



Ayurvedic Questionnaire

Name _____ Age _____ Gender (circle one): M F

Using the following scale, indicate a number for each characteristic. Answer them as they apply Now in your life (last 3-6 months), and not how you would have scored in your past.

Evaluating your Vata

	Characteristic of me					Transfer circled # here:	
	Not at all	slightly	some- what	moder- ately	very	Column A	Column B
• I have a quick mind.	1	2	3	4	5	_____	
• I learn new information rapidly.	1	2	3	4	5	_____	
• I find that I forget things after a short period of time.	1	2	3	4	5	_____	_____
• I am lively and enthusiastic by nature.	1	2	3	4	5	_____	
• I am spontaneous.	1	2	3	4	5	_____	
• I tend to move quickly and get restless.	1	2	3	4	5	_____	
• I change my mind and have difficulties making decisions.	1	2	3	4	5	_____	_____
• I speak quickly and am a lively conversationalist.	1	2	3	4	5	_____	
• I tend to be overly sensitive or emotional.	1	2	3	4	5	_____	_____
• Under stress, I tend to worry and become anxious.	1	2	3	4	5	_____	_____
• I tend to have difficulty falling asleep or awaken easily.	1	2	3	4	5	_____	_____
• I tend to be thin and rarely gain weight.	1	2	3	4	5	_____	
• My daily schedule of eating meals, going to sleep or awakening tends to vary from day to day.	1	2	3	4	5	_____	_____
• I find myself forgetting to eat, and I can easily lose weight if I'm not careful.	1	2	3	4	5	_____	_____
• I tend to eat quickly, finishing my meals before others at the table.	1	2	3	4	5	_____	
• My digestion tends to be irregular with frequent gas or bloating.	1	2	3	4	5	_____	_____
• I prefer warmer rather than cooler weather.	1	2	3	4	5	_____	
• My feet and hands tend to be cold.	1	2	3	4	5	_____	_____
• My skin tends to be dry	1	2	3	4	5	_____	_____
• My hair tends to be on the dry side or kinky	1	2	3	4	5	_____	_____
						Total Column A	Total Column B
Total for Section One (Columns A + B) Vt: _____						Vb _____	Vi _____

Evaluating your Pitta

	Characteristic of me...					Transfer circled # here:	
	Not at all	slightly	some-what	moder-ately	very	Column A	Column B
• I am intelligent with a precise and discriminating mind.	1	2	3	4	5	_____	
• I am efficient.	1	2	3	4	5	_____	
• I do not like to ask for assistance.	1	2	3	4	5		_____
• I tend to be compulsive and have difficulty stopping once I've started a project.	1	2	3	4	5		_____
• I take pride in my work and maintain a high standard.	1	2	3	4	5	_____	
• I am a perfectionist and am intolerant of errors.	1	2	3	4	5		_____
• When I begin a new task, I see it through to completion.	1	2	3	4	5	_____	
• I tend to be strong-willed and intense.	1	2	3	4	5		_____
• When pressured, I tend to become irritable and impatient.	1	2	3	4	5		_____
• I can be critical and argumentative	1	2	3	4	5		_____
• I get angry, but don't hold a grudge.	1	2	3	4	5		_____
• I have a strong appetite and can't tolerate delaying or skipping meals.	1	2	3	4	5	_____	
• I have a tendency towards indigestion or heartburn.	1	2	3	4	5		_____
• I commonly have two or more bowel movements per day.	1	2	3	4	5	_____	
• Under stress, I am more likely to get diarrhea than constipation.	1	2	3	4	5		_____
• I sleep soundly and feel rested with less than eight hours of sleep.	1	2	3	4	5	_____	
• My hair shows early thinning or graying, or a tendency toward a reddish color.	1	2	3	4	5	_____	
• I tend to perspire easily and I am hot.	1	2	3	4	5	_____	
• I am most comfortable in cooler environments	1	2	3	4	5	_____	
• My skin is sensitive, sunburns, or breaks out easily	1	2	3	4	5		_____
						Total Column A	Total Column B
						PB	PI
Total for Section Two (Columns A + B) Pt: _____							

Evaluating your Kapha

	Characteristic of me...					Transfer circled # here:	
	Not at all	slightly	some-what	moder-ately	very	Column A	Column B
• I tend to be sweet natured and forgiving	1	2	3	4	5	_____	
• I tend to be loyal and devoted in my relationships.	1	2	3	4	5	_____	
• I have a tendency to accumulate things; I don't like to let go of things even if I don't expect to use them again.	1	2	3	4	5		_____
• I have difficulty leaving a relationship, even after it is no longer nourishing.	1	2	3	4	5		_____
• I am a good listener.	1	2	3	4	5	_____	
• I tend to be calm by nature and seldom lose my temper.	1	2	3	4	5	_____	
• I tend to deal with conflict by withdrawing.	1	2	3	4	5		_____
• I tend to be steady and methodical with consistent energy and endurance.	1	2	3	4	5	_____	
• I can skip meals and it does not cause me any problems.	1	2	3	4	5	_____	
• I like to maintain a routine and I have difficulty changing my pace.	1	2	3	4	5		_____
• I tend to absorb new material slowly.	1	2	3	4	5		_____
• Once I've learned something, I tend to have good retention.	1	2	3	4	5	_____	
• Given a choice, I prefer to watch rather than participate in an athletic activity.	1	2	3	4	5		_____
• I sleep deeply for eight or more hours each night.	1	2	3	4	5	_____	
• I tend to have difficulty getting going in the morning.	1	2	3	4	5		_____
• I have a tendency to have chronic sinus congestion, asthma, or excessive phlegm.	1	2	3	4	5		_____
• My skin is usually soft and smooth.	1	2	3	4	5	_____	
• My hair tends to be thick, dark, or wavy.	1	2	3	4	5	_____	
• I have a slow digestion and tend to feel heavy after eating.	1	2	3	4	5		_____
• I tend to gain weight easily and have difficulty losing extra pounds.	1	2	3	4	5		_____
						Total Column A	Total Column B
						KB	KI
Total for Section Two (Columns A + B) Kt: _____							

Prakruti Evaluation

Characteristic (please circle all that apply)	Vata (V)	Pitta (P)	Kapha (K)
Physical Stature	Slim and slender, tall or short, tissues not well developed.	Moderately developed body, medium built.	Well Built, stout, stocky.
Weight	Light weight, hardly gain weight (Gain by ounces and lose by pounds), and if gained weight, can easily get rid of excess pounds.	Medium weight, average, good muscles, do not gain weight very easily.	Heavy, easy to gain weight (gain by pounds and loose by ounces), very difficult to lose weight.
Chest	Thin, small, narrow, small rib cage.	Medium	Broad, large, well developed bust.
Hands & Fingers	Small, thin, dry, cold, rough, unsteady, long thin fingers.	Medium, warm, pink, moist, medium pointed fingers.	Large, thick, cool, firm, stocky fingers.
Legs	Thin, excessively long or short, prominent joints.	Medium	Large, big, stocky.
Complexion	Dull, darkish.	Red, ruddy, flushed, glowing	White, Pale.
Skin	Thin, dry, cold, rough, cracked.	Warm, moist, pink, with moles, freckles, acne.	Thick, white, moist, cold, soft, smooth.
Hair	Thin, dry, straight, dandruff (often).	Moderate, fine, brown, red or blond color, receding hairline, tendency to early balding and graying.	Oily, thick, black, very wavy, lustrous.
Shape of the Face	Oval, narrow	Triangular, sharp angle, sharp contours.	Large, round, fat, white or pale, soft contours.
Eyes	Small, dry, thin, brown	Medium, sharp, blue or green, piercing	Big, lustrous, oily, black, attractive.
Lips	Thin, small, darkish, dry	Medium, soft, nice curve.	Thick, large, oily, smooth, firm.
Nails	Thin, vertical ridges, dry, rough, fissured, cracked.	Medium, soft, pink.	Large, thick, smooth, white, oily.
Voice	Low, weak, hoarse.	Sharp, loud, high pitch.	Deep, good tone, loose voice due to congestion.
Speech	Quick, inconsistent, erratic, talkative.	Definite, argumentative, convincing.	Slow, not to the point, not very talkative (good listeners).

V _____

P _____

K _____