

TRIDOSHA QUESTIONNAIRE

VATA

	1	2	3	4	5	6
I perform activity very quickly						
I am NOT good at memorizing things and then remembering them later						
I am enthusiastic and vivacious by nature						
I have a thin physics - I do not gain weight easily						
I have always learned new things very quickly						
I am quick and light when walking						
I tend to find it difficult to make decisions						
I tend to develop gas and/or get constipated easily						
I tend to have cold hands and feet						
I get anxious or worried a lot						
I do not like the cold weather						
I speak quickly, and my friends think that I am talkative						
My moods change easily						
I often have difficulty falling asleep, or sleep lightly						
My skin tends to be very dry, especially in winter						
My movements are quick but my energy comes in burst, and then I can flag						
I am easily excitable and can over react on occasions						
Left on my own my eating and sleeping habits tend to be irregular						
My mind is active, sometimes restless, but also very imaginative						

PITTA

	1	2	3	4	5	6
I consider myself to be very efficient						
In my activities, I tend to be extremely precise and orderly						
I am strong minded and have a somewhat forceful manner						
I feel uncomfortable or become easily fatigued in hot weather - more so than most people						
I tend to perspire easily						
Even though I might not always show it, I become irritable or angry quite easily						
If I skip a meal, or a meal is delayed I become uncomfortable						
I have a strong appetite; if I want to, I can eat quite a large quantity						
Many people consider me stubborn						
I am very regular in my bowel habits - it would be more common for me to have loose stools rather than constipation						
I become angry quite easily, but then quickly forget about it						
I am very fond to feel a room is too hot rather than too cold						
I don't tolerate foods that are very hot and spicy						
I enjoy challenges and when I want something I am very determined in my efforts to get it						
I tend to be quite critical of others and also of myself						

KAPHA

	1	2	3	4	5	6
My natural tendency is to do things in a slow and relaxed fashion						
I gain weight more easily and loose it more slowly than most people						
I have a placid and calm disposition - I am not easily ruffed						
I can skip meals easily without any significant discomfort						
I have a tendency towards excess mucus, phlegm, chronic congestion, asthma or sinus problems						
I MUST get at least eight hours of sleep in order to be comfortable next day						
I sleep very deeply usually						
I am calm by nature and not easily angered						
I do not learn as quickly as some, but have excellent long term memory if someone slights me badly I never forget						
I store extra fat easily						
Weather that is cold and damp bothers me						
My hair is thick, dark and wavy						
I have smooth soft skin with a somewhat pale complexion						
I have a large solid body frame						
The following words describe me: serene, sweet natured, affectionate and forgiving						
I have a slow digestion, which can make me feel heavy after eating						
I have very good stamina and physical endurance, as well as a steady level of energy						
I generally walk with a slow measured gait						
I have tendency towards oversleeping, grogginess upon walking, and am generally slow to get going in the morning						
I am a slow eater, and am slow methodical in my actions						

Length of Use

	Less than a month	1-6 months	7-11 months	1-3 years	Over 3 years	Never used
How long have you used our service?						

Frequency of Use

	Once a week	More than once a week	2 to 3 times a month	Once a month	Less than once a month
How often do you use our product / service?					

What aspect of the service were you most satisfied by?

Quality

Price

Customer service

What do you dislike about our service?