

DISCOVERING YOUR PSYCHO-SOMATIC CONSTITUTION

Use the following questionnaire to determine which psycho-somatic constitution you fit into. Circle each statement which seems to describe you. To make this tool an effective approximation of your make-up consult people who are acquainted with you for a long time to cross-check certain responses you do not feel sure about. Feel free to check statements from each category, even if all three statements in a single row seem to describe you currently.

AIR TYPE—VATA	FIRE TYPE—PITTA	EARTH & WATER TYPE—KAPHA
<ol style="list-style-type: none"> 1. Performs activities quickly. 2. Quick, adaptable, indecisive. 3. Learns quickly and forgets quickly. 4. Not good at memorizing and then remembering things later. 5. Does not tolerate cold weather well. 6. Prefers warm weather. 7. Inconsistent moods and frequent mood-swings. 8. Has problem in sleeping. 9. Thin physique and does not gain weight easily. 10. Tall and lanky. 11. Enthusiast and lively by nature. 12. Prone to anxiety and nervousness. 13. Talkative and speaks quickly. 14. Cold hands and feet. 15. Light bones and prominent joints. 16. Develops gas and tends toward constipation. 17. Imaginative, creative and does not like routine. 18. Dry, thin, cold skin and prominent veins. 19. Restless and inconsistent mind. 20. Hair, scanty, coarse and dry. 21. If left unregulated, eating and sleeping habits are irregular. 22. Drawn towards physical activity. 	<ol style="list-style-type: none"> 1. Efficient, precise and orderly in activities. 2. Strong-minded and forceful manner. 3. Learns quickly and forgets slowly. 4. Does not tolerate hot weather. 5. Prefers cool and ventilated places. 6. Does not like too hot and spicy food. 7. Tends towards stubbornness. 8. Good sleep and regular bowel movement. 9. Medium build and moderately developed. 10. Moderate, good muscles & endurance. 11. Good leadership qualities. 12. Tends towards impatience and aggression. 13. Shows anger and frustration. 14. Argumentative, convincing. 15. Intelligent, critical. 16. Enjoys planning and routines. 17. Tends to be perfectionist. 18. Enjoys challenges. 19. Sharp appetite. 20. Early graying, thinning, balding hair. 21. Physical activity keeps emotions under check. 22. Easy to gain weight and easy to lose. 	<ol style="list-style-type: none"> 1. Slow, sluggish in activity. 2. Placid and calm disposition. 3. Learns slowly and forgets slowly. 4. Does not tolerate humid weather. 5. Prefers dry weather. 6. Likes sugary and heavy food. 7. Sweet-natured, forgiving and serene. 8. Heavy sleeper and finds it difficult to get up. Regular and copious bowel movement. 9. Medium to broad frame and tends towards obesity. 10. Heavy bones and good endurance. 11. Works well with routine. 12. Tends to avoid difficult situations. 13. Slow digestion and feels heavy after eating. 14. Walks in a slow and measured gait. 15. Slow and methodical in actions. 16. Loyal and consistent. 17. Physical activity makes feel lighter. 18. Slow and measured talk. Not talkative. 19. Skin thick, moist, cold, soft and oily. 20. Slow appetite. Does not mind missing a meal. 21. Thick and lush hair. 22. Good immune system.

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AIR TYPE—VATA	FIRE TYPE—PITTA	EARTH & WATER TYPE—KAPHA
23. Auditory (hearing)-oriented. 24. Low fertility. 25. Creator and theorist. 26. Feeble, fast pulse (80). 27. Intense sexual arousal, quickly expends. Fantasizes.	23. Visually-oriented. 24. Average fertility. 25. Leader and planner. 26. Strong, moderate pulse (60-80). 27. Strong sexual arousal, desires and actions matched.	23. Sensation-oriented. 24. Good fertility. 25. Negotiator and stabilizer. 26. Strong, slow pulse (60). 27. Slow sexual arousal, then passion main- tained.
SCORE _____	SCORE _____	SCORE _____

SCORING AND INTERPRETATION INSTRUCTIONS

Award one point to each statement you circled. On the basis of your final scores in each category, you can discover an approximation of your psycho-somatic make-up. In general interpretation, your dominant dosha or type would be the one with the highest score of three. E.g. if you have 3 on Air, 20 on Fire and 4 on Earth, then you are likely to be pure Fire type. However, in most cases you may come out with mixed scores: E.g. you may have 12 on Air, 8 on Pitta and 7 on Earth. This combination will be interpreted as a mixed type where all the elements are present. You should administer this questionnaire few times to get a consistent picture of your make-up. In order to be on sure footing, consult a loved one about some of the attributes you may not be sure about.

Please note that this procedure is not a medical diagnosis and its results need to be interpreted in conjunction with other observations. The complete interpretation of this procedure requires a thorough examination and observation. The above questionnaire can suggest dominant trend or approximation only. For more information, contact us at info@zenofliving.ca.