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Ayurvedic Body Constitution Questionnaire

Name _____

Date _____

Take a moment to mark your choices to determine your Body Constitution.
Circle the choices, which are your tendencies **over the span of your life** (not what is true recently and not who you want to be).

1. Physique
 - V) I am a slender person (size 0 – 8) and I hardly gain weight
 - P) I am medium built (size 10-12)
 - K) I am well built (size 14-+) and I gain weight no matter what I do
2. Weight
 - V) I am light weight, if I gained weight, I can easily shed those pounds off
 - P) I am medium weight, good muscles, do not gain weight easily.
 - K) I tend to gain in pounds and lose in ounces
3. Skin
 - V) My skin is dry, thin, and itches often
 - P) My skin looks flushed; I have lots of moles and freckles on my body
 - K) My skin is smooth and soft, it looks pale sometimes
4. Hair
 - V) My hair is thin, dry and brittle
 - P) I am blond, brunet, I have receding hair line
 - K) My hair is thick, full, lustrous, and slightly oily
5. Face
 - a. V) My face is oval
 - b. P) My face is triangular (I have a pointed chin/prominent jaw line)
 - c. K) My face is round
6. Eyes
 - V) My eyes are small; they feel dry and unsteady often
 - P) My eyes are medium in shape, sharp and penetrating
 - K) My eyes are big and round in shape
7. Hands
 - V) My hands are small, generally Dry, Rough
 - P) My hands are generally Moist, Pink
 - K) My hands are generally Firm, Thick
8. Fingers
 - V) My fingers are long, Thin and narrow
 - P) My fingers are medium, pointed
 - K) My fingers are large, stocky fingers
9. Complexion
 - V) My skin is dull, darkish
 - P) My skin is red, ruddy, glowing

K) My skin is white, pale

10. Joints

V) My joints are small, may crack

P) My joints are medium, loose

K) My joints are large, deep seated (I have lot of muscles around my joints)

11. Activities

V) I am very active person (Always on the go)

P) I like to think before I do anything

K) I am steady and graceful (I don't like to rush)

12. Actions

V) I walk fast and talk fast (drive in the fast lane)

P) My actions are very thoughtful, and precise (drive in the middle lane)

K) I like slower pace – I take my time to do things (drive in the right lane)

13. Sleep

V) I do not sleep soundly at night, I toss and turn I awaken early in the morning

P) I am a light sleeper, if something wakes me up, I can easily go back to sleep

K) I am a heavy sleeper (I sleep like a log)

14. Appetite

V) Varies, sometimes I feel hungry, some times not, often I feel anxious if I don't eat

P) I always feel hungry; if I don't eat, I get irritable and angry

K) I don't feel very hungry; I can go without food easily for a day

15. Bowel movement

V) I tend to have constipation, and can go a day or two without a bowel movement.

P) Regular bowel movements and some times they are loose

K) I have no problem; I wake up to go to the bathroom

16. Voice

V) My voice tends to be weak, hoarse

P) I have a strong voice, I may get loud sometimes

K) My voice is deep, has a good tone

17. Speech

V) I am very talkative, I can't keep quiet, I am a story teller

P) I speak very clearly, to the point, never beat around the bush

K) I take time before I start to speak. I am not very clear about what I want to say. I am good listener not talker.

18. Emotions

V) I am a born worrier, I often feel anxious and nervous

P) If things don't happen my way, I feel very irritable and angry

K) I am a happy person, very caring and loving

19. Weather preference

V) I love warm and humid weather

P) I enjoy cool weather, I hate warm climate

K) I like warm but dry weather

20. Sweating

V) I hardly sweat

- P) I perspire very easily
- K) I sweat only if I work very hard

21. Memory

- V) I remember quickly, but forget quickly too
- P) I remember what I want to remember, and never forget
- K) I am little slow to remember, but once I do, I never forget. I remember minor details

22. Actions

- V) I tend to be spontaneous, I do things first and then think
- P) I am a list maker, unless I plan, I don't do anything
- K) I don't like to plan, I prefer to follow others

23. Hobbies

- V) I like art (drawing, painting, dance) and travel
- P) I like Sports, politics, and things that get my adrenaline pumping
- K) I am a nature person; I like gardening, reading, and knitting

24. Mind

- V) My mind gets restless easily (it starts racing)
- P) I get impatient easily
- K) It takes a lot, to make me mad. I usually feel very calm

25. Decision making

- V) I change my mind often
- P) I can easily take a decision, and stick to it
- K) I prefer others to take decisions, I'm more comfortable letting others lead

26. Personality

- V) "Can I change my mind"?
- P) "It's my way or the highway"
- K) "Don't worry, be happy"

27. Sports

- V) I like action
- P) I like to win (Winning is not everything, winning is the only thing)
- K) I like to have fun

28. Stamina

- V) I like to do things in spurts and get tired very easily
- P) I have medium stamina
- K) I keep going and going and going -I can work long hours and have a good stamina

29. Resistance to Disease

- V) I fall sick often, I have weak immune system
- P) I have medium resistance
- K) I have strong immune system, I hardly get sick

30. Health problems

- V) Often I suffer from constipation, anxiety and depression, pain, fatigue
- P) I often get skin infections, fevers, and heartburn
- K) I tend to get allergies, congestion, weight gain and digestive problems

Total V _____ P _____ K _____