

To help determine your constitution a brief questionnaire is provided below. Place a mark against each statement that you feel applies to you. It is okay to place a mark in more than one column for each question. A simple questionnaire is not always going to capture the full expression of your doshas, however it can give an idea as to where your predominance lies in either Vata, Pitta, Kapha, or as a dual combination as in Vata-Pitta, Pitta-Kapha, etc. There will rarely be an equal number across the three doshas, which equals Tri-doshic, or Vata-Pitta-Kapha result. For this reason, it is recommended consulting a qualified Ayurvedic Practitioner who will be able to identify your Prakruti (Primary Constitution), and your Vikruti (current signs of imbalance in your Prakruti).

For a complimentary evaluation of your dosha, you can email your questionnaire to us and we will return your results to you with some basic recommendations for diet, lifestyle and daily routines to help you bring balance to health and wellbeing.

Determining your Dosha (Constitution)

Place a mark next to the choice that best describes your attributes. You may find it necessary to mark more than one choice.

| X | VATA | X | PITTA | X | KAPHA |
|---|--|---|--|---|---|
| <u>Physical Traits</u> | | | | | |
| Body Frame & Weight | | | | | |
| | Thin, and can be unusually tall or short. | | Medium height, well proportioned | | Stocky build, solid through chest |
| | Light boned, prominent joints | | Medium bone structure | | Heavy boned |
| | Difficult to gain weight | | Can gain and lose weight relatively easily | | Easy to gain weight, difficulty in losing it |
| | Energy levels fluctuate, comes in bursts | | High energy and activity levels | | High energy and strong stamina |
| Skin, Complexion & Temperature | | | | | |
| | Tends to be cool, dry and chafes easily | | Soft, smooth and can tend toward oiliness | | Thick, cool and well lubricated |
| | Olive complexion, tans easily | | Fair/pink skin, burns easily and can freckle | | Pale skin, tans evenly but slowly |
| | Strong veins and tendons tend to be exposed | | Soft veins and tendons are visible | | Veins and tendons are not easily visible |
| | Cold hands and feet, find it hard to warm up | | Warm body can tend to flushing | | Cool and can be slightly clammy |
| | Prefers a warm, sunny and moist climate | | Prefers a cool and well ventilated space | | Prefers moderate climate with little humidity |
| Hair | | | | | |
| | Dry, wiry, light brown to dark, easily split | | Soft, blonde/red, early greying/balding | | Thick, wavy, tends to oiliness, dark or light |

| | | | | | |
|--|---|--|--|--|---|
| Nails | | | | | |
| | Dry, rough, irregular shape and length | | Soft, strong and pliable with pink beds | | Pale, large, thick, strong and symmetrical |
| Eyes | | | | | |
| | Small grey, dark blue or brown active eyes | | Penetrating green, amber. Light sensitive | | Large brown attractive with white sclera |
| Teeth & Gums | | | | | |
| | Small crooked teeth with thin gums | | Medium sized teeth, gums bleed easily | | Large white teeth with strong gums |
| <u>Physiological Traits</u> | | | | | |
| Appetite & Thirst | | | | | |
| | Variable appetite and thirst | | Strong appetite with high thirst | | Low appetite , rarely thirsty |
| Digestion | | | | | |
| | Variable, sometimes good, sometimes not | | Strong digestion, can eat large amounts | | Can be slow and weak at times |
| | Tendency to bloating and flatulence | | Tendency toward reflux, heartburn | | Feel heaviness after eating |
| Bowel Movements | | | | | |
| | Irregular, constipated with dry, hard stools | | Daily with tendency for soft to loose stools | | Regular with soft, full stools |
| Urine | | | | | |
| | Low volume, frequent, very pale/very dark | | High volume, frequent, amber, odorous | | High volume, slow to finish, pale/cloudy |
| Menstruation | | | | | |
| | Painful, irregular | | Heavy, regular | | Normal, regular |
| Sexual Drive | | | | | |
| | Variable interest | | Passionate, strong sexual drive | | Strong sexual interest and drive |
| Voice & Speech | | | | | |
| | Dry, hoarse, high pitched or quiet, talkative | | Loud, sharp, focussed and melodious | | Moist, soft, deep and calm |
| Strength & Exercise Tolerance | | | | | |
| | Like to stay active, variable strength | | Strong, competitive, enjoys being physical | | Strong, enjoys leisurely activity |
| | You feel mentally relaxed when exercising | | Exercise helps to control your emotions | | Exercise helps to keep your weight controlled |
| Illness Tendencies | | | | | |
| | Nervous disorders and sharp pains | | Fevers, rashes, inflammations | | Fluid retention, mucous, sinus, chest/lungs |
| | Tends toward fear/anxiety under stress | | Tendency for anger/frustration/irritability | | Tendency toward avoidance, withdrawal |
| <u>Psychological Traits</u> | | | | | |
| Mental Activity | | | | | |
| | Quick, restless, short concentration level | | Sharp, astute, strong focus | | Calm, quiet, good concentration ability |
| | Changeable moods and ideas | | Forceful expression of ideas and feelings | | Steady, reliable and slow to change |
| | Changes mind easily | | Has opinions and will share them | | Slow to change ideas or opinions |

| | | | | | |
|--------------|---|--|--|--|--|
| | Dislikes routine | | Plans, creates and likes routine | | Enjoys routine |
| | Creative and imaginative thinker | | Initiates ideas and leads others | | Keeps projects running smoothly |
| | Quick to learn, good short term memory | | Grasps knowledge quickly, slow recall | | Slow to learn, retains knowledge long term |
| Sleep | | | | | |
| | Light, interrupted sleep | | Usually sleeps well, can wake easily | | Sound heavy sleeper |
| | Have difficulty falling asleep | | Lays awake planning if project focussed | | Fall asleep easily |
| | Dreams of movement, has trouble recalling | | Remembers dreams, colour, fiery & active | | Water, calm and often intense |