

Ayurvedic Consultation

name _____ date _____

Questions related to body skin conditions

The aim of this analysis is to determine your current **dosha** (body type) known as **vikruti** (meaning imbalance in sanskrit).

Please fill out the questionnaire below, basing your choices on what you observe as the most consistent over a long period of time – **at least six to twelve months – and not just how you feel today**. If you feel that you have characteristics from more than one section, feel free to circle both, or even all three.

Once you have completed the questionnaire, add up the number of tick marks under **vata**, **pitta** and **kapha** to discover your **vikruti dosha**. Most of us will have one dosha predominant, a few will have two doshas equal, and the odd few will have all three doshas in equal proportion.

For your Ayurvedic therapy, we will be using an Ayurvedic oil blend made with wild grown Ayurvedic herbs. These oils are not to be taken internally or during pregnancy. If you are pregnant, please tick this box if you wish us to continue with your treatment using the Ayurvedic oil blend.

physical body

- height** tall or very short
- frame** thin, boney
- weight** low, difficult to gain
- skin** rough, dry, thin
- eyes** small, dry, nervous, often brown
- hair** dry, thin, curly
- nails** rough, hard, brittle, split easily
- voice** low or weak, quick – talkative
- walk** quick, light, hurried

vata

pitta

kapha

- medium
- moderate, good muscle
- moderate
- warm, oily
- sharp, penetrating, green, blue or grey with yellowish sclera
- soft, oily, red, fair
- soft, pink, lustrous
- high or sharp, moderate, clear, precise
- medium paced, purposeful

- usually short, but can be tall and large
- large, well-developed
- heavy, hard to lose
- cold, oily, thick
- big, beautiful, loving, calm
- thick, oily, wavy, lustrous
- whitish, pale, smooth, polished
- slow, maybe laboured, or deep tonal
- slow, steady, calm

physiological

- disease tendency** nervous, sharp pains, headaches, eczema, dry, rash, gas/constipation
- elimination** irregular, constipated, hard, dry
- sweat** minimal
- temperature preference** craves warmth, dislikes cold and dry
- appetite** variable, small
- digestion** eat quickly, delicate
- endurance** minimal
- sleep** poor, disturbed
- dreams** frequent, can't remember on waking

- inflammation, rashes, allergies, heartburn, ulcers, fevers
- regular, loose
- profuse, especially when hot
- loves coolness, dislikes heat and sun
- good, regular
- strong, can eat almost anything
- moderate
- moderate but sound
- vivid, often in colour, easy to remember

- fluid retention, excess mucous, bronchitis, sinus, asthma
- slow, plentiful and heavy
- moderate – but present even when not exercising
- dislikes cold and damp, prefers heat
- slow, steady
- eat and digest slowly
- excellent
- heavy, prolonged, excessive
- only remembers highly significant, clear dreams

psychological

- emotions** enthusiastic, outgoing, changeable ideas and moods
- memory** poor long-term, quick to grasp but forgets
- stress** anxious and nervous
- work** quick, imaginative, active and creative thinker, bored with routine
- finances** poor, spends rapidly
- hobbies** travel, art, philosophy
- creativity** original, fertile
- friends** make and change often
- lifestyle** erratic

- strong-minded, purposeful, thrives on challenges, express opinion
- sharp and clear
- angry, irritable
- natural leader, efficient, planned routine, perfectionist
- moderate, buys luxuries
- sport, politics, luxuries
- technical, scientific
- most work related, change when I change jobs
- busy but plans to achieve much

- calm, placid, good natured, easy going, reliable
- slow to learn but never forgets
- fear and anger if pushed
- keeps things calm, caring, enjoys regular routine
- rich, thrifty
- serene, leisurely types
- entrepreneurial
- long lasting and sincere
- steady and regular, maybe stuck in a rut

total

