



Percentage Combination of Ayurvedic Constitution Type

In reality there is a high chance that you belong to multiple types rather than just one type of the three types, Vata, Pitta and Kapha. It is interesting to look at the percentage of these types and which questions are important to balance the right symptom or situation into the right direction.

The categorisations that are made are:

Vata - Vata Pitta - Vata Kapha - Pitta Kapha - Pitta - Kapha - Vata Pitta Kapha

In the translation of the types you could understand this as

Air Earth - Air Earth Fire - Air Earth Water - Fire Earth Water - Air Fire - Earth Water - Air Fire Earth Water.

If the constitution type is calculated in percentages, you will see how strong the three different main Ayurvedic Constitutions are. When you receive your percentages, there will also be a small written summary of your Constitution Type Combination.

You can also afterwards decide based on your Constitution Type Combination that you are interested in a personalised description of:

Your Ayurvedic Lifestyle,
Your Ayurvedic Food Advice
Personal Essential Vedic Astrology

For the Essential Vedic Astrology the following details are needed:

-Birth Date
-Birth Time
-Birth Place

If you have questions you can also ask it in an (online) consult or through email. You can also talk specifically about a certain aspect that you might want to explore deeper, based on this questionnaire or anything else that might come to mind when you fill in the answers.

Be sure to reflect on the questions, as they also can relate to you a better understanding or awareness of certain aspects in your life. When you are done with the questionnaire, you can send it to my email address.





Ayurvedic Constitution Questionnaire

1. How much hair do you have?

- ☐ Average
- ☐ Becomes Thinner
- ☐ Thick

2. What is your type of hair?

- ☐ Dry
- ☐ Normal
- ☐ Greasy

3. What is your color of hair?

- ☐ Light Brown / Blond
- ☐ Red / Red Brown
- ☐ Dark Brown / Black

4. How is your skin type?

- ☐ Dry / Rough
- ☐ Soft / Greasy
- ☐ Moist / Greasy

5. What is your temperature of the skin?

- ☐ Cold hand and feet
- ☐ Warm
- ☐ Cool





6. What is your iris diameter?

- ☐ Small
- ☐ Medium
- ☐ Big

7. What is your eye white hue?

- ☐ Blue or Brownish gloss
- ☐ Yellow or Red gloss
- ☐ White or Glossy

8. What is the size of your teeth?

- ☐ Really big or really small
- ☐ Small to average
- ☐ Average to big

9. What is the overall color of your teeth?

- ☐ Dark and colored
- ☐ Yellowish
- ☐ Pearl white

10. How is the coverage of your veins and tendons?

- ☐ Really good visible through the skin
- ☐ Reasonably good visible through the skin
- ☐ Well covered





11. How is your mental activity?

- ☐ Fast and restless
- ☐ Smart and aggressive
- ☐ Relaxed and stable

12. How is your memory capacity?

- ☐ Not that good short term memory
- ☐ Good overall memory
- ☐ Long term memory works the best

13. How do you deal with competition?

- ☐ Doesn't like competitiveness
- ☐ Driven competitor
- ☐ Can handle the pressure of competition quite well

14. How are your dreams overall?

- ☐ Fearful and flying types of dreams
- ☐ Angry, fiery and violent
- ☐ Water, clouds and relationships

15. How is your reaction to the weather?

- ☐ Doesn't like the cold
- ☐ Doesn't like the heat
- ☐ Doesn't like moist and chilly weather





16. How is your sleep quality?

- ☐ Disrupted and light
- ☐ Healthy with an average length
- ☐ Healthy and long

17. Reaction when under pressure or stress?

- ☐ Extremely fast excited
- ☐ Gets angry quite fast and changes mood (mood swings)
- ☐ Not easily irritated

18. How is your emotional reaction to stress?

- ☐ Fear
- ☐ Anger
- ☐ Indifference

19. More sensitive towards ...?

- ☐ Own feelings
- ☐ Not sensitive
- ☐ Other people's feelings

20. How does your mood change?

- ☐ Moods change quite fast
- ☐ Moods change slow
- ☐ Moods don't change, steady mood





21. When you feel threatened, what do you instinctively do?

- ☐ Run away
- ☐ You're ready to fight
- ☐ You want to make peace

22. What is your body posture?

- ☐ Small
- ☐ Average
- ☐ Big

23. How is your weight?

- ☐ You're light and don't gain that easily
- ☐ Your average
- ☐ Your heavy and gain easily

24. How is your level of endurance?

- ☐ Not that good
- ☐ Good
- ☐ Excellent

25. How is your level of physical power?

- ☐ Small
- ☐ Big
- ☐ Excellent





26. How is your feeling of hunger?

- ☐ Variable
- ☐ Sharp, needs to eat something
- ☐ Can skip meals

27. What is your food preference?

- ☐ Likes to rather eat warm with a drink
- ☐ Likes to rather drink and/or eat something cold
- ☐ Likes to rather eat something warm and dry

28. How is your speed for eating?

- ☐ Fast
- ☐ Average
- ☐ Slow

29. How are your financial spending habits?

- ☐ Not really saving, spending quite fast
- ☐ Saving but also royally spending
- ☐ Saving and likes to shape an capital

30. How is your need for sex?

- ☐ Irregular
- ☐ Moderate
- ☐ Big





31. How is your stool?

- ☐ Dry, hard, constipation
- ☐ A lot, soft, normal
- ☐ Heavy, thick, regular

32. What is your way of walking?

- ☐ Fast and quick
- ☐ Average and steady
- ☐ Slow

33. How is your voice pitch?

- ☐ High and fast
- ☐ Average
- ☐ Low and deep

34. How is your ability to learn?

- ☐ Learning fast
- ☐ Learning in average speed
- ☐ Learning slow

35. How is your attitude towards reaching goals?

- ☐ You are fast distracted
- ☐ You are concentrated and driven
- ☐ You are slow and steady





36. How is your reaction speed?

- ☐ Fast
- ☐ Average
- ☐ Slow

37. How is your attitude towards giving donations?

- ☐ Giving small
- ☐ Giving almost nothing or rarely big amounts
- ☐ Giving regularly and royally

38. How are your overall relationship experiences?

- ☐ A lot and fleeting
- ☐ Intense
- ☐ Long and deep

39. Works the best as ...?

- ☐ Under supervision
- ☐ By themselves
- ☐ In groups

40. How are your friendship experiences?

- ☐ Tendency for short friendships, easily makes friends
- ☐ Mostly by yourself
- ☐ Tendency to form long term friendships





41. How is your relationship with your partner normally?

- ☐ Dependent
- ☐ Jealous
- ☐ Safe

42. How do you express your affection?

- ☐ In words
- ☐ In buying gifts
- ☐ In showing feelings

43. When you are hurt, how do you react?

- ☐ By crying
- ☐ By getting angry
- ☐ By withdrawing

44. Emotional trauma causes ...?

- ☐ Fear, anxiety
- ☐ Denial
- ☐ Depression

45. How is your level of self confidence?

- ☐ Timid
- ☐ Self confident on the outside
- ☐ Confident from inside





46. How would you describe your running?

- ☐ Deer
- ☐ Tiger
- ☐ Bear

47. How is your pulse rate per minute?

- ☐ Women: 80-100 / ☐ Men: 70-90
- ☐ Women: 70-80 / ☐ Men: 60-70
- ☐ Women: 60-70 / ☐ Men: 50-60

