



Questionnaire to find your Ayurvedic Constitution

My least favourite type of weather is:

- a) Cold
- b) Hot
- c) Humid

My body type is:

- a) Slim and flexible
- b) Muscular, athletic, strong
- c) Solid, big bones and joints

My skin tends to be:

- a) dry and rough, especially in winter
- b) warm, soft, and ruddy in complexion
- c) cool, oily and moist

As a student or learning new information, I tend to:

- a) learn quickly, forget quickly
- b) Learn quickly and forget slowly
- c) Learn slowly, forget slowly & have a good long term memory

My most prominent feature of my personality is that:

- a) I am creative, imaginative, enthusiastic, willing to be flexible
- b) I am intelligent, efficient, determined, organised, focussed
- c) I am caring, calm, patient, lovable

Temperament:

- a) I have lots of ideas, and change my mind about things easily
- b) I gather lots of facts before forming an opinion
- c) Once I make up my mind I usually stick with it and don't change my mind often

Focus and mental capacity:

- a) I have a short attention span, moving from different ideas or projects
- b) I am detail oriented and can focus for moderate periods of time
- c) I am a big picture person and can focus for long periods of time

Relationship with work & projects:

- a) I am good at getting things started, but not necessarily getting things finished
- b) I am very organised and will see a project through from start to finish
- c) I may need help getting things started, but I am good at getting things accomplished

Money:

- a) Buy on impulse & spend spontaneously
- b) Good at making money & likes to spend money on luxuries
- c) Good at saving money



Sleep:

- a) I can be a light sleeper and have difficulty falling or staying asleep
- b) I sleep well for an average length of time
- c) I generally sleep long and sound, and have difficulty waking up

Digestion:

- a) My appetite varies and have a delicate, irregular digestion, at times constipated
- b) I am always hungry & have a strong digestion although I don't like skipping meals
- c) I love food although I often don't feel really hungry, I eat and digest slowly

Energy levels:

- a) My energy levels can be irregular and can change day to day
- b) I am fairly strong and can handle various physical exercise
- c) I have good stamina and steady energy levels

Under Stress:

- a) I am easily excited, anxious or ungrounded
- b) I can be angry or critical
- c) I am pretty easy going, it takes a lot to stress me out but can get depressed

When I am out of balance, I tend towards:

- a) Viruses, irregular energy levels, dry skin & hair, anxiety
- b) Bacteria infections, inflammations, redness or rashes
- c) Fungal infections, candida, overeating, sluggishness

My menstrual cycle & flow is:

- a) Irregular with inconsistent flow, light or scanty, dark in colour,
- b) Heavy, excessive bright red colour, strong odour, lasting 5 days or more
- c) Regular, steady, heavy flow; pale coloured, with mucous.

My PMS shows up as:

- a) Variable, feelings of instability, ungrounded, spasmodic cramping in lower belly/back
- b) Intense cramping, irritable, headaches, acne
- c) Fluid retention, bloating, feel depressed, nauseous, sluggish and tired

If I am experiencing peri-menopause or menopause, the symptoms are:

- a) Irregular or absence of menstruation, occasional heart palpitations or anxiety, vaginal dryness, sleep disturbances
- b) Hot flushes, night sweats, angry emotions, urinary tract infections
- c) Depression, weight gain for no reason, yeast infections, lethargy, low motivation