

## Ayurvedic Questionnaire

For the five Profile tables on the next few pages:

1. Circle the phrase that best describes your qualities for 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.

For some people one dosha is 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.

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

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

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

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

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

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