

Health . Wellness . Beauty

Dr. Bhanushali's Ayurveda & Panchakarma centre

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Fill the following questionnaire and know your Prakriti (Body type)

Name:

Age:

Gender:

Reg no:

0 = doesn't apply to me; 1 = Applies to me somewhat (or some of the time)

3 = Applies to me very much (or nearly all of the time)

SECTION 1-VATA

1.	I initiate activity very quickly	0	1	3
2.	I am not good at memorizing things	0	1	3
3.	I am enthusiastic and lively by nature	0	1	3
4.	I don't gain weight very easily	0	1	3
5.	I always learn new things very quickly and tend to forget them quickly	0	1	3
6.	My characteristic gait (walk) is light and quick	0	1	3
7.	I tend to have difficulty in making decisions	0	1	3
8.	I tend to develop gas or become constipated easily	0	1	3
9.	I tend to have cold hand and feet	0	1	3
10.	I become anxious or worried frequently	0	1	3
11.	I am intolerant of cold weather	0	1	3
12.	I am very talkative which is my characteristic feature	0	1	3
13.	My mood changes easily and I am somewhat emotional by nature	0	1	3
14.	My joints make cracking sound on movement	0	1	3

15.	My skin tends to be very dry, especially in the winter	0	1	3
16.	My mind is very active, sometimes restless	0	1	3
17.	I have prominent veins on my body	0	1	3
18.	People call me Mr / Miss Hyper	0	1	3
19.	Eating and sleeping habits tends to be irregular	0	1	3
20.	I often suffer from joint pain	0	1	3

SECTION 2- PITTA

1.	I consider myself to be very efficient	0	1	3
2.	In my activities, I tend to be extremely precise and orderly	0	1	3
3.	I am fond of fragrance ,flowers, gardens etc	0	1	3
4.	I am intolerant of hot weather	0	1	3
5.	I tend to perspire more as compared to others	0	1	3
6.	Even though I might not always show it but I become irritable or angry very quickly	0	1	3
7.	I cannot hold my hunger and thirst	0	1	3
8.	My hairs have tendency of balding thin and graying	0	1	3
9.	I have a strong appetite, intake of food and drink is large	0	1	3
10.	Many people consider me stubborn	0	1	3
11.	I have very regular bowel habits, more often loose stools	0	1	3
12.	I become impatient very easily	0	1	3
13.	People call me Mr / Miss Perfectionist	0	1	3
14.	I get angry quit easily, but then quickly forget about it	0	1	3
15.	I am very fond of cold items like Ice cream	0	1	3
16.	I have more moles and blackheads on face and body	0	1	3
17.	Very hot and spicy food often disturbs my stomach	0	1	3
18.	I am not as tolerant of disagreement as I should be	0	1	3
19.	I enjoy challenges and I do my work with utmost determination	0	1	3

20.	I often avoid strenuous work	0	1	3
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SECTION 3- KAPHA

1.	People often call me Mr / Miss slow	0	1	3
2.	I gain weight more easily while lose it more slowly	0	1	3
3.	I have a calm disposition - I am not easily disturbed	0	1	3
4.	I can skip meal easily, without any significant discomfort	0	1	3
5.	I have a tendency towards excess mucus, phlegm, chronic congestion, asthma, or sinus problems	0	1	3
6.	I must get at least eight hours of sleep in order to be comfortable the next day	0	1	3
7.	I am slow yet firm decision maker	0	1	3
8.	I have firm and compact joints	0	1	3
9.	I don't learn as quickly as some people, but I have excellent retention and a long memory	0	1	3
10.	I have gentle look and voice	0	1	3
11.	Cool and damp weather bothers me	0	1	3
12.	My hair is thick, dark and wavy	0	1	3
13.	I have smooth soft skin with a somewhat pale complexion	0	1	3
14.	I have large solid body build	0	1	3
15.	The following words describe me well: Sweet-nature, affectionate, serene, and forgiving	0	1	3
16.	I have slow digestion, which makes me feel heavy after eating	0	1	3
17.	I have a very good stamina and physical endurance as well as steady level of energy	0	1	3
18.	I generally walk with the slow, measured gait	0	1	3
19.	I love to have sleep	0	1	3
20.	I am bit lazy by nature	0	1	3

VATA SCORE:

PITTA SCORE:

KAPHA SCORE: