

AYURVEDA QUESTIONNAIRE

Rate your answer to each question below on a scale from 0 to 10:

0 = doesn't apply to me

5 = applies somewhat to me (or some of the time)

10 = applies to me mostly (or nearly all of the time)

| | Section 1 | Score | Section 2 | Score | Section 3 | Score |
|---|--|--------------|---|--------------|--|--------------|
| A | I have a thin physique - I don't gain weight easily | | I tend to be extremely precise and orderly in activities | | My natural tendency is to do things in a slow and relaxed way | |
| B | My skin is thin, dry, rough, cold and/or dark | | My skin is smooth, warm and/or oily | | My skin is thick, oily, cool | |
| C | My eyes are small, sunken, dry, active, black or brown | | My eyes are sharp, bright, grey/green, yellow/red and sensitive to light | | My eyes are big beautiful, blue and calm | |
| D | I tend to have cold hands and feet | | I feel uncomfortable or become easily fatigued in hot weather - more so than other people | | I gain weight more easily than most people and lose it more slowly | |
| E | I become anxious or worried frequently | | Even though I might not always show it, I become irritable quite easily | | I have a placid, calm disposition and I am not easily ruffled | |
| F | I don't tolerate cold weather as well as most people | | If I skip a meal or a meal is delayed I become uncomfortable | | I can skip meals easily without any significant discomfort | |
| G | I speak quickly and most of my friends think that I am talkative | | My hair tends to be thin, fine, straight, blonde, red or sandy coloured | | I sleep very deeply | |
| H | My moods change easily and I am somewhat emotional by nature | | I tend to be a perfectionist about details | | My hair is thick dark and wavy | |
| I | I often have difficulty falling asleep or having a sound night's sleep | | I get angry quite easily, but then quickly forget about it | | I have large, solid body build | |

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Rate your answer to each question below on a scale from 0 to 6:

0 = doesn't apply to me

5 = applies somewhat to me (or some of the time)

10 = applies to me mostly (or nearly all of the time)

| | Section 1 | Score | Section 2 | Score | Section 3 | Score |
|---|--|--------------|---|--------------|--|--------------|
| J | My mind is active, sometimes restless, but also very imaginative | | I am very fond of cold foods like ice-cream and ice cold drinks | | I have very good stamina and physical endurance as well as a steady level of energy | |
| K | My movements are quick and active, and my energy tends to come in bursts | | I am more likely to feel that a room is too hot rather than too cold | | I think of myself as being serene, affectionate and forgiving | |
| L | I learn quickly, but also forget quickly | | I enjoy challenges and when I want something, I am very determined to get it. | | I have a tendency toward oversleeping, and I feel groggy upon awakening and am generally slow to get going in the morning. | |
| M | My response are fast but may have errors | | My responses are accurate | | My response are slow and exact | |
| N | My digestion is irregular and I tend to have gas | | My digestion is quick and can cause burning | | My digestion takes a long while | |
| O | I tend to be constipated | | I tend to have loose stools | | I tend to have thick, oily and sluggish stools | |
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