

## Archetype (Dosha) Questionnaire

No.	Aspect of constitution	Vata (Air & Ether)	Pitta ( Fire & Water)	Kapha (Water & Earth)
<b>PHYSICAL INDICATORS</b>				
1	Body Weight	Low	Moderate	Heavy/Overweight
2	Frame	Thin, boney, toned, vascular	Moderate, muscular, little bit of fat	Thick with muscle and fat, veins not visible
3	Skin	Thin, tight, dry, rough, speckled, brown, black	Soft, oily, warm, fair, pinkish, yellowish	Thick, oily, cold, uniform, glowing, dark
4	Hair	Thin, kinky, black, dry, falling out	Soft, oily, yellow, grey, red, mousey	Thick, oily, wavy, glowing, dark or light
5	Nails	Brittle, chipped, bitten, brown	Soft, pink, tender	Thick, strong, bright white
6	Teeth	Protruded and crooked, either too big or small with gaps in between, gums emaciated	Moderate in size, slightly uneven, yellowish teeth, sharp canines, soft gums, often bleed	Strong, even, well developed, white.
7	Eyes	Small, lusterless, dry, itchy, brown or black, thin eyelashes	Sharp, penetrating, bright colours, green, light blue, hazel, moderate eyelashes	Big, white, attractive, blue, dark brown, thick eyelashes
8	Nose	Crooked, boney, pointy, small nostrils	Moderate in size, rounded, soft, pink, sensitive	Big, straight, strong, big nostrils, brown
<b>PHYSIOLOGICAL INDICATORS</b>				
9	Appetite	Irregular, often insufficient, moody, snacky	Good, regular, often excessive, unbearable hunger	Slow but steady, eats a lot during mealtimes
10	Taste	Sweet, sour, salty	Sweet, bitter, astringent, salty	Pungent, bitter, astringent
11	Thirst	Variable, irregular	Excessive	Irregular, often insufficient
12	Elimination	Dry, hard, constipated	Soft, oily, loose, hot, light	Thick, oily, heavy, slow, dark
13	Physical activity	Over active	Moderate	Lethargic
14	Endurance	Weak, often tired and out of breath	Moderate, explosive, tends to over exhaust	Strong, slow and steady
15	Sleep	Interrupted, often insufficient, irregular	Moderate amount but usually sound,	Heavy, deep, prolonged, tends to oversleep
16	Pulse	Feeble, irregular, moves like a snake	Moderate, strong, jumps like a frog	Broad, slow, smooth like a swan
17	Perspiration	Do not easily perspire	Easily over perspire	Perspire after steady activity
18	Temperature	Mostly cold, need to wear layers	Easily overheat	Takes a long time to heat, but stays warm
19	Saliva/Mucus	Underproduced, dry mouth	Moderate amount, lots of saliva when hungry	Excess mucus and phlegm
20	In order to relax I...	Keep myself busy	Take a cool dip	Go for a walk
	When sick it is usually...	Migraine headache, lethargy, muscle aches, diarrhea, constipation	Fever, flu, rash, heartburn, diarrhea, faintish	Asthma, cough, cold, bronchitis, congestion, respiratory
<b>MENTAL INDICATORS</b>				
22	Mind	Restless, active	Aggressive, intelligent	Calm, slow
23	Memory/ learning	Good short term memory, poor long term retention	Sharp, good short and long term	Slow to learn and retain, but once retained it stays
24	Concentration	Poor	Sharp	Slow but eventual
25	Vision	Creative, intuitive	Logical, perceptive	Patient, nurturing
<b>EMOTIONAL INDICATORS</b>				
26	Occupation	Artist, writer, freelance	Leader, teacher	Carer, counsellor
27	Faith	Changeable, indefinite	Fanatical, over-fixated	Steady, certain
28	External persona	Introverted, creative, sensitive, shy, quiet, intelligent	Extroverted, sharp, popular, intelligent, witty, competitive	Calm, light hearted, sense of humour, charismatic, kind, honest, gentle
29	Positive profile	Enthusiastic, inspired, genuine	Courageous, audacious, optimistic	Jolly, compassionate, generous
30	Negative profile	Nervous, anxious, manic, hyper, worrisome, fearful	Angry, hot tempered, judgemental, irritable, resentful, controlling, jealous	Attached, possessive, stubborn, holds grudges, greedy

### Score for overall prakriti constitution

VATA	PITTA	KAPHA
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Total:

Out of \_\_\_\_\_ total questions

Based on the values above, Your practitioner will calculate your final constitution

Breathe Ayurveda

September 2021