PRAKRUTI (Body Type Test) & DHATU (Tissues) ANALYSIS

Prakruti Test:

The Prakruti test that you will be undertaking now is the test of Ayurvedic Medicine. It help you to identify and better understand your own unique structure. The results will help you live a happier and healthier life. Please pay attention to the following issues for better results.

*Be honest in your answers.

*Respond to what you are, not what you want to be.

*Mark the feature that is predominant in your entire life, not the most recent one. *Answer all questions.

*Choose the answer that best describes you

This test is not a substitute for our doctor's Ayurvedic examination. Your exact structure and possible discomforts can be understood only after you have been examined by our doctor.

We recommend that you keep your test result for your health records and bring it along when you arrive for your doctor's examination.

We kindly ask you to reply and send us an e-mail before checking in to our hotel.

Vata Body Type

0 1 2 3

- 1. I learn new things quickly and I forget them quickly.
- 2. I'm constantly thinking about something.
- 3. I have an active personality; I don't like to stop for a minute.
- 4. I get bored quickly.
- 5. I am generally in an anxious mood.
- 6. My mood changes very easily.
- 7. I am creative.
- 8. My skin tends to be dry, especially in winter.
- 9. I usually have a slim body build; I don't gain weight easily.
- 10.1 have bowel irregularities.
- 11. My eating and sleeping habits are irregular.
- 12. Usually, my hands and feet are cold.
- 13.I hardly fall asleep; I have a light sleep at night.

Pitta Body Type

0 1 2 3

- 1. My will is very strong, and I am strong to some extent.
- 2. Hot weather makes me uncomfortable.
- 3. I get angry easily, even if I don't always show it.
- 4. I'm impatient.
- 5. I get angry easily, but then I calm down quickly.
- 6. I am extremely meticulous and organized in my activities.
- 7. My hair turned grey prematurely.
- 8. I get annoyed if I miss or delay a meal.
- 9. I like to be challenged and I get what I want.

10.1 am not as tolerant of disagreements as I should be.

11.1 criticize both others and myself.

12. My bowels empty regularly.

13.1 sweat easily.

Kapha Body Type

0 1 2 3

1- I can easily skip meals without significant discomfort.

2- I sleep very deeply.

3- I don't learn as fast as other people, but I have a strong memory.

- 4- According to many people, I gain weight easily and lose it more difficult.
- 5- I have a tendency to oversleep, I can't wake up in the morning.
- 6- I speak in a soft tone.
- 7- People say I have a calm, loving and forgiving personality.

8- My digestion is slow and I feel heavy after meals.

9- I have soft, moist and smooth skin.

- **10-** I eat slowly, I am slow and level in my activities.
- 11- I am physically very strong and resilient.
- 12- I am generally calm, not easily angered.

13- Cold and humid weather bothers me.

Dhatu (Tissues) Questionnaire:

Please tick the sentences that are true for you. Yes answers indicate the accumulation of ama (toxin) in the tissue in question.

RASA: blood, serum or plasma

Extremely dry skin.....

Premature greying of hair..... Skin wrinkles that appear at an early age.....

Chronic mucous secretions and excessive congestion.....

Variable energy levels if you feel weak and tired.....

Intermittent vaginal dryness in women...

For women: history of ovarian cysts (fluid-filled type only)

For women: a cyst in the breast (fluid-filled type only)

Chronic skin disorders: inflammation, acne, rash, hives, etc. Gallstones, history of gallbladder removal..... Haemorrhoid bleeding Extreme thirst Women experience intense hot flashes and extreme heat sensations... For women: severe menstrual bleeding

3. MAMSA: muscles

Chronic muscle fatigue, aches Tonsil and lymph node swelling in the neck... Frequent ear canal obstruction, eczema, itching Extremely dry lips and chapped lips A history of myoma(s) in women... For women, fibrous lumps or cysts in the breast

4. Meda: fat, hormone and carbohydrate metabolism

Weight gain of at least 5 kg in a short period of time... Inability to lose weight even by dieting High cholesterol Diabetes or high blood sugar Unpleasant sweat and body odour Cysts on the skin or under the scalp (oily type) Diagnosed with thyroid diseases Night sweats are common... For women: hot flashes, sweating For women: sebaceous cysts in the breast

5. ASTHI: bone, cartilage, hair and nails

Osteoporosis, also known as osteopenia, is characterized by low bone density (osteopenia). Dry hair, lack of shine, hair ends split Excessive tooth decay and tooth weakness Weak nails, breaks, cracks Chronic joint pain and arthritis Deep bone pain

6. MAJJA: nervous tissue and immune system

Chronic infections, low resistance Dryness on the upper lids of the eyes Excessive secretions in the eyes Difficulty concentrating, concentrating, feeling lost Frequent problems with tendons, chronic tendinitis Usually feeling dizzy and faint

7. SHUKRA: reproductive tissues (sperm, egg and supporting tissue)

Infertility Low sexual drive Lack of vitality, pale and tired looking face Dullness and uncertainty in the eyes For women: multiple miscarriages Vaginal dryness