



everyday
EVOLUTIONS

Vikriti

AYURVEDIC QUESTIONNAIRE

Name _____ Date _____

This questionnaire is based on characteristics that can change throughout your life as they are affected by life circumstances, lifestyle, diet, age, climate, season and even the time of day. Check **ONE OR MORE DESCRIPTION** in each row that most accurately describes your current traits or tendencies. Respond to the way that you have been **MOST RECENTLY OF WITHIN THE LAST YEAR**. If none apply, leave blank.

VATA

- Eating Habits Irregular
- Sleeping Habits Irregular
- Weight Underweight
- Appetite & Thirst Dizzy or weak between meals
- Digestion Irregular - gas or burping
- Metabolism Quick
- Elimination Small, hard stools, maybe constipated
- Energy Level Fluctuates or comes in bursts
- Endurance Low - easily exhausted
- Resistance to Illness Low - often sick
- Skin Thin - dry - rough - itchy
- Joints Stiff - cracking - tearing pain

PITTA

- Regular
- Regular
- Ideal/ Steady
- 'Earned Hunger' irritable when hungry
- Can eat healthy portions
- Good
- Regular or frequent
- Moderate and Focused
- Moderate/Good
- Moderate - Occasionally Sick
- Rashes - Hives - Aggravated
- Inflamed - tender - sharp pain

KAPHA

- Over eat
- Prolonged
- Overweight
- Constant -prone to emotional eating
- Slow but regular
- Slow
- Slow but regular - thick stools, may skip days
- Low or slow pace
- High
- Strong - Rarely Sick
- Congested - edema - oily
- Aches - swollen - dull pain





VATA

- Routine** Dislikes - prefers change, movement
- Memory** Quick to memorize but absentminded
- Decision Making** Difficult - active mind
- Concentration** Spacey/ Scattered
- Speech Pattern** Quick - Talkative, high or irregular
- Personality** Enthusiastic, lively, flexible, cheerful
- Work Traits** Creative, imaginative, inventive, social
- Stress Response** Sensitive, anxious, nervous, worried
- Social Preference** Large gatherings, knows a lot of people
- Spending Habits** Impulsive - money is to be used
- Sleep Patterns** Difficulty falling asleep, wakes tired
- Food Cravings** Light or cold food, raw fruits
- Climate Preference** Tropical - dislikes dry, cold & windy

PITTA

- Prefers and will make logical changes
- Sharp memory, focused mind, recall
- Quick and decisive
- Clear/ Sharp
- Conversational - concise, fluid, orderly
- Purposeful, orderly, prepared, intense
- Efficient, organized, accurate, leader
- Strong willed, irritable, resentful
- Small and purposeful gatherings
- Budgets - money is for achieving
- Fall asleep easily, wakes alert quickly
- Spicy, salty, or fried food, sour fruit
- Cool and dry, dislikes hot

KAPHA

- Likes - resists change, seeks simplicity
- Slow to memorize but good retention
- Takes time - gathers details
- Stable/ dull
- Conservative - slow, deep voice
- Easy going, sweet natured, stable, calm
- Detailed, methodical, conservative
- In denial, withdrawn, quiet, depressed
- Time alone, loyal and lifelong friends
- Reluctant - money is to be saved
- Fall asleep quick, wake rested but slow
- Sweet, heavy, cold or oily food, dairy
- Dry and warm, dislikes, wet and cold.