

AYURVEDIC CONSTITUTION QUESTIONNAIRE

PHYSICAL CHARACTERISTICS

Tick Relevant Box

<u>VATA</u>	<u>PITTA</u>	<u>KAPHA</u>
<u>FRAME</u> Thin and usually have been, can be unusually tall or short (sometimes poorly developed physique)	Medium well-proportioned frame	Tend to be ample in build. Short, stout, large, big, well-developed physique
<u>BONES</u> Light, small unsteady bones and or prominent joints	Medium, soft, loose bone structure	Large, thick, well-built bone structure
<u>WEIGHT</u> Difficulty gaining weight. Thin as a child. (gains weight around middle)	Good muscles. Can gain/lose weight easily. Medium build as a child (deposits fat evenly)	Heavy, tends to gain weight easily, obesity, difficulty losing weight (weight on rear/thighs). Plump/chubby as a child
<u>COMPLEXION</u> Dark complexion – and tans easily	Fair skin, ruddy, flushed, red – sunburns easily	Tans slowly - usually evenly, skin cooler than most - pale
<u>SKIN</u> Thin, dry, cold, rough skin, chaps easily with prominent veins	Warm, moist, moles, freckles, acne, wrinkles, oily skin/hair	Thick skin, cool, soft, oily and well lubricated/glistening
<u>HAIR</u> Thin, scanty, dry, coarse, dark, rough, wiry or kinky/curly/lustreless hair	Fine, moderate, soft light, oily hair, blond, red or early grey or balding	Thick wavy lustrous hair, a little oily, dark or light
<u>FACE</u> Unsteady, long or angular face, small forehead and underdeveloped chin	Moderate, heart shaped face, pointed chin, forehead with folds and lines	Steady, large and round face, large smooth forehead
<u>NECK</u> Thin prominent adams apple	Average size neck and in proportion	Solid tree trunk neck
<u>EYES</u> Small active dark eyes. Brown, dull, unsteady and can be dry	Medium, sharp, penetrating light green, grey, blue or amber eyes. Can be inflamed	Large attractive eyes with thick eyelashes. Dark brown
<u>NOSE</u> Crooked, thin and small	Medium and sharp	Thick, big, firm and oily
<u>LIPS</u> Thin, small, darkish, dry and unsteady	Medium, soft and red	Thick, large, oily, smooth and firm
<u>TEETH AND GUMS</u> Crooked, uneven, sensitive to	Medium, even teeth, pink, soft	Large, even, gleaming teeth

heat and cold, receding gums	gums that may bleed easily	with thick soft pink gums	
<u>CHEST</u> Thin, small, narrow, poorly developed	Medium	Broad, large, well or overly developed	
<u>LIMBS</u> Thin, dry, rough and fissured	Medium, soft and pink	Large, thick and firm	
<u>JOINTS</u> Cracking, prominent, dry, unsteady, small, thin	Medium, soft and loose	Large and thick	
<u>FINGER AND TOE NAILS</u> Small or long finger and toe nails. Thin, dry, rough, dry and brittle	Well formed, proportional , soft pink nails	Large, thick, white strong firm nails	
	<u>PHYSIOLOGICAL FUNCTIONS</u>		
<u>PULSE</u> Thin, fast, variable pulse – cold hands	Strong full pulse with warm hands	Steady, slow, rhythmic pulse with cool hands	
<u>BODY ODOUR</u> Cold hands and feet – very little perspiration. Variable – no smell	Excessive hot, strong smell. Good circulation and perspires frequently	Moderate, cold, pleasant smell. Moderate perspiration	
<u>FAECES</u> Bowel actions can be hard, dry, irregular, difficult or painful, gassy and tends to be constipated	Easy and regular bowel movements. Can be soft, oily, loose stools once or more per day (can be burning sensation/diarrhoea)	Moderate, well-formed Regular daily bowel movements, steady, thick and heavy. (can be mucous in stool and some itching)	
<u>URINE</u> Scanty, colorless (can be difficult	Profuse, yellow (can be burning)	Moderate, whitish and milky	
<u>THIRST</u> Variable thirst	Usually thirsty	Rarely thirsty	
<u>TEMPERATURE PREFERENCE</u> Cold hands and feet. Prefer warm climate, sunshine and moisture. Dislikes dry.	Warm hands and feet. Prefer cool well-ventilated places	Cool hands and feet (not cold). Likes any climate - but not too humid	
<u>VOICE</u> Low (volume), weak, hoarse	High pitched, sharp	Pleasant, deep, good tone	
<u>SPEECH</u> Quick, inconsistent, erratic, talkative	Moderate, argumentative and convincing	Slow, definite, not talkative	
<u>SLEEP</u> Light sleeper and tends towards insomnia	Moderate, wakes up easily but can usually get back to sleep - usually sleep well	Heavy sound sleeper, difficulty in waking up, grogginess upon awakening	

DREAMS Often dreams but rarely remembers them. Dreams about flying, moving, restless and nightmares	Remembers dreams easily and dreams in color, passionate, conflict - often	Usually remembers dreams when they are intense or significant. Romantic, sentimental, few dreams. Often involve water	
ACTIVITY Hyperactive, quick, fast, erratic and dynamic	Moderate, motivated, precise and orderly, goal seeking	Slow, steady, methodical and stately. Likes leisurely activities the most	
HABITS Likes moving, parks, plays, travelling, dancing, artistic activities	Likes sports, politics, painting and hunting	Likes water, sailing, flowers, business	
APPETITE/DIGESTION Variable appetite, erratic can get very hungry, eyes may be bigger than belly. Likes sweet, sour, salty and hot foods. Digestion sometimes good and not good. Likes to snack and nibble	Strong, sharp can't skip meals can get irritable - good appetite. Likes protein, bitter, astringent, sweet and cold foods. Good digestion.	Can skip meals easily. Likes to eat, fine appetite – Likes Bitter, sweets, dairy, bread, fatty food and pastry. Digestion a little slow.	
STRENGTH/EXERTION Low, poor endurance, energy tends to come in bursts	Medium, easily fatigues in hot weather	Strong, good stamina & endurance, steady level of energy, slow in starting	
EXERCISE Feel more mentally relaxed when you're exercising. Like to stay physically active.	Exercise helps keep emotions from going out of control for you. Enjoy physical activities especially competitive ones	Exercise keeps your weight down in a way diet by itself won't	
SEXUAL NATURE Sexual interest variable, fantasy life active, strong desire but low energy	Highly sexed or passionate, dominating and arouses easily - ready sexual interest and drive	Low but constant steady sexual desire – good energy	
MENSTRUAL CYCLE Irregular, scanty flow, severe painful cramps	May bleed heavily, loose stools with periods	Prone to water retention during periods, slight cramps	
SENSITIVITY Fear of cold, wind, sensitive to dryness	Fear of heat, dislike of sun, fire	Fear of cold, damp, likes wind and sun	
DISEASE TENDENCIES If ill - nervous disorders, joint disorders (arthritis) mental disorders and sharp pain is	If ill - fevers, rashes, infections inflammation is more likely	Respiratory system diseases, mucous, swelling, fluid retention, congestion.	

more likely and maybe a weak immune system			Strong immune system	
		PSYCHOLOGICAL FUNCTIONS		
MENTAL NATURE Restless, active, indecisive and impulsive. Change your mind easily. Imaginative. Creative thinker		Have opinions and like to share them. Intelligent, critical, organised and aggressive. Good initiator and leader	Calm, relaxed, slow in making decisions sticks with it. Change opinions and ideas slowly. Good at keeping an organisation/project running smoothly	
EMOTIONAL TENDENCIES Tend towards fear and anxiety when stressed. Nervous, flexible, sneaky and secretive. Changeable moods and ideas		Tend towards anger, frustration or irritability under stress. Stubborn, opinionated, manipulative, vindictive. Intense/passionate about expressing ideas and feelings	Calm, sentimental, patient, attached, greedy. Tend to avoid difficult situations. Steady reliable slow to change	
MEMORY Poor, low concentration, learns fast but forgets fast, short term memory good		Sharp, good short and long term memory, rational thoughts	Slow in learning but never forgets, good long term memory	
FRIENDSHIPS Knows a lot of people, few close friends, unable to sustain friendships		Very selective, creates warm friendships, makes enemies easily	Many friends, loyal	
SPENDING MONEY You think money is there to be spent. Impulsive on trifles		Plans spending. Usually on luxuries. Money is to achieve a purpose.	Spends reluctantly. Spends on food. Money is easy to save	
ROUTINE Dislikes routine. Does many projects at once		Enjoys planning and organising and likes routine, especially if you create it.	Works well with routine. Resists change, new projects and likes simplicity	