

Eat. Heal. Evolve.

Personalise your health with Ayurveda





AYURVEDA ONLINE COURSE

1 = not at all -----> 3 = definitely

- | | |
|--|---|
| <input type="checkbox"/> I have a quick mind and grasp new ideas easily. | <input type="checkbox"/> I dislike routine, and enjoy being spontaneous. |
| <input type="checkbox"/> I forget things very quickly, my short-term memory is best. | <input type="checkbox"/> I can skip meals or forget to eat. |
| <input type="checkbox"/> My hair tends to be coarse, dry, dark or curly. | <input type="checkbox"/> My digestion is irregular, with gas or bloating. |
| <input type="checkbox"/> I get restless, and like to be on the move doing new exciting things. | <input type="checkbox"/> My feet and hands tend to feel cold. |
| <input type="checkbox"/> I am often in a hurry, rushing from one thing to another. | <input type="checkbox"/> My skin tends to be thin and dry with prominent veins. |
| <input type="checkbox"/> I tend to be thin and find it difficult to put on weight. | <input type="checkbox"/> I am very creative, with a good imagination. |
| <input type="checkbox"/> I speak quickly in an enthusiastic and excitable way. | <input type="checkbox"/> I like travelling, art, music, dancing and going out. |
| <input type="checkbox"/> I can be overly sensitive and emotional, and easily feel hurt. | <input type="checkbox"/> I spend money quickly and impulsively. |
| <input type="checkbox"/> Under stress I tend to become fearful, nervous or worried, sometimes all three. | <input type="checkbox"/> My joints are thin, protruding, with a tendency to dryness and cracking. |
| <input type="checkbox"/> I am a light sleeper, often waking up early, or have difficulty sleeping generally. | |
| <input type="checkbox"/> I prefer warm weather and easily feel the cold. | |

Vata Score



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I am intelligent with a discriminating and precise mind.

I am task-orientated and tend to be competitive.

I have a good memory and can recall things clearly and accurately.

I have a good appetite and can eat a large meal if I want to.

My hair is fine and straight, with a tendency to early thinning or greying.

I have a tendency to get acid indigestion or heartburn.

I am purposeful and take pride in my work.

During activity I get hot, thirsty and perspire easily.

I like to finish a task, and do not like to stop once I have started.

My skin is warm and reddish and prone to sunburn.

I have a medium build and moderately good physique.

I am technically-minded and can find solutions to problems.

I am concise and clear in my communication.

I like sports, keeping fit, debates or politics.

I am dynamic, strong-willed and can be forceful in nature.

I like to look good and spend money on luxuries.

Under stress I can become impatient or angry.

I sleep well and feel rested with 6-7 hours of sleep.

My joints are moderately strong, loose and flexible.

I usually feel warm, but sometimes hot and bothered. I prefer cooler weather.

Pitta Score



AYURVEDA ONLINE COURSE

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I tend to learn things slowly but surely.

I have a tendency to overeat and may feel heavy or tired after a meal.

Once I have learnt something, I tend to remember it for a long time.

I am prone to get nasal congestion and blocked up with excess mucus.

My hair tends to be abundant, thick and wavy.

My hands are cool and normally moist.

I am easy-going and happy to support others.

My skin is cool but thick and smooth.

I prefer to work at a steady and comfortable pace.

I am methodical, steady and business minded.

I have a heavy build and can easily put on weight, which is difficult to lose again.

I like gardening, staying at home or cooking.

I am a good listener, and sensitive to others.

I like to save money and make things last.

I tend to be forgiving and kind-natured.

My joints are strong, large and well formed.

I deal with stress by withdrawing or walking away.

I sleep deeply and need at least 8 hours a night.

I like warm weather or to wrap up by the fire.

I like routine and I don't like change.

Kapha Score