

MIND-BODY TYPE EVALUATION FORM

Instructions: For each subject, check the one answer that describes you best.

SUBJECT	VATA	PITTA	KAPHA
HAIR: Amount	average	thinning	thick
Type	dry	medium	oily
Color	light brown	reddish/gray	dark brown, black
SKIN	dry, rough	soft, medium oily	oily, moist
COMPLEXION	darker	pink to red	pale, white
EYES	small	medium	large
WHITES OF EYES	blue or brown	yellow to red	white and glossy
SIZE OF TEETH	very large or very small	small to medium	medium to large
TEETH	shaded	yellowish	pearl white
MENTAL ACTIVITY	quick mind, restless	sharp intellect, aggressive	calm, steady, stable
MEMORY	short term is best	good general memory	long term is best
EXERCISE TOLERANCE	low	medium	high
DREAMS	___ fearful, flying, running, jumping	___ anger, fiery, violent	___ water, clouds, relationships, romance
WEATHER	aversion to cold	aversion to hot	aversion to damp, cool
SLEEP	interrupted, light	sound, medium length	sound, heavy, long
REACT TO STRESS	excite very quickly	anger easily, quick temper	slow to get irritated
RESTING PULSE RATE (beats/min.)			
MEN	___ 80-100	___ 70-80	___ 60-70
WOMEN	70-90	60-70	50-60
BODY SIZE	small frame	medium frame	large frame
WEIGHT	thin hard to gain	medium weight	heavy, easy to gain
ENDURANCE	poor	good	excellent
STRENGTH	poor	good	excellent
HUNGER	irregular	sharp, needs food	can easily miss meals
FOOD & DRINK	prefer warm	prefer cold	prefer dry & warm
EAT	quickly	medium speed	slowly
FINANCIAL	___ does not save, spends quickly	___ saves but big spender	___ saves regularly, accumulates wealth
SEX DRIVE	variable, irregular	moderate	strong
ELIMINATION	dry, hard, constipation	many soft to normal	heavy, slow, thick, regular
WALK	fast, quickly	average	slow & steady
VOICE	high pitch, fast	medium pitch, clear	low pitch, deep, resonating
MOODS	change quickly	slowly changing	steady, unchanging