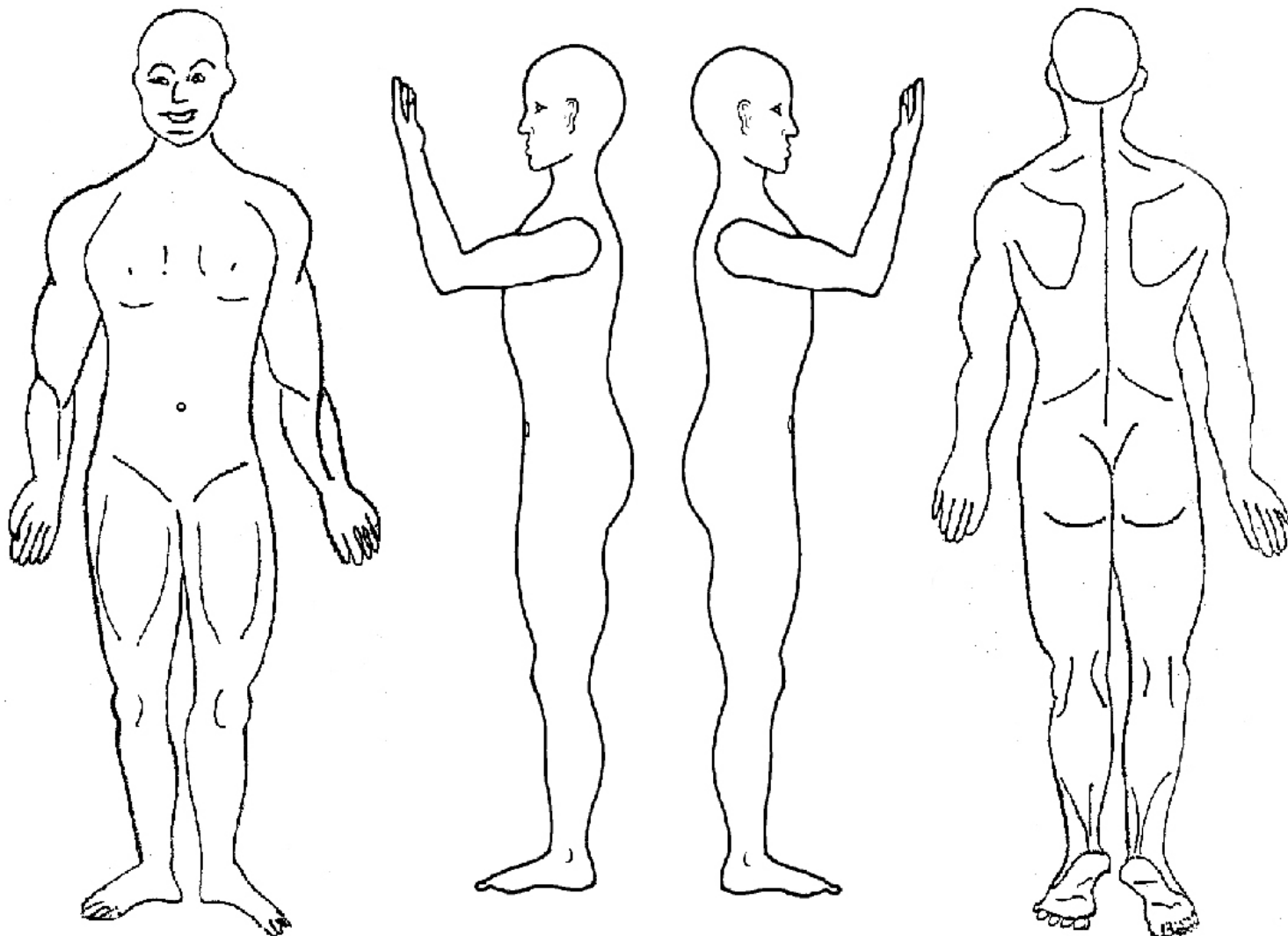


Scar/Trauma Chart

Name: _____

Date: _____



Directions

All Scars. Please draw a red line on the drawing where you have scars, even if they are very old. Don't forget C-sections, vaccination scars, episiotomies, surgeries, earring puncture holes, tattoos, facelift scars, vasectomies, all injection sites (no matter how long ago), old burn areas, etc.

All Trauma Areas. Please put a red X where you have had trauma even if it is very old. Don't forget previous sprains, burns, falls, whiplash (from auto accidents), radiation, etc.

Internal Metal: Please draw a circle on the drawing if you have any type of internal metal objects, such a surgical steel pin, metal plate, hip replacement, surgical wire mesh, etc.

Date of injury and type of injury. Draw a line from each of the above injury areas and print the type of injury and approximate date of injury. (For example, draw a line from a shoulder trauma area and print "car accident, 1988.")

The Three Body Types

Identifying Your Constitution

To learn your basic Ayurvedic constitution type (called a “dosha”), please rate the following traits as they have pertained to you in the last 2 to 3 years.

Answer each number and be sure to put a number in all 3 blanks per line, even if it is “0”.

0 = Doesn't describe me at all
1 = Describes me a little
2 = Describes me quite well
3 = Describes me almost perfectly

	VATA	PITTA	KAPHA
1. My hair texture tends to be:	Dry, curly wavy, shiny	Straight or fine	Thick or full bodied
2. My hair color is:	Medium or or light brown	Blond or reddish tone or early gray	Dark brown or black
3. My skin tends to be:	On the dry side	Delicate or sensitive	Oily or smooth
4. My complexion (when compared with others of my race) is:	Darker	More reddish or freckled	Lighter
5. Compared with others of my height, I have:	Smaller bones	Average- size bones	Larger bones
6. My weight is:	Thin; I don't gain weight	Average	Heavy
7. My energy level:	Tends to fluctuate, may be high or low	Is moderate to high; I can push myself too hard	Is steady
SUBTOTALS:	VATA =	PITTA =	KAPHA =

	VATA	PITTA	KAPHA
8. Regarding temperature, I:	Dislike cold; am comfortable in heat	Dislike heat, perspire easily, like cool temperatures	Dislike damp and cold, can tolerate ex- tremes well
9. My typical hunger level:	Can vary from excessive to no interest in food	Is intense; I need regular meals	Is usually low but can be emotionally driven
10. I prefer my food/drinks:	Warm or moist or oily	Cold	Warm or dry
11. I generally eat:	Quickly	Moderately fast	Slowly
12. My sleep is most often:	Interrupted, light	Sound, moderate	Deep, long
13. My sexual interest is:	Strong when romantically involved; low to moderate otherwise	Moderate to strong	Slow to awaken but then is sus- tained
14. My emotional moods:	Change easily; I'm very responsive	Are intense; I'm quick- tempered	Are even; I'm slow to anger
15. My general reaction to stress is:	Anxious, fearful	Irritated	Mostly calm
16. With regard to money, I:	Am easy and impulsive	Am careful, but I spend	Tend to save, accumulate
SUBTOTALS:	VATA =	PITTA =	KAPHA =