

WHAT'S YOUR AYURVEDIC CONSTITUTION?

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Fill in the questionnaire below to discover your Ayurvedic personality type.
Tick as many as apply.

From this you can create your personal health plan including nutrition, movement, supplements, therapies and life-style.

	Vata	Pitta	Kapha
What is your body type?	<input type="radio"/> Lean, thin	<input type="radio"/> Moderate build	<input type="radio"/> Rounded, solid and a little heavy
What is your skin type?	<input type="radio"/> Dry	<input type="radio"/> Warm skin	<input type="radio"/> A little oily, soft and smooth
What is your speaking style?	<input type="radio"/> Fast pace & like to talk	<input type="radio"/> Moderately paced	<input type="radio"/> Slower speaker
How is your usual appetite & thirst?	<input type="radio"/> Irregular appetite	<input type="radio"/> Strong appetite & strong thirst	<input type="radio"/> Normal appetite and thirst
How is your usual digestion?	<input type="radio"/> Bloating	<input type="radio"/> Strong digestion	<input type="radio"/> Sluggish
How regular are you?	<input type="radio"/> Sometimes a little constipation, or irregular	<input type="radio"/> Tendency to loose and liquid stools	<input type="radio"/> Soft, sticky
How much do you perspire?	<input type="radio"/> Dry body	<input type="radio"/> Can sweat often	<input type="radio"/> Sweat a lot
What are your food preferences?	<input type="radio"/> Like sweet, salty & sour foods	<input type="radio"/> Like sweet, bitter, hot/spicy	<input type="radio"/> Rich, heavy foods
How is your memory?	<input type="radio"/> Quickly memorise but then forget	<input type="radio"/> Moderate memory	<input type="radio"/> Slow to learn, good long term
How are your sleep patterns?	<input type="radio"/> Can experience disturbed sleep	<input type="radio"/> Moderate sleep	<input type="radio"/> Sound sleep
What activities do you enjoy?	<input type="radio"/> Like arts, music, dance & travel	<input type="radio"/> Problem solving & competitive sports	<input type="radio"/> Don't enjoy sports
What weather do you dislike?	<input type="radio"/> Dry, cold & windy	<input type="radio"/> Heat & sun	<input type="radio"/> Wet & cold
What type of personality are you?	<input type="radio"/> Creative, friendly imaginative, can rush a little	<input type="radio"/> Determined, ambitious, confident, charming & focused	<input type="radio"/> Well grounded, truthful, loyal, patient

Totals Add up ticks for each column

V =

P =

K =