

Ayurvedic Consultation

The aim of this analysis is to determine your current **dosha** (body type) known as **vikruti** (meaning imbalance in sanskrit). Your **constitutional dosha** or **prakruti** is best determined by an ayurvedic doctor who is fully qualified and can conduct a diagnosis assessing your pulse, tongue,

eyes, nails, voice, urine, faeces and hereditary history.

To determine your **vikruti**, fill out the questionnaire below, basing your choices on what you observe as the most consistent over a long period of time rather than your present state. Once you have

completed the questionnaire, add up the number of tick marks under **Vata**, **Pitta** and **Kapha** to discover your **vikruti dosha**. Most of us will have one dosha predominant, a few will have two doshas equal, and the odd few will have all three doshas in equal proportion.

For your ayurvedic treatment, we will be using organic aromatic oil blends made with wild grown ayurvedic herbs. These oils are not to be taken internally or during pregnancy. If you are pregnant, please tick box if you wish us to continue with the treatment using the ayurvedic blend .

physical body

- height** tall or very short
- frame** thin, boney
- weight** low, difficult to gain
- skin** dull, dry, rough, thin, darkish, cool
- eyes** small, nervous, dark brown/grey
- hair** dark, dry, thin, kinky
- nails** brittle, rough
- voice** low or weak, quick – talkative
- walk** quick, light, hurried

physiological

- disease tendency** nervous, sharp pains, headaches, eczema dry, rash, gas/constipation
- elimination** irregular, constipated, hard, dry
- sweat** minimal
- temperature preference** craves warmth, dislikes cold and dry
- sleep** poor, disturbed
- dreams** frequent, can't remember on waking

psychological

- emotions** enthusiastic, outgoing, changeable ideas and moods
- memory** poor long-term, quick to grasp but forgets
- stress** anxious and nervous
- work** quick, imaginative, active and creative thinker, bored with routine
- lifestyle** erratic

pitta

- medium
- moderate, good muscle
- moderate
- soft, pigmented, moles/freckles, reddish, fair, warm
- focused, easily inflamed, hazel/blue/grey
- soft, fine, fair, reddish – early greying
- soft, pink
- high or sharp, moderate, clear, precise
- medium paced, purposeful
- inflammation, rashes, allergies, heartburn, ulcers, fevers
- regular, loose
- profuse, especially when hot
- loves coolness, dislikes heat and sun
- moderate but sound
- vivid, often in colour, easy to remember

kapha

- usually short, but can be tall and large
- large, well-developed
- heavy, hard to lose
- thick, oily, pale, congested, cold
- big, attractive, blue/light brown
- thick, oily, lustrous, wavy
- soft, white
- slow, maybe laboured, or deep tonal
- slow, steady, calm
- fluid retention, excess mucous, bronchitis, sinus, asthma
- slow, plentiful and heavy
- moderate – but present even when not exercising
- dislikes cold and damp, prefers heat
- heavy, prolonged, excessive
- only remembers highly significant, clear dreams

total

