

OCT 29 - NOV 11, 2021

REJUVENATE!

EASY 14-DAY
GET-BACK-INTO
BALANCE
FALL CLEANSE

In the tradition of Ayurveda, the right balance starts with understanding your specific constitution. By taking this simple quiz, you'll begin to understand what foods to eat to achieve the lifestyle that supports your health and wellbeing.

Base your answers on how you have been feeling recently. Sometimes it helps to have a friend as you answer the questions or even fill in the chart for you, as they may be more impartial. Add up the number of marks under vata, pitta and kapha to find out what is your predominant Dosha. Most people have a dominant and secondary Dosha and sometimes all three Doshas turn out to be equal.

In our introductory call, we will discuss what each Dosha means and how to balance out your vata, pitta and kapha.

Observations	V	P	K	Vata	Pitta	Kapha
Appearance				Thin, bony, emaciated	Medium, intense	Large, sluggish
Weight				Underweight	Steady	Overweight
Joints				Cracking and popping	Tender	Swollen
Spine				Scoliosis tendency	Kyphosis tendency	Lordosis tendency, slipped disk
Muscles				Tremors, tics, spasms	Tenderness	Swelling
Skin				Dar, dry, rough, scaly, liver spots	Yellow or red, rashes, pimples, acne	Pale, oily, smooth, swelling
Lymph Nodes				Skinny	Tender inflamed	Enlarged, congested
Veins				Prominent, collapsed, empty	Bruises easily, moderate visibility	Full, wide stagnant

OCT 29 - NOV 11, 2021

REJUVENATE!

EASY 14-DAY
GET-BACK-INTO
BALANCE
FALL CLEANSE

Observations	V	P	K	Vata	Pitta	Kapha
Eyes				Dry, restless, blinking	Red, burning, hypersensitive to light	Pale, swollen, sticky, excessive lacrimation (tears)
Ears				Ringling (tinnitus)	Pain, infections	Clogged, discharge
Nose, Sinuses				Dry, crusty	Red, inflamed	Congestion
Lips				Dry, cracked	Red, inflamed	Pale, oily
Mouth				Dry, receding gums	Red, inflamed and tender gums	Excessive salivation
Teeth				Cavities, receding gums, cracked enamel	Yellow, wasted enamel	Sweet tooth, strong enamel
Tongue				Dry, cracked, tremors, dark coating	Red, inflamed, yellow coating	Pale, thick white coating
Hair				Dry, knotted, brittle	Oily, graying, bald	Oily, wavy
Nails				Dry, rough, brittle, cracked, bitten	Soft, sharp, inflamed	Pale, thick, oily
Appetite				Variable, anorexia nervosa	Strong, unbearable, hypoglycemia	Low, steady

OCT 29 - NOV 11, 2021

REJUVENATE!

EASY 14-DAY
GET-BACK-INTO
BALANCE
FALL CLEANSE

Observations	V	P	K	Vata	Pitta	Kapha
Digestion				Irregular, gas and bloating	Quick, acid indigestion	Slow, prolonged, indigestion
Metabolism				Irregular	Hyperactive	Slow
Thirst				Variable	Strong	Low
Elimination				Constipation, dry, hard stools	Loose stools, diarrhea, burning	Heavy, oily stools and mucous
Energy Level				Hyperactive, exhausts quickly	Intense, exhausts from excessive thinking	Low, exhaustion due to excess weight
Sex Drive				Premature orgasm	Painful sex	Low libido
Liver & Spleen				Palpable (double normal size)	Tender	Enlarged, fatty degenerative changes
Voice				Dry, exhausted, explosive, whispering, stuttering	Sharp, penetrating, metallic	Deep, horse, drum-like
Speech				Rapid, abrupt, unclear ideas	Sharp, determined, premeditated	Slow, monotonous

OCT 29 - NOV 11, 2021

REJUVENATE!

EASY 14-DAY
GET-BACK-INTO
BALANCE
FALL CLEANSE

Observations	V	P	K	Vata	Pitta	Kapha
Breathing				Nervous, diaphragmatic, (sympathetic nervous system)	Aggressive, intercostals, tight in chest	Slow, abdominal, apnea tendency
Allergies				Dry wheezing, breathlessness	Hives, rashes, urticaria	Congestion, runny nose
Sleep				Insomnia, broken	Difficult entering, insufficient	Excessive, drowsiness
Dreams				Penty, active, fearful	Fiery, violent	Watery, romantic
Emotions				Anxiety, fear, loneliness	Judgement, criticism, anger, hate, jealousy	Attachment, greed, depression
Intellect				Fast but faulty response	Abrupt but accurate response	Slow but exact response
Memory				Recent good, remote poor	Moderate, distinct	Slow, remote, very good
TOTAL (each column for VPK)						

Tally your answers and we will discuss at the end of our first call.

OCT 29 - NOV 11, 2021

REJUVENATE!

EASY 14-DAY
GET-BACK-INTO
BALANCE
FALL CLEANSE

1994, 2016 excerpted from Ayurvedic Cooking for Self-Healing by Usha and Dr. Vasant Lad
The Ayurvedic Institute - 11311 Menaul Blvd NE - Albuquerque, NM 87112 - 505.291.9698 - Ayurveda.com