**Ayurvedic Questionnaire**

**Physical**

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| D Body | | | Vata | | | Pitta | | | page22image49545984  Kapha | | |
| shape of face | | | thin, boney | | | medium, angular | | | full, round | | |
| weight | | | light | | | medium | | | heavy | | |
| stamina | | | short | | | moderate | | | strong | | |
|  | coloring |  |  | darkish |  |  | reddish, coppery |  |  | whitish, clear |  |
| eyes | | | small, unsteady | | | reddish, piercing | | | big, wide | | |
| fingernails | | | thin, cracking | | | medium, soft, pink | | | thick, strong, white | | |
| teeth | | | small, protruding | | | moderate, yellow | | | large, white | | |
| hair | | | thin, coarse, dry | | | fine, red, blonde | | | thick, wavey | | |
| chest | | | flat, sunken | | | moderate | | | large, broad | | |
| Totals | | |  | | |  | | |  | | |

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**Mental**

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Mind | | | V ata | | | Pitta | | | Kapha | | |
| memory | | | learns easy/forgets | | | sharp | | | slow, never forgets | | |
| quality | | | quick, creative | | | penetrating | | | stable, lethargic | | |
| digestion | | | irregular | | | strong | | | slow | | |
|  | sleep |  |  | light |  |  | moderate |  |  | heavy |  |
| temperament | | | nervous | | | impatient | | | easy going | | |
| speech | | | fast, omits words | | | clear, precise | | | slow, clear | | |
| dreams | | | fear, fly, running | | | anger, struggle | | | romantic, few | | |
| Totals | | |  | | |  | | |  | | |

Add up your totals for each of the columns both body and mind, enter them below. In general people are dual doshas having a score for two doshas that are close in number. Possibilities exist to be one dosha but it is rare to have scores indicating all three.

Body Vata\_\_\_\_\_ Mind Vata\_\_\_\_\_

Pitta\_\_\_\_\_\_ Pitta\_\_\_\_\_\_

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Kapha\_\_\_\_\_\_ Kapha \_\_\_\_\_

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