



# **Nicola Turner Ayurveda**

NAMA Certified Ayurvedic Practitioner, CMT, Yoga Teacher

[www.nicolaturnerayurveda.com](http://www.nicolaturnerayurveda.com)

## **Constitutional Questionnaire**



## Nicola Turner Ayurveda

# Constitutional Questionnaire

### *Complete the Following*

1. For each category, please **mark with an "X"** the option (season) that best describes you. If you feel you can equally relate to more than one of the descriptions, **BOLD** or **highlight** all that apply to you.
2. When taking the questionnaire, select the description that best fits how you most recently are—within the past few weeks.
3. After finishing a profile: for each column, tally up how many descriptions you **marked or BOLDED/highlighted**. This number goes in the Subtotal row at the bottom of each profile.
4. After finishing the entire survey, please record all your profile totals in the Totals Chart.

### *Totals Chart*

Profile	WINTER	SUMMER	SPRING
Mental			
Behavioral			
Emotional			
Physical			
Fitness			
<b>Total</b>	_____	_____	_____

*Your Primary Body Type is the column you scored highest in.*



## Nicola Turner Ayurveda

### Mental Profile Table

In the table below mark with an “X” all that apply and tally up your score in the last Subtotal row.

Category	WINTER	SUMMER	SPRING
Mental activity	Quick mind, restless	Sharp intellect	Calm, steady, stable
Memory	Short-term best	Good general memory	Long-term best
Thoughts	Constantly changing	Fairly steady/Intense	Steady, stable, fixed
Concentration	Short-term focus best	Better than average mental concentration	Good ability for long-term focus
Ability to learn	Quick grasp of learning	Medium to moderate grasp	Slow to learn new things
Dreams	Fearful, flying, running, jumping	Angry, fiery, violent, adventurous	Include water, clouds, relationships, romance
Sleep	Interrupted, light	Sound, medium	Sound, heavy, long
Speech	Fast, sometimes missing words	Fast, sharp, clear-cut	Slow, clear, sweet
Voice	High pitch	Medium pitch	Low pitch
<b>Subtotal:</b>	_____	_____	_____



## Nicola Turner Ayurveda

### Behavioral Profile Table

In the table below mark with an “X” all that apply and tally up your score in the last Subtotal row.

Category	WINTER	SUMMER	SPRING
Eating Speed	Quick	Medium	Slow
Hunger Level	Irregular	Sharp, needs food when hungry	Can easily miss meals
Food and Drink	Prefers warm	Prefers cold	Prefers dry and warm
Achieving Goals	Easily distracted	Focused and driven	Slow and steady
Giving Donations	Gives small amounts	Gives nothing, or large amounts infrequently	Gives regularly and generously
Relationships	Many casual	Intense	Long and deep
Sex Drive	Variable or low	Moderate	Strong
Works Best	While supervised	Alone	In groups
Weather Preference	Dislikes the cold	Dislikes the heat	Dislikes the damp, cool
Reaction to Stress	Excites quickly	Medium	Slow to get excited
Financial	Doesn't save, spends quickly	Saves, but big spender	Saves regularly, accumulates wealth
Friendships	Tends toward short-term friendships, makes friends quickly	Tends to be a loner, friends related to occupation	Tends to form long-lasting friendships
<b>Subtotal:</b>	_____	_____	_____



## Nicola Turner Ayurveda

### Emotional Profile Table

In the table below mark with an “X” all that apply and tally up your score in the last Subtotal row.

Category	WINTER	SUMMER	SPRING
Moods	Change quickly	Change slowly	Steady, unchanging
Reacts to stress with	Fear	Anger	Indifference
More sensitive to	Own feelings	Not sensitive	Others' feelings
When threatened, tends to	Run	Fight	Make peace
Relations with spouse or partner	Clingy	Jealous	Secure
Expresses affection	With words	With gifts	With touch
When feeling hurt	Cries	Argues	Withdraws
Emotional trauma causes	Anxiety	Denial	Depression
Confidence level	Timid	Outwardly self-confident	Inner confidence
<b>Subtotal:</b>	_____	_____	_____



## Nicola Turner Ayurveda

### *Physical Profile Table*

In the table below mark with an “X” all that apply and tally up your score in the last Subtotal row.

Category	WINTER	SUMMER	SPRING
Amount of hair	Average	Thinning	Thick
Hair type	Dry	Normal	Oily
Hair color	Light brown, blonde	Red, auburn	Dark brown, black
Skin	Dry, rough, or both	Soft, normal to oily	Oily, moist, cool
Skin temperature	Cold hands/feet	Warm	Cool
Complexion	Darker	Pink-red	Pale-white
Eyes	Small	Medium	Large
Whites of eyes	Blue/brown	Yellow or red	Glossy white
Size of teeth	Very large or very small	Small-medium	Medium-large
Weight	Thin, hard to gain	Medium	Heavy, gains easily
Elimination	Dry, hard, thin, easily constipated	Many during day, soft to normal	Heavy, slow, thick, regular
Resting pulse:			
Men	70-90	60-70	50-60
Women	80-100	70-80	60-70
Veins and tendons	Very prominent	Fairly prominent	Well covered
<b>Subtotal:</b>	_____	_____	_____



## Nicola Turner Ayurveda

### *Fitness Profile Table*

In the table below mark with an “X” all that apply and tally up your score in the last Subtotal row.

Category	WINTER	SUMMER	SPRING
Exercise tolerance	Low	Medium	High
Endurance	Fair	Good	Excellent
Strength	Fair	Better than average	Excellent
Speed	Very good	Good	Not so fast
Competition	Doesn't like competitive pressure	Driven competitor	Deals easily with competitive pressure
Walking speed	Fast	Average	Slow and steady
Muscle tone	Lean, low body fat	Medium, with good definition	Brawny/bulky, with higher fat percentage
Runs like	Deer	Tiger	Bear
Body size	Small frame, lean or long	Medium frame	Large frame, fleshy
Reaction time	Quick	Average	Slow
<b>Subtotal:</b>	_____	_____	_____