

## DOSHA FORM

Welcome to Sedona Wellness. Your treatment today is an introduction to the benefits of the Ayurvedic lifestyle and has been uniquely modified for this environment, allowing you an individual experience of bliss.

Ayurveda is the ancient wisdom of life practice from eastern India. It is a 5,000 years old tradition with roots stemming from what is considered to be the original language, Sanskrit. Ayurveda teaches the wisdom of life, a life filled with balance, purpose and vitality. As is the individual, so is the universe. The forces that govern the elements of nature are the same ones that exist within us and are all around us consisting of *space, air, fire, water, and earth*. These five elements arrange themselves into the three principles of *movement, transformation and protection*. These profound principles are known in Ayurveda as *Dosha's* ; Vata, Pitta and Kapha.

**Please take a moment to fill out the following questionnaire, circling all that apply.**

Season \_\_\_\_\_ Current weather \_\_\_\_\_

**Section one describes how I have been throughout most of my life.**

My body frame is:	Slender	Medium	Large
My body weight is:	Low	Normal	Overweight
My eyes are:	Small, Active	Sharp, Bright	Big, Calm
My skin is:	Dry, Cold	Smooth, Warm	Thick, Oily
My hair is:	Brittle, Thin	Straight, Thinning	Thick, Luxuriant
My joints are:	Small, Dry	Medium, Strong	Large, Lubricated
My appetite is:	Irregular	Strong	Steady
My digestion is:	Changeable	Fast	Slow
I am physically:	Very active	Powerful	Lingering
I am mentally:	Hyperactive	Focused	Consistent
I am intellectually:	Quick	Accurate	Exact
My sleep is:	Irregular	Deep	Prolonged

**Section two describes how I have been feeling recently.**

My appearance is:	Thin	Medium	Sluggish
I am:	Underweight	Normal weight	Overweight
My skin is:	Dry, Spots	Red, Rashes	Oily, Congested
My muscles are:	Spasming	Tender	Swollen
My appetite is:	Variable	Hypo/Hyper	Low
My elimination is:	Constipated	Loose	Heavy
I experience:	Gas & bloating	Acid indigestion	Slow metabolism
My energy level is:	Hyperactive	Intense	Reduced
My intellect is:	Fast, Faulty	Abrupt, Accurate	Slow, Dulled
My spiritual practice is:	Regular	Irregular	Never

VATA \_\_\_\_\_ PITTA \_\_\_\_\_ KAPHA \_\_\_\_\_