

TAKING CHARGE FROM THE INSIDE OUT AYURVEDIC BODY TYPE

The Ayurvedic health system, developed in India, is over 5000 years old. This holistic health approach assesses body types based on inborn constitutional factors. It is believed that these body types indicate one's mental and physical health characteristics and vulnerabilities to stress. Check off the box that most pertains to you and your current or past physical characteristics. When completed, add the checked items in each column, so that there are three subtotals. All bodies carry elements of the three types; generally there is a predominance of one or two. Your health may be modulated by the predominant body type.

	Body Type #1	Body Type #2	Body Type #3
PHYSICAL FRAME	<input type="checkbox"/> Thin, tall, short, small-boned	<input type="checkbox"/> Moderate	<input type="checkbox"/> Thick, well developed, large-boned
BODY WEIGHT	<input type="checkbox"/> Low, prominent bone	<input type="checkbox"/> Moderate, good muscles	<input type="checkbox"/> Tends to heavy
SKIN	<input type="checkbox"/> Dry, rough, cool, brown, cracked, prominent veins	<input type="checkbox"/> Soft, oily, warm, peach, fair, sensitive, red, moles, skin eruptions	<input type="checkbox"/> Thick, oily, strong, prone to acne
HAIR	<input type="checkbox"/> Black, dry, curly, frizzy, rough ends, blond, ash brown	<input type="checkbox"/> Soft, oily, reddish tones, baldness, early graying	<input type="checkbox"/> Thick, oily, strong, dark brown
EYES	<input type="checkbox"/> Small, dry, brown, blue, black	<input type="checkbox"/> Sharp, penetrating, green, grey, yellow	<input type="checkbox"/> Big, blue, attractive, thick eyelashes
LIPS	<input type="checkbox"/> Thin, dry	<input type="checkbox"/> Soft, medium	<input type="checkbox"/> Large, smooth
STRENGTH	<input type="checkbox"/> Low, poor endurance, starts/stops quickly	<input type="checkbox"/> Medium, intolerant of heat	<input type="checkbox"/> Strong, good endurance
PHYSICAL	<input type="checkbox"/> Very active	<input type="checkbox"/> Moderate	<input type="checkbox"/> Less active
MIND	<input type="checkbox"/> Active, restless	<input type="checkbox"/> Aggressive, intelligent strong minded	<input type="checkbox"/> Calm, strong
EMOTIONAL TEMPERAMENT	<input type="checkbox"/> Fearful, unpredictable	<input type="checkbox"/> Aggressive, irritable, jealous	<input type="checkbox"/> Calm, attached
MEMORY	<input type="checkbox"/> Recent memory good, remote memory poor	<input type="checkbox"/> Sharp	<input type="checkbox"/> Slow but sustaining
SPEECH	<input type="checkbox"/> Fast	<input type="checkbox"/> Sharp	<input type="checkbox"/> Slow
SLEEP	<input type="checkbox"/> Scanty, interrupted	<input type="checkbox"/> Little, but sound	<input type="checkbox"/> Deep and prolonged
ILLNESS TENDENCY	<input type="checkbox"/> Constipation, arthritis, nervous disorders	<input type="checkbox"/> Inflammatory disease, hypertension, skin infections, headaches	<input type="checkbox"/> Respiratory, edema,
TOTAL CHECKS	_____	_____	_____

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**TAKING CHARGE FROM THE INSIDE OUT
PHYSICAL AND MENTAL HEALTH VULNERABILITIES OF DIFFERENT BODY TYPES**

Body Type #1

Characteristics When Unbalanced

Under stress or threat has a tendency toward anxiety and the flight response
Sensitive to cold
Fatigue/exhaustion
Pain in joints of lower body, e.g., hips, knees, feet
Sensitivity to pain
Restlessness
Dysfunction of sensory organs
Tendency to insomnia
Tendency to nausea as reaction to loss
Tendency to constipation
Location of body prone to disease or imbalance: Lower part
Sensitive to stress
Tendency to aches and pains in joints of lower body

Body Type #2

Characteristics When Unbalanced

Under stress or threat has a tendency toward anger and the fight response
Sensitive to heat
Heart reactions to anger
Cardiovascular problems, e.g. high blood pressure, high cholesterol
Sensitive to hot and sharp food
Indigestion after eating
Headaches
Tendency toward pain in joints of upper body, e.g. shoulders, elbows, wrists
Overheating of muscles

Body Type #3

Characteristics When Unbalanced

Under stress or threat tends toward adaptability and going with the flow
Sensitive to cold and dampness
Body location prone to illness: Lungs
Loss of appetite or overeating
Abdominal distention
Indigestion discomfort
Tendency to vomiting
Feeling of heaviness
Tendency to obesity
Tendency to infections
Edema

For additional resources in the use of this questionnaire and body type tendencies refer to *Perfect Health* written by Deepak Chopra. Harmony Books, 1991.

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