



QUESTIONNAIRE RELATING TO VATA

- Yes
1. Are you best described as underweight to slim?
 2. Do you have a slender or fine-boned figure?
 3. Do you have dry, thin, dark or curly hair?
 4. Do you have fine, small and cool hands?
 5. Are your fingernails rather thin and elongated?
 6. Do you have a predisposition to dry or rough skin?
 7. Do you perspire minimally or only under heavy exertion?
 8. Do you tend to jump erratically from one thought to the next?
 9. Is your short-term memory better than your long-term memory?
 10. Under pressure, do you tend to be hectic or exhibit stress reactions?
 11. Is it generally difficult for you to make decisions?
 12. Are you interested in many things, and do you gladly absorb new information?
 13. Are you imaginative and creative?
 14. Do you tend toward a very flexible, sometimes unsteady, lifestyle?
 15. Is there a tendency toward irregular and often hard bowel movements?
 16. Do you become cold easily, and do you prefer a warm climate?
 17. Are irregular times for eating meals unproblematic for you?
 18. Do you have a changeable appetite?
 19. Do you have a tendency towards flatulence or bloating?
 20. Are you full of drive, but become tired quickly?



QUESTIONNAIRE RELATING TO PITTA

- Yes
1. Are you of average weight?
 2. Is your musculature well-developed?
 3. Does your hair tend toward fine, silky or reddish, or is it prematurely grey or show signs of hair loss?
 4. Do you have warm, rosy and well-formed hands?
 5. Are your fingernails thin, elastic and pink-coloured?
 6. Does your skin have beauty spots, freckles or an oily tendency?
 7. Do you tend to emit strong body odour when perspiring?
 8. Is your pattern of thinking precise and logical?
 9. Do you generally have a good memory?
 10. Are you frequently impatient, irritable or irate?
 11. Do you have a strong will and a good talent for organisation?
 12. Do you work quickly and accurately by nature?
 13. Do you tend toward perfectionism, and do you put yourself under pressure to perform?
 14. Do you have a well-organised lifestyle?
 15. Do you have regular stools or a softer bowel movement more than once a day?
 16. Are you uncomfortable in hot weather, and do you prefer a cooler climate?
 17. Do you get angry or in a bad mood if an expected meal is missed or delayed?
 18. Can you eat what you want, and do you also tolerate heavy food?
 19. Do you tend toward skin flushes, infections and inflammations of any kind?
 20. Do you have an average amount of energy?





QUESTIONNAIRE RELATING TO KAPHA

- Yes
1. Are you more of a steady type, and do you easily gain weight?
 2. Do you have a stocky figure?
 3. Do you have thick, full hair?
 4. Are your hands large, calm and strong?
 5. Do you have strong, even and broad fingernails?
 6. Is your skin firm, pure and light-coloured?
 7. Do you perspire constantly, even without exertion?
 8. Is your mode of thought calm and deliberate?
 9. Do you have good short-term and long-term memory?
 10. Do you tend to be clingy and possessive?
 11. Is it difficult to make you lose your composure?
 12. Are you often tired, lethargic or unmotivated?
 13. Are you not especially ambitious, but more often lackadaisical?
 14. Do you have a steady lifestyle?
 15. Do you tend toward a large quantity of and solid bowels?
 16. Do you feel uncomfortable in wet or damp environments or at high altitudes?
 17. Is it easy for you to miss a meal?
 18. Do you have a moderate appetite, and do you savour good food?
 19. Do you tend toward colds, hay fever or asthma?
 20. Do you have a high energy level and plenty of stamina?

