

THE THREE DOSHAS | AYURVEDA

Doshas: The Ayurvedic constitutions.

Instructions: Circle all that apply, **please note you can have more than one item circled in each row. For example: HAIR: I can circle not too thin, curly, greying early and oily**, once complete, add up all circles in under teach column. You will have a total for Vata, Pitta and Kapha.

ITEM	VATA	PITTA	KAPHA
HAIR	not too thick, not too thin, curly, dry	fine, straight, light, blonde, red, greying early, balding	thick, oily, dark, wavy
PHYSIQUE	Thin, lanky	Muscular, broad	Larger, carrying extra weight
BONE STRUCTURE	Small	Medium	Large
SKIN	Dry, cold, medium tone	Sweaty, red, acne-prone	Smooth, soft, pale
TEMPERATURE	I prefer hot weather	I dislike hot weather	I don't like cool or damp weather
ENERGY	I am quick, active, bursting energy	I often feel hot	I have steady energy, good endurance, strong stamina
APPETITE	My eating habits are irregular, I can easily skip meals, spicy food doesn't bother my stomach, I prefer hot foods and liquids	I can eat big meals, spicy foods bother my stomach, I cannot tolerate skipping meals, I prefer cold foods and cool liquids	Skipping meals is easy for me, bowel movements are solid, after I eat I feel full, my digestion is slow, I love sweets
SLEEP	I usually have difficulty falling asleep or having a sound night's sleep	I sleep sound, and usually don't wake up during the night	I am a sound sleeper. I need a minimum of 8 hours sleep, I usually oversleep and have difficulty waking up the next morning.
DEMEANOR	Lively, enthusiastic	Organized, efficient, accurate	Slow, methodical, relaxed
WEIGHT	I don't gain weight easily	I don't have an issues with weight loss or weight gain, I can easily lose weight when I want, and I can easily gain weight when I want	It is easy for me to gain weight but difficult to lose
ANXIETY	I am anxious or worrisome by nature	I tend to become irritable or angry quite easily	By nature I am calm and composed. I don't get angry easily
LEARNING & MEMORY	I have no problems learning things, I have difficulty memorizing things, I have difficulty remembering them later	I learn things very fast, I can memorize things easily, and I have a good memory	I am not a quick learner but I am good at memorizing things and remembering them later
OUTSIDE VIEW	People think I'm talkative and that I talk quickly	People think I have a strong will, people think I am stubborn	Many people consider me affectionate, forgiving, and peaceful
DECISION MAKING	I am not good at making decisions, I am indecisive	I try to be meticulous, I am a perfectionist by nature, I make decisions easily	I am very reluctant to take on new responsibilities, I prefer to not make decisions
PATIENCE	I can be impatient at times - it depends on the situation	I am impatient by nature	I am very patient
MOOD	I am usually emotional by nature and my moods fluctuate	I get angry easily, I don't hold a grudge, I am usually critical of myself and others	I am consistently content with my mood - with little fluctuation
I CAN EASILY CONNECT TO	Creativity, imagination	Organization, delegation	Nurturing, support
HEALTH	I tend to have gas, I can get constipated often	I tend to have indigestion, acid reflux	I tend to have congestion, mucus, sinus problems
WEATHER	I prefer warm weather	I cannot stand hot weather	I cannot stand humidity
FOOD PREFEREANCE	I like warm food and drinks like soups	I like cold drinks and such foods as ice cream	I like sweet and salty foods

TOTAL

TOTAL

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THE THREE GUNAS | AYURVEDA

Gunas: The qualities of the states of being that exist in all matter.

DESCRIPTION	SATTVA	RAJAS	TAMAS
DIET	VEGETARIAN	SOME MEAT	HEAVY MEAT
DRUGS, ALCOHOL, STIMULANTS	NEVER	OCCASSIONALLY	FREQUENTLY
SENSORY IMPRESSIONS	CALM, PURE	MIXED	DISTURBED
NEED FOR SLEEP	LITTLE	MODERATE	HIGH
SEXUAL ACTIVITY	LOW	MODERATE	HIGH
CONTROL OF SENSES	GOOD	MODERATE	WEAK
SPEECH	CALM, PEACEFUL	AGITATED	DULL
CLEANLINESS	HIGH	MODERATE	LOW
WORK	SELFLESS	FOR PERSONAL GOALS	LAZY
ANGER	RARELY	SOMETIMES	FREQUENTLY
FEAR	LITTLE	SOMETIMES	FREQUENTLY
DESIRE	MODEST	SOME	MUCH
PRIDE	MODEST	SOME EGO	VAIN
DEPRESSION	NEVER	SOMETIMES	FREQUENTLY
LOVE	UNIVERSAL	PERSONAL	LACKING LOVE
VIOLENT BEHAVIOUR	NEVER	SOMETIMES	FREQUENTLY
ATTACHMENT TO MONEY	LITTLE	SOME	A LOT
CONTENTMENT	USUALLY	PARTLY	NEVER
FORGIVENESS	EASY	WITH EFFORT	HOLDS LONG TERM GRUDGE
CONCENTRATION	GOOD	MODERATE	POOR
MEMORY	GOOD	MODERATE	POOR
WILLPOWER	STRONG	VARIABLE	WEAK
TRUTHFULNESS	ALWAYS	MOST OF THE TIME	RARELY
HONESTY	ALWAYS	MOST OF THE TIME	RARELY
PEACE OF MIND	GENERALLY	PARTLY	RARELY
CREATIVITY	HIGH	MODERATE	LOW
SPIRITUAL STUDY	DAILY	OCCASSIONALLY	NEVER
MANTRA, PRAYER	DAILY	OCCASSIONALLY	NEVER
MEDITATION	DAILY	OCCASSIONALLY	NEVER
SERVICE	MUCH	SOME	NONE
TOTAL			

DHATU QUIZ | AYURVEDA

Dhatu: “Dha” means to hold; Dhatu’s are tissues. In English they are plasma, blood, muscle, fat, bone, marrow / nerve, and reproductive tissue. In Sanskrit, they are rasa, rakta, mamsa, medas, asthi, majja, and shukra respectively.

TOTAL THE NUMBER OF SYMPTOMS FOR EACH CATEGORY

1. NUTRITIVE ESSENCE WITH PLASMA (RASA) - The nutritive essence absorbed to the body after digestion

☐ Very dry skin

☐ Premature greying of the hair

☐ Wrinkling of the skin at an early age

☐ Excess mucus or respiratory congestion

☐ A feeling of weakness and tiredness, lack of stamina, fluctuating energy levels

☐ Ovarian or breast cysts now or in the past

☐ TOTAL

2. BLOOD (RAKTA) - Blood tissue

☐ Severe hot flashes or frequent feeling of excessive heat

☐ Very heavy bleeding or “flooding”

☐ Frequent or chronic skin rashes, acne, pustules, hives

☐ Gallstones now or in the past (or have had gallbladder removed)

☐ Constant or problematic thirst

☐ Lack of thirst

☐ Bleeding hemorrhoids

☐ TOTAL

3. MUSCLES (MAMSA) - Muscle tissue

☐ Constant muscle aches or pains, or easily fatigued muscles

☐ Chronically swollen tonsils or lymph glands in the neck

☐ Itchy ear canals or eczema of ear canals or excess ear wax

☐ Fibroids of the uterus (now or in the past)

☐ Fibrous or glandular lumps in the breasts

☐ Severely dry, cracking lips

☐ TOTAL

4. FAT (MEDA) - Fat and metabolism

☐ Weight gain (at least 10 pounds overweight)

☐ Inability to lose weight even on a low-calorie diet

☐ High blood sugar (diabetes)

☐ High cholesterol

☐ Chronic or frequent problem with malodorous sweat or body odor

☐ Fatty cysts under the skin or scalp or in the breasts

☐ Thyroid disorder (diagnosed by a physician, including abnormal blood tests)

☐ Frequent night sweats or sweats during the day associated with hot flashes

☐ TOTAL

5. BONES (ASTHI) - Bone, cartilage, hair, and nail tissues

☐ Low bone density (osteopenia) or osteoporosis

☐ Hair breaking a lot (many split ends) or hair very dry and lacking luster

☐ Problems with your teeth (breaking easily, many cavities, etc)

☐ Nails breaking frequently

☐ Constant joint pains or arthritic condition

☐ Deep pains in the bones

☐ TOTAL

6. BONE MARROW (MAJJA) - Bone Marrow

☐ Frequent or recurring infections

☐ Excess secretions of the eyes

☐ Dryness of skin on upper eyelids

☐ Constant spacey and distractible feeling, inability to focus or concentrate

☐ Pain in the tendons, easily injured tendons, or recurrent tendonitis

☐ Frequent feelings of faintness or dizziness

____ **TOTAL**

7. REPRODUCTIVE ESSENCE (SUKRA) - Reproductive fluids

____ Severe vaginal dryness

____ Overall feeling of lack of attractiveness

____ Dull, unclear eyes

____ Absence of libido (no sex drive)

____ Infertility

____ History of more than one miscarriage

____ **TOTAL**

Mala: In Ayurveda Mala means waste product. In Ayurveda there are three malas.

1. Urine
- Strong smell to urine
- Frequent urinary burning
- Frequent urinary tract infections
- Bladder discomfort without infection
- Dark yellow urine even when you are drinking plenty of water

TOTAL

2. Stool
- Stool always very foul smelling
- Heavy stool that drops to the bottom of the toilet bowl
- Very loose stool, diarrhea, or stool accompanied by mucus
- Stool very hard, in small balls, difficult to pass or not eliminated every day
- Stool always very foul smelling
- Undigested food visible in the stool

TOTAL

(If you have blood in your stool, or black stools, see your physician Immediately for further evaluation)

3. Sweat
- ☐ Sweat irritates your skin or provokes rashes or infected sweat glands
- ☐ Sweat smells bad
- ☐ Unpleasant body odor
- ☐ Too much sweat
- ☐ No sweat, even when you are very hot

TOTAL

AMA QUESTITONNAIRE | AYURVEDA

Ama: Toxins; sticky, cloudy, smelly substance that can spread from the digestive tract to other parts of the body

1 - Never | 2 - Rarely | 3 - Sometimes | 4 - Often | 5 - Always

I tend to feel blocked in my body (congested in my head, a general lack of clarity). 1 2 3 4 5

In the morning when I wake up, I am groggy, it takes me a while to become awake 1 2 3 4 5

I tend to feel physically weak for no apparent reason. 1 2 3 4 5

I get colds / flu several times of year. 1 2 3 4 5

My body tends to have a feeling of heaviness. 1 2 3 4 5

I tend to feel that "something isn't working right" in my body = digestion, breathing, bowel movements or something else. 1 2 3 4 5

I tend to feel lazy. 1 2 3 4 5

I commonly have indigestion. 1 2 3 4 5

I often feel the need to spit. 1 2 3 4 5

I usually don't have an appetite. 1 2 3 4 5

I tend to feel tired or even exhausted in my body and or mind. 1 2 3 4 5

Your level of Ama

45-55 Severe

35-45 Moderate

25-35 Mild

11-25 Minimal