



# AyurTreatment

## **Prakriti Questionnaire on Mind and Body type according to Ayurveda**

This questionnaire will help determine your inherent dominant Doshas (or humors) according to Ayurveda. Determining the Doshas is important for the Vaidya to prescribe personalised ayurvedic medicine, diet and daily routine. Make sure you answer the questions keeping in mind your general tendencies throughout your life and not necessarily your current situation. For example someone maybe be currently overweight, but tends to have a medium build body type.

**Body build**

Medium build

**Quantity of food at mealtime**

Medium

**Frequency of eating**

Less

**Regularity of appetite**

Regular

**Tendency if meal is skipped, meal timings are changed or style of food is changed**  
Not much discomfort

**Thirst**

Very thirsty

**Passing of stools**

Regular

**Consistency of stools**

Well formed, heavy and sinks to bottom

**Colour of stools**

Yellowish

**Sleep pattern**

Sound sleep

**Sleep cycle**

Deep sleep, not easily woken up

**Sleep duration**

6 to 8 hours

**Hair texture**

Soft and thin, delicate

**Skin character**

Soft, oily, with moles, pimples or freckles, warm glow and bluish veins

**Excitement**

Quick but cools down quickly

**Working style**

Slow, controlled, thoughtful and well composed

**Understanding process**

Delayed but good

**Memory**

Poor

**Strength**

Good, doesn't feel tired easily

**Reaction to problems**

Stays cool and stable

**Control of desires**

Can control easily

**Work concentration**

Can concentrate on what is interesting

**Speech characteristic**

Slow, clear, more reserved, not talkative

**General movements**

Slow, and steady, minimal movements

**Body odor**

Mild sweat and body odor

**Color of the white part of the eyes**

Milky white with reddish edges

**Lips**

Smooth, glossy, pinkish, thicker and symmetrical

**Nails**

Small, crack easily, darkish

**Well done, you have reached the end of the questionnaire on Mind and Body Type called Prakriti in Ayurveda, you can view the results below.**

## Prakriti results :

Vata	Pitta	Kapha
11%	36%	53%

To receive a copy of the questionnaire and results, please fill in your details and submit the form

**Email**

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**Name**

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