexible,	Impatience, anger, intolerance,	Calm, possessive, obstinate, greedy

	<b>changeable</b>	<b>jealousy, determined</b>	
<b>Sexual nature</b>	<b>Variable, strong desire but low energy</b>	<b>Moderate, passionate, dominating</b>	<b>Good sexual energy, low desire, takes a while to get aroused</b>
<b>Eating habits</b>	<b>Irregular</b>	<b>Regular</b>	<b>Snacks</b>
<b>Appetite</b>	<b>Variable, irregular</b>	<b>Strong, cannot miss meals</b>	<b>Steady, can miss meals</b>
<b>Taste</b>	<b>Sweet, sour, saline</b>	<b>Sweet, bitter, astringent</b>	<b>Pungent, bitter, astringent</b>
<b>Digestion</b>	<b>Irregular, forms gas</b>	<b>Quick, causes burning</b>	<b>Prolonged, forms mucus</b>
<b>Thirst</b>	<b>Variable</b>	<b>Excessive</b>	<b>Scanty</b>
<b>Urine</b>	<b>Scanty, difficult, colorless</b>	<b>Profuse, burning, yellow, strong odour</b>	<b>Moderate, whitish milky</b>
<b>Elimination</b>	<b>Constipation, small stools</b>	<b>Loose, yellow color</b>	<b>Thick, oily, sluggish</b>
<b>Sweat/body odour</b>	<b>Scanty, no smell</b>	<b>Profuse, hot, strong smell</b>	<b>Moderate, cold, pleasant smell</b>
<b>Sleep</b>	<b>Light, interrupted, 5-6 hours</b>	<b>Short, even, 6-8 hours</b>	<b>Long, deep, over 8 hours</b>
<b>Dreams</b>	<b>Quick, active, many, fearful</b>	<b>Fiery, war, passion</b>	<b>Lakes, snow, romantic, calm</b>
<b>Memory</b>	<b>Good short term, quick to grasp, quick to forget</b>	<b>Medium, sharp, clear</b>	<b>Good long term, slow to grasp, never forgets</b>
<b>Mood</b>	<b>Changes quickly</b>	<b>Intense, changes quickly</b>	<b>Steady, non changing</b>
<b>Creativity</b>	<b>Rich in ideas</b>	<b>Inventive, technical</b>	<b>Methodical, business minded</b>
<b>Habits/ hobbies</b>	<b>Likes moving, traveling, dancing, laughter</b>	<b>Likes sports, politics, painting, competitive sports</b>	<b>Likes relaxing, water, sailing, flowers, business</b>
<b>Financial habits</b>	<b>Earns quickly, spends quickly</b>	<b>Spends money on luxuries</b>	<b>Rich, thrifty</b>
<b>Lifestyle/lifepace</b>	<b>Erratic</b>	<b>Busy, regulated</b>	<b>Steady, slow</b>
<b>Faith</b>	<b>Changeable</b>	<b>Uncompromising, Fanatic</b>	<b>Steady</b>
<b>Resistance to disease</b>	<b>Poor, variable, weak immune system</b>	<b>Medium, prone to infections</b>	<b>Good, consistent, strong immune system</b>
<b>Disease tendency</b>	<b>Nervous system, pain, arthritis, mental disorders</b>	<b>Febrile diseases, infections, inflammatory diseases</b>	<b>Respiratory system, mucous, odema</b>
<b>Nature of pain</b>	<b>Severe-sharp, shocking, throbbing, colic</b>	<b>Moderate-burning, steaming, swelling, bleeding</b>	<b>Mild-dull, heavy, congestion</b>
<b>Sensitivity</b>	<b>Fear of cold, wind, sensitive to dryness</b>	<b>Fear of heat, dislikes Sun</b>	<b>Fear of cold &amp; damp, likes wind &amp; sun</b>
<b>Pulse</b>	<b>Thready, feeble, moves like a snake</b>	<b>Moderate, jumping like a frog</b>	<b>Broad, slow, moves like a Swan</b>
<b>Total</b>			

#### References

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