

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. I 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.

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

