

Ayurvedic Questionnaire

For the five Profile tables on the next few pages:

1. Circle the phrase that best describes each of the categories in the left-hand column.
2. Tally the number of circles for each column on the Subtotal lines at the bottom of each table.
3. Transfer the subtotals for each profile onto the Totals Table on the last page.
4. Add up the Grand Totals for each dosha, and you will get a picture of your Ayurvedic constitutional type.

Some people have one dosha clearly dominant, while others are a combination of two or all three. It is interesting to note any profiles in which your high score significantly differs from the dosha grand totals. For example, if your grand total shows strong Kapha dominance with Pitta secondary and your Behavioral Profile is overwhelmingly Vata, that would be an area of your life worth examining.

MENTAL PROFILE			
	WINTER/VATA	SUMMER/PITTA	SPRING/KAPHA
Mental activity	Quick mind, restless	Sharp intellect, aggressive	Calm, steady, stable
Memory	Short-term best	Good general memory	Long-term best
Thoughts	Constantly changing	Fairly steady	Steady, stable, fixed
Concentration	Short-term focus best	Better than average mental concentration	Good ability for long-term focus
Ability to learn	Quick grasp of learning	Medium to moderate grasp	Slow to learn new things
Dreams	Fearful, flying, running, jumping	Angry, fiery, violent, adventurous	Include water, clouds, relationships, romance
Sleep	Interrupted, light	Sound, medium	Sound, heavy, long
Speech	Fast, sometimes missing words	Fast, sharp, clear-cut	Slow, clear, sweet
Voice	High pitched	Medium pitched	Low pitched
<u>Mental Subtotal</u>	_____	_____	_____

BEHAVIORAL PROFILE			
	WINTER/VATA	SUMMER/PITTA	SPRING/KAPHA
Eating speed	Quick	Medium	Slow
Hunger level	Irregular	Sharp, needs food when hungry	Can easily miss meals
Food and drink	Prefers warm	Prefers cold	Prefers dry and warm
Achieving goals	Easily distracted	Focused and driven	Slow and steady
Giving/donations	Gives small amounts	Gives nothing, or large amounts infrequently	Gives regularly and generously
Relationships	Many casual	Intense	Long and deep
Sex drive	Variable or low	Moderate	Strong
Works best	While supervised	Alone	In groups
Weather preference	Aversion to cold	Aversion to heat	Aversion to damp, cool
Reaction to stress	Excites quickly	Medium	Slow to get excited
Financial	Doesn't save, spends quickly	Saves, but big spender	Saves regularly, accumulates wealth
Friendships	Tends toward short-term friendships, makes friends quickly	Tends to be a loner, friends related to occupation	Tends to form long-lasting friendships
<u>Behavioral Subtotal</u>	_____	_____	_____

EMOTIONAL PROFILE			
	WINTER/VATA	SUMMER/PITTA	SPRING/KAPHA
Moods	Change quickly	Change slowly	Steady, unchanging
Reacts to stress with	Fear	Anger	Indifference
More sensitive to	Own feelings	Not sensitive	Others' feelings
When threatened, tends to	Run	Fight	Make peace
Relations with spouse/partner	Clingy	Jealous	Secure
Expresses affection	With words	With gifts	With touch
When feeling hurt	Cries	Argues	Withdraws
Emotional trauma causes	Anxiety	Denial	Depression
Confidence level	Timid	Outwardly self-confident	Inner confidence
<u>Emotional Subtotal</u>	_____	_____	_____

PHYSICAL PROFILE			
	WINTER/VATA	SUMMER/PITTA	SPRING/KAPHA
Amount of hair	Average	Thinning	Thick
Hair type	Dry	Normal	Oily
Hair color	Light brown, blonde	Red, auburn	Dark brown, black
Skin	Dry, rough, or both	Soft, normal to oily	Oily, moist, cool
Skin temperature	Cold hands/feet	Warm	Cool
Complexion	Darker	Pink-red	Pale-white
Eyes	Small	Medium	Large
Whites of eyes	Blue/brown	Yellow or red	Glossy white
Size of teeth	Very large or very small	Small-medium	Medium-large
Weight	Thin, hard to gain	Medium	Heavy, gains easily
Elimination	Dry, hard, thin, easily constipated	Many during day, soft to normal	Heavy, slow, thick, regular
Resting pulse			
Men	70-90	60-70	50-60
Women	80-100	70-80	60-70
Veins and tendons	Very prominent	Fairly prominent	Well covered
<u>Physical subtotal</u>	_____	_____	_____

FITNESS PROFILE			
	WINTER/VATA	SUMMER/PITTA	SPRING/KAPHA
Exercise tolerance	Low	Medium	High
Endurance	Fair	Good	Excellent
Strength	Fair	Better than average	Excellent
Speed	Very good	Good	Not so fast
Competition	Doesn't like competitive pressure	Driven competitor	Deals easily with competitive pressure
Walking speed	Fast	Average	Slow and steady
Muscle tone	Lean, low body fat	Medium, with good definition	Brawny/bulky, with higher fat percentage
Runs like	Deer	Tiger	Bear
Body size	Small frame, lean or long	Medium frame	Large frame, fleshy
Reaction time	Quick	Average	Slow
<u>Fitness subtotal</u>	_____	_____	_____

GRAND TOTALS			
	WINTER/VATA	SUMMER/PITTA	SPRING/KAPHA
Mental			
Behavioral			
Emotional			
Physical			
Fitness			