



Constitution Questionnaire
For Ayurvedic and Tibetan Treatments

Name _____

Please circle the most appropriate response for each question:

1. Temperature - Do you prefer:
 - a. Warm sheltered places without wind? (rLung/Wind)
 - b. Shade? (Tripa/Bile)
 - c. Hot places or sun? (Phlegm/Earth-Water)
2. Taste - Do you prefer:
 - a. Sweet, sour, spicy, and bitter foods? (rLung/Wind)
 - b. Sweet, bitter, flat foods and cold drinks? (Tripa/Bile)
 - c. Hot, sour, bitter foods with an aversion to oily foods? (Phlegm/Earth-Water)
3. Weight - Do you:
 - a. Easily lose weight and find it hard to gain? (rLung/Wind)
 - b. Easily get hungry or thirsty? (Tripa/Bile)
 - c. Easily put on weight, have a regular appetite, able to resist hunger or thirst? (Phlegm/Earth-Water)
4. Emotions - When you get triggered, do you tend to feel:
 - a. Anxious, fearful, upset, or depressed? (rLung/Wind)
 - b. Angry or proud? (Tripa/Bile)
 - c. Confused or slow to react? (Phlegm/Earth-Water)
5. Mental state - Does your mind at times tend to:
 - a. Fly about, not able to stay focused? (rLung/Wind)
 - b. Easily get irritated or have overly assertive thoughts? (Tripa/Bile)
 - c. Feel heavy, need a break from thinking? (Phlegm/Earth-Water)
6. Sleep - In general do you tend to:
 - a. Have insomnia or difficulty sleeping, or not get much sleep? (rLung/Wind)
 - b. Sleep and rise easily? (Tripa/Bile)
 - c. Sleep deeply and sleep a lot? (Phlegm/Earth-Water)
7. Energy Level - In general do you:
 - a. Have high energy, restlessness, or extreme highs and lows? (rLung/Wind)
 - b. Have steady energy, like to move fast and feel strong? (Tripa/Bile)
 - c. Have low energy, prefer to move slowly? (Phlegm/Earth-Water)