

# Natural Rhythms

AYURVEDIC NATUROPATHY



## Ayurvedic Constitution Quiz.

Each question must be answered by choosing a rating from 0-5:

- 0, 1 – Does not apply or Occasionally applies.
- 2, 3 – Applies sometimes.
- 4, 5 – Applies often or all the time.

### **Evaluating Vata:**

Physical Attributes:

1. My physique tends to be thin. \_\_\_
2. I find it difficult to gain weight or keep on gained weight. \_\_\_
3. My skin is usually dry, cracked; especially in winter. \_\_\_
4. My body tends to be cold (cold hand, feet, etc); makes me especially uncomfortable in cold weather. \_\_\_
5. My appetite fluctuates; sometimes I eat well, sometimes I have poor appetite. \_\_\_
6. My energy tends to fluctuate and comes in bursts. \_\_\_
7. I am light sleeper; sleep may get interrupted several times at night. \_\_\_
8. My body tends to develop gas and constipation. \_\_\_

Physical Vata: \_\_\_\_\_

Mental Attributes:

1. By nature, I am quick and lively; creative or full of ideas. \_\_\_
2. I have difficulty memorizing things and remembering them later. \_\_\_
3. It is easy for me to learn new things, though I may forget them soon after. \_\_\_
4. People think I am talkative and I talk quickly. \_\_\_
5. My mind tends to be restless, but also imaginative. \_\_\_
6. Under stress, I am anxious and worrisome. \_\_\_
7. I am not good at making decisions; tend to change my mind. \_\_\_

Mental Vata: \_\_\_\_\_

### **Evaluating Pitta:**

Physical Attributes:

1. My Physique is a medium built. \_\_\_
2. I can gain some weight, and also can lose it easily. \_\_\_
3. My skin feels warm; it has lots of moles and/or freckles and tend to get acne. \_\_\_
4. I often feel hot; also tend to sweat easily. \_\_\_
5. My appetite is very good and I can eat big meals. \_\_\_
6. I have moderate energy level when I work. \_\_\_
7. I am a sound sleeper; but wake up easily from disturbance. \_\_\_
8. Spicy, hot foods tend to upset my stomach. \_\_\_

Physical Pitta: \_\_\_\_\_

**Mental Attributes:**

1. I like to do things efficiently. \_\_\_
2. I remember what I want to remember, but may forget otherwise. \_\_\_
3. I usually speak clearly, to the point, and don't beat around the bush. \_\_\_
4. My mind tends to be critical and inquisitive by nature. \_\_\_
5. Under stress, I may become aggressive, irritable, and impatient. \_\_\_
6. I try to be meticulous and am a perfectionist by nature. \_\_\_
7. I try to be precise in my decision making; don't tend to do things without planning. \_\_\_

Mental Pitta: \_\_\_\_\_

**Evaluating Kapha:**

**Physical Attributes:**

1. My physique is well built, solid with heavy bone structure. \_\_\_
2. It is easy for me to gain weight, but difficult to lose it. \_\_\_
3. My skin is moist, well lubricated, thus feels strong. \_\_\_
4. I am sensitive to cool and damp weather. \_\_\_
5. My digestion is slow, so I feel full and heavy after a meal. \_\_\_
6. I have a steady energy level with good endurance and stamina. \_\_\_
7. I am a sound sleeper; difficult to wake up in mid-sleep. \_\_\_
8. I can skip a meal easily. \_\_\_

Physical Kapha: \_\_\_\_\_

**Mental Attributes:**

1. By nature, I am slow, methodical, and relaxed. \_\_\_
2. My memory is very good, and I remember things easily. \_\_\_
3. I am a good listener; I tend to take time before I talk and usually talk slowly. \_\_\_
4. My mind is calm and composed; I don't get angry easily. \_\_\_
5. I am not a strong decision maker; tend to follow whatever seems right. \_\_\_
6. I am often easy going, and prefer to go with the flow. \_\_\_
7. Many people consider me affectionate, forgiving, and peaceful. \_\_\_

Mental Kapha: \_\_\_\_\_