**Ayurvedic Questionnaire**

**Physical**

|  |  |  |  |
| --- | --- | --- | --- |
| D Body  | Vata  | Pitta  | page22image49545984Kapha  |
| 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\_\_\_\_\_\_

-22-

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

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