



AYURVEDIC CONSULTATION FORM

This mind-body questionnaire gathers information about your basic nature – the way you were as a child or the basic patterns that have been true most of your life. If you developed an illness in childhood or as an adult, think of how things were for you before that illness.

Complete the questionnaire below by choosing a box in each category to determine your physical and mental constitution.

CHARACTERISTICS	VATA	PITTA	KAPHA
1. FRAME	<input type="checkbox"/> I am thin, tall and slender with prominent joints and thin muscles.	<input type="checkbox"/> I have a medium, symmetrical build with good muscle development.	<input type="checkbox"/> I have a large, round or stocky build. My frame is broad, stout or thick.
2. WEIGHT	<input type="checkbox"/> LOW; I may forget to eat or have a tendency to lose weight.	<input type="checkbox"/> MODERATE; it is easy for me to gain or lose weight, if I put my mind to it.	<input type="checkbox"/> HEAVY; I gain weight easily and have difficulty losing it.
3. SKIN	<input type="checkbox"/> My skin is dry, rough or thin.	<input type="checkbox"/> My skin is warm, reddish in color and prone to irritation.	<input type="checkbox"/> My skin is thick, moist and smooth.
4. HAIR	<input type="checkbox"/> My hair is dry, brittle or frizzy.	<input type="checkbox"/> My hair is fine with a tendency towards early thinning or graying.	<input type="checkbox"/> I have abundant, thick and oily hair.
5. JOINTS	<input type="checkbox"/> My joints are thin and prominent and have a tendency to click.	<input type="checkbox"/> My joints are loose and flexible.	<input type="checkbox"/> My joints are large, well formed and padded.
6. DIGESTION	<input type="checkbox"/> Irregular digestion.	<input type="checkbox"/> Quick and regular digestion.	<input type="checkbox"/> Slow digestion.
7. IF INDIGESTION/ IN CASE OF INDIGESTION	<input type="checkbox"/> Constipation and gas build up.	<input type="checkbox"/> Heartburn and Reflux.	<input type="checkbox"/> Feels heavy and bloated.
8. SLEEP PATTERN	<input type="checkbox"/> I am a light sleeper with a tendency to awaken easily.	<input type="checkbox"/> I am a moderately sound sleeper, usually needing less than eight hours to feel rested.	<input type="checkbox"/> My sleep is deep and long. I tend to awaken slowly in the morning.
9. BODY TEMPERATURE	<input type="checkbox"/> My hands and feet are usually cold and I prefer warm environments.	<input type="checkbox"/> I am usually warm, regardless of the season, and prefer cooler environments.	<input type="checkbox"/> I am adaptable to most temperatures but do not like cold, wet days.
10. TEMPERAMENT	<input type="checkbox"/> I am lively and enthusiastic by nature. I like to change.	<input type="checkbox"/> I am purposeful and intense. I like to convince.	<input type="checkbox"/> I am easy going and accepting. I like to support.
11. UNDER STRESS	<input type="checkbox"/> I become anxious and/or worried.	<input type="checkbox"/> I become irritable and/or aggressive.	<input type="checkbox"/> I become withdrawn and/or possessive.

Mind Body Dosha Type (Body Constitution Type) _____

Once you have found out your dosha, if you'd like more information please message @sixsenses spas on Facebook and we can connect you with an Ayurvedic doctor for a free Skype consultation.