

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

	vata	pitta	kapha
height	<input type="checkbox"/> tall or very short	<input type="checkbox"/> medium	<input type="checkbox"/> usually short, but can be tall and large
frame	<input type="checkbox"/> thin, boney	<input type="checkbox"/> moderate, good muscle	<input type="checkbox"/> large, well-developed
weight	<input type="checkbox"/> low, difficult to gain	<input type="checkbox"/> moderate	<input type="checkbox"/> heavy, hard to lose
skin	<input type="checkbox"/> rough, dry, thin	<input type="checkbox"/> warm, oily	<input type="checkbox"/> cold, oily, thick
eyes	<input type="checkbox"/> small, dry, nervous, often brown	<input type="checkbox"/> sharp, penetrating, green, blue or grey with yellowish sclera	<input type="checkbox"/> big, beautiful, loving, calm
hair	<input type="checkbox"/> dry, thin, curly	<input type="checkbox"/> soft, oily, red, fair	<input type="checkbox"/> thick, oily, wavy, lustrous
nails	<input type="checkbox"/> rough, hard, brittle, split easily	<input type="checkbox"/> soft, pink, lustrous	<input type="checkbox"/> whitish, pale, smooth, polished
voice	<input type="checkbox"/> low or weak, quick – talkative	<input type="checkbox"/> high or sharp, moderate, clear, precise	<input type="checkbox"/> slow, maybe laboured, or deep tonal
walk	<input type="checkbox"/> quick, light, hurried	<input type="checkbox"/> medium paced, purposeful	<input type="checkbox"/> slow, steady, calm

physiological

common ailment	<input type="checkbox"/> nervous, sharp pains, headaches, eczema, dry, rash, gas/constipation	<input type="checkbox"/> inflammation, rashes, allergies, heartburn, ulcers, fevers	<input type="checkbox"/> fluid retention, excess mucous, bronchitis, sinus, asthma
elimination	<input type="checkbox"/> irregular, constipated, hard, dry	<input type="checkbox"/> regular, loose	<input type="checkbox"/> slow, plentiful and heavy
sweat	<input type="checkbox"/> minimal	<input type="checkbox"/> profuse, especially when hot	<input type="checkbox"/> moderate – but present even when not exercising
temperature preference	<input type="checkbox"/> craves warmth, dislikes cold and dry	<input type="checkbox"/> loves coolness, dislikes heat and sun	<input type="checkbox"/> dislikes cold and damp, prefers heat
appetite	<input type="checkbox"/> variable, small	<input type="checkbox"/> good, regular	<input type="checkbox"/> slow, steady
digestion	<input type="checkbox"/> eat quickly, delicate	<input type="checkbox"/> strong, can eat almost anything	<input type="checkbox"/> eat and digest slowly
endurance	<input type="checkbox"/> minimal	<input type="checkbox"/> moderate	<input type="checkbox"/> excellent
sleep	<input type="checkbox"/> poor, disturbed	<input type="checkbox"/> moderate but sound	<input type="checkbox"/> heavy, prolonged, excessive
dreams	<input type="checkbox"/> frequent, can't remember on waking	<input type="checkbox"/> vivid, often in colour, easy to remember	<input type="checkbox"/> only remembers highly significant, clear dreams

psychological

emotions	<input type="checkbox"/> enthusiastic, outgoing, changeable ideas and moods	<input type="checkbox"/> strong-minded, purposeful, thrives on challenges, express opinion	<input type="checkbox"/> calm, placid, good natured, easy going, reliable
memory	<input type="checkbox"/> poor long-term, quick to grasp but forgets	<input type="checkbox"/> sharp and clear	<input type="checkbox"/> slow to learn but never forgets
stress	<input type="checkbox"/> anxious and nervous	<input type="checkbox"/> angry, irritable	<input type="checkbox"/> fear and anger if pushed
work	<input type="checkbox"/> quick, imaginative, active and creative thinker, bored with routine	<input type="checkbox"/> natural leader, efficient, planned routine, perfectionist	<input type="checkbox"/> keeps things calm, caring, enjoys regular routine
finances	<input type="checkbox"/> poor, spends rapidly	<input type="checkbox"/> moderate, buys luxuries	<input type="checkbox"/> rich, thrifty
hobbies	<input type="checkbox"/> travel, art, philosophy	<input type="checkbox"/> sport, politics, luxuries	<input type="checkbox"/> serene, leisurely types
creativity	<input type="checkbox"/> original, fertile	<input type="checkbox"/> technical, scientific	<input type="checkbox"/> entrepreneurial
friends	<input type="checkbox"/> make and change often	<input type="checkbox"/> most work related, change when I change jobs	<input type="checkbox"/> long lasting and sincere
lifestyle	<input type="checkbox"/> erratic	<input type="checkbox"/> busy but plans to achieve much	<input type="checkbox"/> steady and regular, maybe stuck in a rut

total

