

Ayurveda Self –assessment

To discover your constitutional type, testing the balance between Air, Heat and Water, answer the following questions. Scoring: For each category, score 1-2 if this never or almost never applies; score 3-4 if this occasionally applies, and score 5-6 if this always or almost always applies. Total up the scores to determine your body-type.

a) Air-type

1. Prefer less sleep
2. Restless
3. Prone to flatulence
4. Skin tends to dry
5. Cold hands and feet
6. Walk quickly and think and speak quickly
7. Very active mind with lots of ideas
8. Impatient
9. Grind teeth
10. Easily worried
11. Thin type of build or not easy to put on weight
12. Perform activities quickly
13. Easily excited
14. Speak at improper times
15. Dislike cold and cold food
16. Easily change mood
17. New ideas learn quickly
18. Hard to make decision
19. Poor appetite for food
20. Pulse rates – 80 per minute

Air Total:.....

b) Heat-type

1. Perspire readily
2. Liking for sour and cold food
3. Compulsive eater
4. Quickly pleased and irritated
5. Often angry but disinclined to show it
6. Premature white hair
7. Prone to interrupt others

8. Some body odour and easily tired in hot weather
9. Good appetite and inclined to eat plenty
10. Rosy colour to lips and cheeks
11. Enjoy a challenge
12. Takes pleasure in giving away money
13. Very direct and to the point
14. Prone to stomach upset
15. Feeling of unease after missing food
16. Highly critical of others
17. Dislike spicy food
18. Perfectionist
19. Intelligent and stubborn
20. Pulse rate: 70 per minute or over

Heat total:.....

c) *Water-type*

1. Act slowly
2. Good patience
3. Very calm
4. Enjoys sweets
5. Hypersensitive to criticism
6. Sound sleep
7. Good memory
8. Dark hair
9. Dislikes cold and damp weather
10. Good at handling money
11. Very forgiving
12. Tendency toward inflammation of eyelids
13. Very secretive
14. Eat slowly
15. Skip meal without discomfort
16. Tendencies towards putting on fat and weight
17. Tendency towards over sleeping
18. Soft skin
19. Tendency toward excess mucus and sinus
20. Pulse rate: 60 per minute or over

Water total:.....