AYURVEDA

In order to analise your prakruti, please fill in the following questionaire and mark your responses according to **your personal nature in a normal state**. If there are two correct responses to one single question, please mark both of them. If none of the responses available are correct, please leave it blank.

|  |  |  |  |
| --- | --- | --- | --- |
| **Physical characteristics** | **VATA** | **PITTA** | **KAPHA** |
| Physical structure | Slim, tall, short | Moderate | Short, thick |
| Muscles | Skinny, thin | Soft, flabby | Robust |
| Skin | Dry, rough | Smooth, oily | Thick, oily |
| Veins and tendons | Prominent, visible | Soft, covered | Hidden |
| Body temperature | Cold hands and feet | Hot | Cool |
| Hair | Dry, rough | Smooth | Thick, greasy |
| Complexion | Dark, black | Rosy | Pale, white |
| Theeth | Small, cavities | Medium | Big, healthy |
| Gums | Smooth, fine | Bleed easily | Strong |
| **Physiological characteristics** |  |  |  |
| Appetite | Variable | High | Low |
| Thirst | Variable | Excessive | Scanty |
| Intestinal activity | Constipation | Normal | Regular |
| Voice | Dry, high-pitched | Melodious | Soft |
| Speech | Fast, talkative | Authoritarian | Pleasant |
| Faeces | Dry, hard | Soft, loose | Soft, thick |
| Urine | Scanty | Normal | Abundant |
| Mentstruation | Painful, irregular | Plentiful, regular | Normal |
| Sexual impulse | Irregular | Passionate | Intense |
| Strength | Weak | Medium | Excelent |
| Tolerence to exercise | Low | Medium | High |
| **Psychological Characteristics** |  |  |  |
| Mental activity | Quick, restless | Sharp, aggressive | Calm, peaceful |
| Thoughts | Excessive, variable | Determined, strong | Strong |
| Concentration, memory | Good but forget easily | Moderate | Always good |
| Sleep | Light, interrupted | Normal, sound | Deep, heavy |
| Dreams | Flying, fearful | Fiery, violent | Water, peaceful |
| Understanding ability | Quick | Moderate | Slow |
| **RESULT** |  |  |  |