

Ayurveda Survey

Vata	Does not apply	2	3	Sometimes applies	4	5	Applies most	6
I perform activity very quickly	1	2	3	4	5	6		
I am not good at memorizing things and then remembering them later	1	2	3	4	5	6		
I am enthusiastic and vivacious by nature	1	2	3	4	5	6		
I have a thin physique, don't gain weight easily	1	2	3	4	5	6		
I learn new things easily	1	2	3	4	5	6		
My characteristic gait is light and quick (walking)	1	2	3	4	5	6		
I tend to have difficulties making decisions	1	2	3	4	5	6		
I tend to develop gas or constipation easily	1	2	3	4	5	6		
I tend to have cold hands and feet	1	2	3	4	5	6		
I become anxious or worried frequently	1	2	3	4	5	6		
I don't tolerate cold weather as well as most people	1	2	3	4	5	6		
I speak quickly and my friends think I am talkative	1	2	3	4	5	6		
My moods change easily and I am somewhat emotional by nature	1	2	3	4	5	6		
I often have difficulty in falling asleep or having a good night's sleep	1	2	3	4	5	6		
My skin tends to be dry, especially in winter	1	2	3	4	5	6		
My mind is very active, sometimes restless, but also very imaginative	1	2	3	4	5	6		
My movements are quick and active; my energy tends to come in bursts	1	2	3	4	5	6		
I am excitable	1	2	3	4	5	6		
Left on my own, my eating and sleeping habits tend to be irregular	1	2	3	4	5	6		
I learn quickly , but also forget quickly	1	2	3	4	5	6		

Vata Score _____

Pitta	Does not apply	1	2	3	4	5	6	Sometimes applies	1	2	3	4	5	6	Applies most
I consider myself to be very efficient	1	2	3	4	5	6	1	2	3	4	5	6			
In my activities, I tend to be extremely orderly and efficient	1	2	3	4	5	6	1	2	3	4	5	6			
I am strong minded and have a somewhat forceful manner	1	2	3	4	5	6	1	2	3	4	5	6			
I feel uncomfortable or become easily fatigued in hot weather – more so than most other people	1	2	3	4	5	6	1	2	3	4	5	6			
I tend to perspire easily	1	2	3	4	5	6	1	2	3	4	5	6			
Even though I might not always show it, I become irritable or angry quite easily	1	2	3	4	5	6	1	2	3	4	5	6			
If I skip a meal or a meal is delayed, I become uncomfortable	1	2	3	4	5	6	1	2	3	4	5	6			
One or more of the following characteristics describes my hair – early graying or balding, thin, fine, straight, blond, red, or sandy colored	1	2	3	4	5	6	1	2	3	4	5	6			
I have a strong appetite- if I want to, I can eat quite a large quantity	1	2	3	4	5	6	1	2	3	4	5	6			
Many people consider me stubborn	1	2	3	4	5	6	1	2	3	4	5	6			
I am very regular in my bowel habits – it would be more common for me to have loose stools than to be constipated	1	2	3	4	5	6	1	2	3	4	5	6			
I become impatient very easily	1	2	3	4	5	6	1	2	3	4	5	6			
I tend to be a perfectionist about details	1	2	3	4	5	6	1	2	3	4	5	6			
I get angry quite easily, but then quickly forget about it	1	2	3	4	5	6	1	2	3	4	5	6			
I am very fond of cold food like iced cream and also crave ice-cold drinks	1	2	3	4	5	6	1	2	3	4	5	6			
I am more likely to feel that a room is too hot than too cold	1	2	3	4	5	6	1	2	3	4	5	6			
I don't tolerate foods that are very hot and spicy	1	2	3	4	5	6	1	2	3	4	5	6			
I am not very tolerant of disagreement	1	2	3	4	5	6	1	2	3	4	5	6			
I enjoy challenges and when I want something, I am very determined in my efforts to get it	1	2	3	4	5	6	1	2	3	4	5	6			
I tend to be critical of others and also of myself	1	2	3	4	5	6	1	2	3	4	5	6			

Pitta Score _____

Kapha	Does not apply	1	2	Sometimes applies	3	4	Applies most	5	6
My natural tendency is to do things in a slow relaxed fashion	1	2	3	4	5	6			
I gain weight more easily than most people and lose it more slowly	1	2	3	4	5	6			
I have a placid and calm disposition – I'm not easily ruffled	1	2	3	4	5	6			
I can skip meals easily without any significant discomfort	1	2	3	4	5	6			
I have a tendency toward excess mucus, phlegm, chronic congestion, asthma, or sinus problems	1	2	3	4	5	6			
I must get at least eight hours of sleep in order to be comfortable the next day	1	2	3	4	5	6			
I sleep very deeply	1	2	3	4	5	6			
I am calm by nature and not easily angered	1	2	3	4	5	6			
I don't learn as quickly as some, but I have excellent retention and a long memory	1	2	3	4	5	6			
I have a tendency toward becoming plump – I store extra fat easily	1	2	3	4	5	6			
Weather that is cool and damp bothers me	1	2	3	4	5	6			
My hair is thick, dark, and wavy	1	2	3	4	5	6			
I have smooth, soft skin with a somewhat pale complexion	1	2	3	4	5	6			
I have a large, solid body build	1	2	3	4	5	6			
The following words describe me well – serene, sweet-natured, affectionate, and forgiving	1	2	3	4	5	6			
I have slow digestion, which makes me feel heavy after eating	1	2	3	4	5	6			
I have very good stamina and physical endurance as well as a steady level of energy	1	2	3	4	5	6			
I generally walk with a slow, measured gait	1	2	3	4	5	6			
I have a tendency toward oversleeping, grogginess upon awakening, and am generally slow to get going in the morning	1	2	3	4	5	6			
I am a slow eater and am slow and methodical in my actions	1	2	3	4	5	6			

Kapha Score _____