



Body Type Questionnaire

(Dennis Thompson; The Ayurvedic Diet)

0 = describes me not at all

1 = describes me a little

2 = describes me well

3 = describes me the most

My hair tends to be	<input type="checkbox"/> fine, dry, curly	<input type="checkbox"/> fine, but straight	<input type="checkbox"/> wavy, thick, shiny
My hair color is	<input type="checkbox"/> med. or light brown	<input type="checkbox"/> blond, reddish or curly grey	<input type="checkbox"/> dark brown, black
The amount of hair is	<input type="checkbox"/> average	<input type="checkbox"/> thin too early bald	<input type="checkbox"/> full, thick
My skin tends to be	<input type="checkbox"/> dry, rough, tough	<input type="checkbox"/> sensitive, delicate	<input type="checkbox"/> smooth and oily
My complexion is	<input type="checkbox"/> darker freckled	<input type="checkbox"/> more reddish,	<input type="checkbox"/> lighter, even pale
I seem to have	<input type="checkbox"/> smaller bones	<input type="checkbox"/> medium-sized bones	<input type="checkbox"/> larger, longer bones
My body is	<input type="checkbox"/> thin, gaining weight is difficult	<input type="checkbox"/> medium, sometimes I gain weight, but loose easily	<input type="checkbox"/> heavy, gaining weight is easy (just thinking of food)
My level of energy is	<input type="checkbox"/> erratic, up and down	<input type="checkbox"/> moderate to high I find it easy to push myself	<input type="checkbox"/> usually pretty good and steady, but it takes awhile to get going
My stamina, ability to carry things to accomplish is	<input type="checkbox"/> variable, sometimes I go for long periods othertimes I accomplish only a few things and I am finished	<input type="checkbox"/> very good, I can go for long periods with much intensity there is always more accomplish	<input type="checkbox"/> excellent, I can outlast most people if I am motivated to do so, but I rather be relaxing
I am comfortable with	<input type="checkbox"/> heat, I do not like cold or wind	<input type="checkbox"/> cold, I perspire easily and thrive in winter	<input type="checkbox"/> heat or cold, dislike damp, tolerate extremes well
My appetite is	<input type="checkbox"/> variable, sometimes I have no intrest in food and skip meals or forget to eat	<input type="checkbox"/> excellent, when I am hungry, I need to eat or I get irritated and angry	<input type="checkbox"/> good, I can skip a meal, but usually don't
I like to eat food that is	<input type="checkbox"/> warm, oily, moist	<input type="checkbox"/> cool or cold	<input type="checkbox"/> warm and dry
I generally eat	<input type="checkbox"/> quickly, and often small meals	<input type="checkbox"/> moderate and fast	<input type="checkbox"/> slowly but a lot eat manu
My sleep is	<input type="checkbox"/> very light, easily (6-8 hours)	<input type="checkbox"/> sound, moderate (6-8 hours)	<input type="checkbox"/> very deep; it is interrupted; hard to wake up (8-10 hours)
My interest in sex is	<input type="checkbox"/> minimal, unless romance is involved	<input type="checkbox"/> moderate to strong	<input type="checkbox"/> generally very strong
I am sensitive to	<input type="checkbox"/> loud noises, or chaotic activities	<input type="checkbox"/> bright glaring lights	<input type="checkbox"/> strong odors
My emotional moods	<input type="checkbox"/> change often and easily respond quickly (or overrespond)	<input type="checkbox"/> are intense, I have been i have been called quick-tempered hurry	<input type="checkbox"/> are even-tempered I can slow to anger, slow to anything, there is no
My reaktion to stress is	<input type="checkbox"/> fearfulness, anxiety	<input type="checkbox"/> irritation, frustration or anger	<input type="checkbox"/> calm and collected
When it comes to money I	<input type="checkbox"/> am impulsive	<input type="checkbox"/> spend, but usually not overspend	<input type="checkbox"/> tend to save
I learn	<input type="checkbox"/> very quickly, but often forget	<input type="checkbox"/> quickly	<input type="checkbox"/> rather slowly, but I remember

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I learn best by	<input type="checkbox"/> listening to a speaker	<input type="checkbox"/> reading or visual aids	<input type="checkbox"/> association with other memory
I can remember	<input type="checkbox"/> best in short term	<input type="checkbox"/> well overall	<input type="checkbox"/> long-term very well
I speak	<input type="checkbox"/> quickly and precisely, sometimes excessively, with enthusiasm	<input type="checkbox"/> clearly, precisely, I am detailed, well organized	<input type="checkbox"/> slowly, deliberately with moments of silence
The positive traits that best Describes me is:	<input type="checkbox"/> lively	<input type="checkbox"/> determined	<input type="checkbox"/> easygoing, peaceful
In relationships I	<input type="checkbox"/> am able to adapt to may different kinds of people and have many friends	<input type="checkbox"/> often chose friends on basis of their value	<input type="checkbox"/> am slower to make friends, but am loyal
Others may describe me as	<input type="checkbox"/> spacy / indecisive	<input type="checkbox"/> intolerant, annoyed	<input type="checkbox"/> stubborn, sluggish
Others might wish I were more:	<input type="checkbox"/> grounded	<input type="checkbox"/> tolerant, less judgemental	<input type="checkbox"/> enthusiastic, involved
Taking this test makes me feel	<input type="checkbox"/> indecisiv	<input type="checkbox"/> irritated	<input type="checkbox"/> bored beyond belief
I like exercise:	<input type="checkbox"/> very much, I like to run, ride bikes	<input type="checkbox"/> very much, and do it with great intensity	<input type="checkbox"/> vey little; but it makes me feel better
I don't like	<input type="checkbox"/> cold weather	<input type="checkbox"/> hot weather	<input type="checkbox"/> cool and damp
My moods:	<input type="checkbox"/> change quickly	<input type="checkbox"/> change slowly	<input type="checkbox"/> are consistent, non-changing
I work	<input type="checkbox"/> very quickly, with a lot of initiative	<input type="checkbox"/> with moderate speed	<input type="checkbox"/> slowly and methodically
I walk rather	<input type="checkbox"/> quickly	<input type="checkbox"/> moderately fast but determined	<input type="checkbox"/> slowly, steady, with deliberate speed
My elimination tends	<input type="checkbox"/> to constipation, infrequent movements	<input type="checkbox"/> to soft and running stools	<input type="checkbox"/> to heavier, well- bowel formed stools
My mental nature is	<input type="checkbox"/> very quick restless	<input type="checkbox"/> very sharp, a keen intellect	<input type="checkbox"/> calm, steady, and stable
I get exited	<input type="checkbox"/> easily and often	<input type="checkbox"/> less easily and less often	<input type="checkbox"/> slowly, not easily exited
I become anxious and worried	<input type="checkbox"/> very easily	<input type="checkbox"/> occasionally	<input type="checkbox"/> rarely
My digestion is	<input type="checkbox"/> irregular, sometimes good,sometimes not	<input type="checkbox"/> very good, though some-times I have heartburn	<input type="checkbox"/> slow and sluggish
My memory is	<input type="checkbox"/> short	<input type="checkbox"/> medium	<input type="checkbox"/> long
I react to problems and and difficulties in life	<input type="checkbox"/> with anxiety, I tend to be indecisive, I worry	<input type="checkbox"/> with anger, irritation and frustration	<input type="checkbox"/> with calm; a steady and stable approach
I recognize more of myself in the following heaalathy attributes and behavior:	<input type="checkbox"/> cheerful, enthusiastic, resilient, imaginative, spontaneous, sensitive, exhilarating, friendly, flexible, adaptable, stimulation, alert,life of the party, optimistic, active mind	<input type="checkbox"/> intelligent, confident, enterprising, joyous, sweet, strong, forceful, practical, fair, just, courageous, exuberant, self-developed, a leader, ambitious, methodical, efficient, adaptable, pleasant, clearminded, energetic, friendly, liery	<input type="checkbox"/> calm, peaceful, symhathetic, courageous, loving, steady, serene, affectionate, stable, quiet, patient, humble, committed, unshakable, generous, compassionate, down-to earth
I recognize more of myself in the following unhealthy attributes and behavior:	<input type="checkbox"/> worried,nervous, complaining,anxious,grieving, restless, apathetic, unfocused, depressed, impatient, fearful, insecure, unpredictable, high strung, resisting regularity, over-active mind, quick to burn out, chaotic, spacy, failure to complete projects, difficulty concentrating, insecure	<input type="checkbox"/> domineering, angry, resentful, hostile, selfcritizing, irritable, impatient, outburst of temper, argumentativ, tyrannical, critical of others, intolerance of delays, hurtful, hot headed, frustrated	<input type="checkbox"/> clinging, possessive, tendency to mother, caring to extremes, manipulative, quiet, withdrawn, hopeless, rigid unable to accept changes, insecure, unwanted unloved, overattatched, procrastinator, passive, greedy, stuck, inflexible, stubborn, stagnant

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When I see myself as healthy, I generally see myself as being	___ flexible, good communicator, having acute awareness of the scope of things, knowledgeable, cognizant, active, lively, vital, enterprising, adaptable, enthusiastic, having a good sense of unity, good comprehension, energetic, with a positive attitude, an initiator, with the ability to make changes and move things along.	___ a clear thinker, intellectual, rational, bright, intelligent, perceptive, discrimination, warm, friendly, courageous, having leadership qualities, independent, enlightend	___ peaceful, content, stable, consistent, loyal, steadfast, firm, faithful, true, constant, nurturing, supportive, calm, loving, forgiving, compassionate, devoted, receptive
When I see myself as out of balance, I see myself as being:	___ unreliable, having false enthusiasm, untrustworthy, undependable, apprehensive, distressed, disruptive, superficial, nervous, anxious, agitated, restless, disturbed, indecisive	___ impulsive, ambitious, aggressive, willful, stubborn, critical, domineering, manipulating, angry, proud, vain	___ over-attached, greedy, avaricious, covetous, selfish, materialistic, sentimental, wanting comfort and luxury, very controlling
When I see myself as unhealthy, I see myself as being:	___ harmful, dishonest, secretive, suicidal, fearful, depressed, self-destructive, addictive	___ contemptible, paltry, base, hateful, destructive, angry toward others	___ listless, emotioneal, unconcerned, apathetic, insensitive, dull, gross, lethargic
I tend to suffer from following:	___ nervous disorders, backaches, neckpain, constipation, depression, varicose veins, insomnia, dry skin and wrinkles	___ peptic/ duodenal ulcers, liver disorders, inflammations, fevers, colitis, hypertension, heartburn	___ colds, flu, bronchitis, sinus congestions, allergies, diabetes, asthma, sore throat
I occasionally (or often) experience: Rasa (lymph)	___ cold hands/ feet, dry skin, sunken eyes, numbness or discolouration of skin, psoriasis, eczema, dry cough, anxiety, lack of confidence, insecurity	___ fever, acne, hot flashes, sensitive eyes, criticalness, short temper, increased sweating and thirst, sore throat, psoriasis, eczema bronchitis	___ water retention, swollen joints, loss of appetite, leathargy, frequent colds, bronchial congestions
I occasionally (or often) experience: Rakta (blood)	___ dizziness, dry eczema, bruises easily, heart palpitations, anemia, heart disease, gout, varicose veins, hypertension	___ hot flashes, flushing of skin, burning sensations in hands and feet, inflammation, rashes, nose bleeds, dermatitis	___ high cholesterol, poor circulation, anemia, gallstones, congestion of liver / bile
I occasionally (or often) experience: Mamsa (muscle)	___ muscle spasm, muscle atrophy, wasting away, lack of coordination, decreased flexibility, twitching muscle pain	___ inflammation of muscles, tendonitis, bursitis, ulcers, gastritis, inflammation of gastrointestinal tract	___ increased nasal mucus, muscle swelling, difficulty moving, rigidity in muscles, leathargy
I occasionally (or often) experience: Medas (fat)	___ dry skin, low backache, cracking joints, increased thirst, diabetes, wasting away disease	___ profuse sweating, cellulites, kidney infection, excess urination	___ high cholesterol, obesity, high triglycerides, fatigue, chronic infections, pancreas and spleen disorders
I occasionally (or often) experience: Asthi (bone)	___ hair loss, brittle nails, weakening of bone tissues, fractures, bone and joint pain, arthritis, osteoporosis, reumatoid arthritis, dental caries	___ graying hair, early balding, nail infections, burning pain in joints, redness of joints, inflammatory	___ swollen joints, bone spurs
I occasionally (or often) experience: Marrow Nervous system	___ dizziness, fainting, lack of coordination, weakening of nervous system, nerve pain and cracking joints, ringing in ears, tremors, nervousness, insomnia, anxiety, sciatica, neur- algia, feelings of emptiness and fear, loss of memory	___ paralysis, anger, irritability, overly sharp perception, painful perception, neuritis, anemia, dizziness, headache	___ dull aching pain, lack of nervous system sensivity, dullness of senses
I occasionally (or often) experience: Shukra (reproduction)	___ irregular hormon cycle, painful menstruation, irregular cycle, nervousness fear, anxiety, low sexual desire, general decrease in vitality	___ productive tissue inflammation, uterine bleeding, painful menstruation, swollen prostate	___ enlarged prostate, infertility, impotence, endometriosis, poor resistance to cold and flu, low energy, lack of motivation
TOTAL My body /mind type is:	VATA _____ (Highest score) _____	PITTA _____ (Second highest) _____	KAPHA _____

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