

AYURVEDIC CONSULTATION
SotodaSaifi.com

The aim of this analysis is to determine your current **Dosha** (body type) known as **Vikruti** (meaning imbalance in sanskrit).

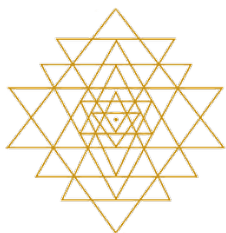
Please fill out the questionnaire below, basing your choices on what you observe as the most consistent over a long period of time - **at least six to twelve months - and not just how you feel today**. If you feel that you have characteristics from more than one section , feel free to circle both, or 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 dossiers equal, and the odd few will have all three doshas in equal proportions.

NameDate.....

	Vata	Pitta	Kapha
Psychological			
Emotions	<input type="checkbox"/> enthusiastic, outgoing, changeable ideas and moods	<input type="checkbox"/> strong-minded, purposeful, thrives on challenge, 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 but 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, enjoy regular routine
Finances	<input type="checkbox"/> poor, spends rapidly	<input type="checkbox"/> moderate, buys luxuries	<input type="checkbox"/> serene, leisurely type
Hobbies	<input type="checkbox"/> travel, art, philosophy	<input type="checkbox"/> sports, politics, luxuries	<input type="checkbox"/> rich, thrifty
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 relate, change when change job	<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



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Physical body

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
Hair	<input type="checkbox"/> dry, thin, curly	<input type="checkbox"/> soft, oily, 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, may be laboured, or deep tonal
Walk	<input type="checkbox"/> quick, light, hurried	<input type="checkbox"/> medium paced, purposeful	<input type="checkbox"/> slow, steady, calm

Physiological

Disease tendency	<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
T*C preference	<input type="checkbox"/> craves warmth, dislikes cold and dry	<input type="checkbox"/> loves coldness, 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, cant remember on waking	<input type="checkbox"/> vivid, often in colour, easy to remember	<input type="checkbox"/> only remembers highly significant, clear dreams

Total

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