

# Ayurvedic Self-assessment Guide

Score yourself 0-5: strong 'Yes' = 5

	VATA		PITTA		KAPHA	
1	Do you have dry skin?		Do you sunburn easily?		Can you control hunger normally?	
2	Do you talk a lot?		Do you suffer from sweat, bad smell?		Are you known for your strong, youthful hair?	
3	Are you a light sleeper?		Is it hard for you to control your appetite?		Do you have excellent memory?	
4	Do you have dry, brittle hair?		Do you get pimples or acne?		Do you maintain good relations with friends and enemies?	
5	Do you keep opening your eyes while sleeping?		Does your body and nature feel hot?		Are you frequently late for appointments?	
6	Do you chew your nails?		Are you a bit too fond of eating?		Are you slow to feel passionate?	
7	Are your joints creaky?		Do you have interest in competitions and adventurous tasks?		Do you have a calm temperament?	
8	Do you get sick easily?		Do you take name and fame a bit seriously?		Is it hard for you to feel inspired about work?	
9	Are you always in hurry?		Has your hair turned grey at an early age?		Do you like indoor games more than outdoor games?	
10	Do you feel very tired while doing work?		Do you like roam in gardens?		Can you sleep peacefully even in times of a lot of tension?	
	<b>TOTAL (VATA)</b>		<b>TOTAL (PITTA)</b>		<b>TOTAL (KAPHA)</b>	

## Quick Guide to Eating for Health

Menu Item	Age			Constitution		
	CHILD	ADULT	OLD	VATA	PITTA	KAPHA
Millet kichardi	+++	++	+++	+++	++	+
Corn chapati	++	+++	++	+	+	++
Bhazi of cheel	+	++	+++	+	++	+++
Kadhi	+	++	++	+	+	++
Garlic/Coriander Chutney (green)	+	++	++	++	++	++
Garlic Chutney (red)	-	++	++	++	+	+++
Rab of corn	+++	+++	+++	++	+	+++
Corn papad	++	++	++	++	+	+++
Saffron milk	++	+++	+++	+++	++	++

*Note: This chart assumes you are eating in the evening, in the late autumn season. There are many variables in proper nutrition, according to Ayurvedic principles, so expert advice is always a good idea.*

## चिकित्सक के लिए प्रपत्र

वात

1. कृश काय / कण्डरा सिरा स्पष्ट ।
2. रूक्ष घूसर वर्ण / रूक्ष, घूसर अल्प केश ।
3. चंचल और तेज रहित नैत्र ।
4. क्षीण / कर्कश / रूक रूककर वाणी ।
5. पक्ष्म अल्प व तनु ।

पित्त

1. शिथिल काय
2. पिंगल / तेजस्वी रूप ।
3. तिल कालक न्यच्छ व्यंग पिडका वाली त्वचा ।
4. अल्प / कपिल केश ।
5. पैनी दृष्टि ।

कफ

1. सुगठित / विशाल / मांसल शरीर ।
2. स्निग्ध / प्रसन्न ।
3. गौर/शुक्ल/प्रसन्न/स्निग्ध वर्ण ।
4. स्थूल/चमकीले/स्निग्ध केश ।
5. अल्प चेष्टा

	नाम रेसिपी	उम्र के अनुसार उपयुक्तता			दोषों के अनुसार उपयुक्तता		
		बच्चा	जवान	वृद्ध	वातदोष	पित्तदोष	कफ दोष
१	बाजरे की खिचड़ी	+++	++	+++	+++	++	+
२	मक्की की रोटी	++	+++	++	+	+	++
३	चील की भाजी	+	++	+++	+	++	+++
४	कढ़ी	+	++	++	+	+	++
५	हरी चटनी	+	++	++	++	++	++
६	लाल चटनी	-	++	++	++	+	+++
७	मक्का की राब	+++	+++	+++	++	+	+++
८	मक्का की पपड़ी	++	++	++	++	+	+++
९	केसर का दूध	++	+++	+++	+++	++	++



<http://www.ethicalfeast.in>