



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

11%

Pitta

36%

Kapha

53%

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

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Name

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