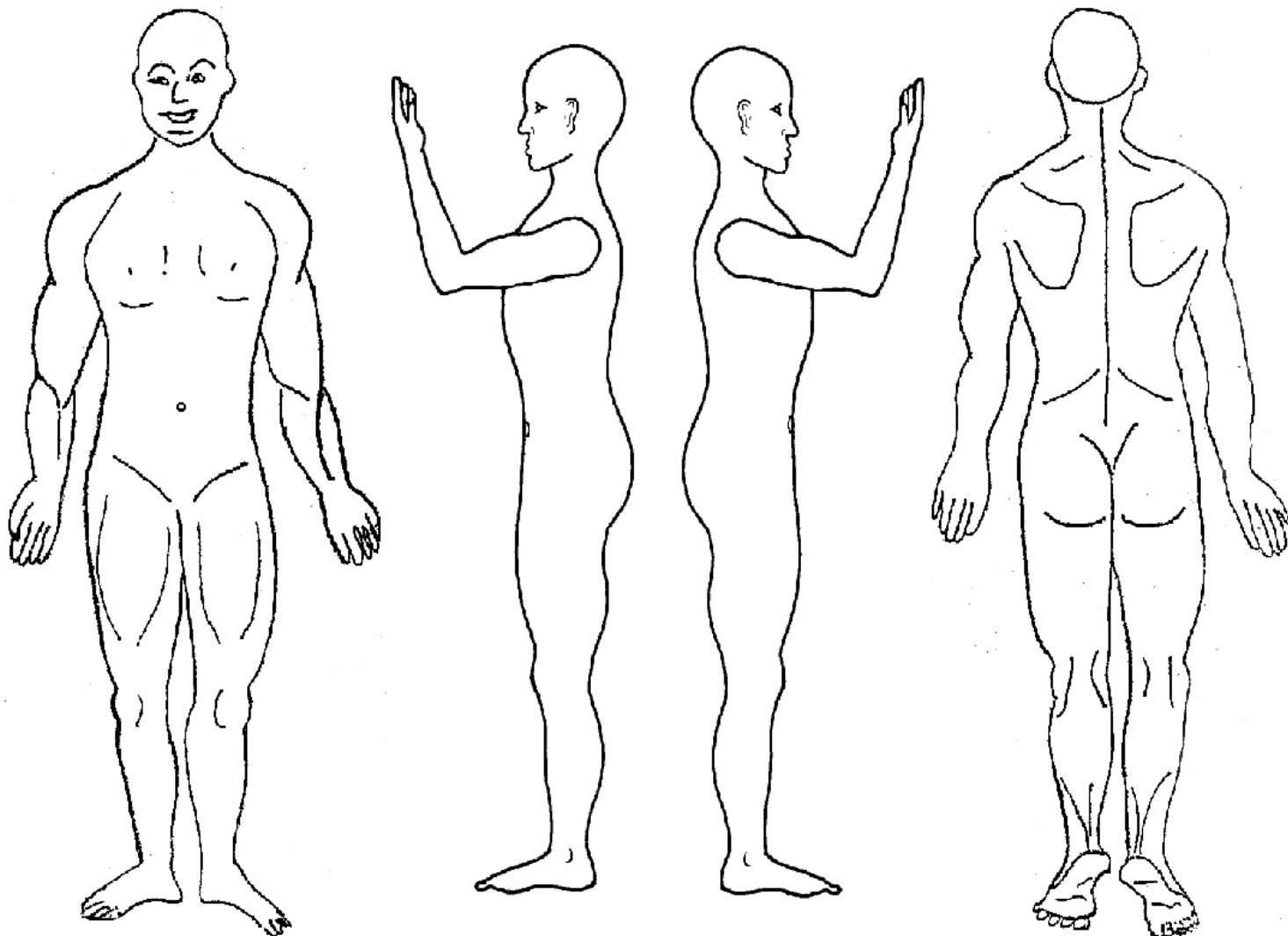


Scar/Trauma Chart

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 extremes 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 awoken but then is sustained
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 = ___