

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.

| 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 | | | |