

constitutional questionnaire

Ronly Blau
Meadow Heart Ayurveda
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Client's Name

Date:

Physical Profile

- | | | | |
|-------------|--|--|---|
| Skin | <input type="checkbox"/> dry, rough, darker | <input type="checkbox"/> soft, normal to oily, freckles/moles | <input type="checkbox"/> oily, moist, cool, pale |
| body type | <input type="checkbox"/> slim, wiry, very tall or very short | <input type="checkbox"/> medium build | <input type="checkbox"/> sturdy, solid, muscular, gains weight easily |
| eyes | <input type="checkbox"/> small, dk. brown or grey/blue | <input type="checkbox"/> medium, bright blue or light brown, intense | <input type="checkbox"/> large, brown, attractive |
| teeth | <input type="checkbox"/> very large or small | <input type="checkbox"/> small-medium | <input type="checkbox"/> medium-large |
| weight | <input type="checkbox"/> thin, hard to gain | <input type="checkbox"/> medium | <input type="checkbox"/> heavy, gains easily |
| elimination | <input type="checkbox"/> dry, hard, tends towards constipation | <input type="checkbox"/> many during day, soft | <input type="checkbox"/> heavy, slow, thick, regular |
| hair | <input type="checkbox"/> dry, dark, curly | <input type="checkbox"/> red, blonde, grey, bald, straight | <input type="checkbox"/> brown, black, wavy |

mental profile

- | | | | |
|-----------------|--|--|---|
| mental activity | <input type="checkbox"/> quick mind, restless | <input type="checkbox"/> sharp intellect, aggressive | <input type="checkbox"/> calm, steady, stable |
| memory | <input type="checkbox"/> short-term best | <input type="checkbox"/> good general memory | <input type="checkbox"/> long-term best |
| thoughts | <input type="checkbox"/> constantly changing, | <input type="checkbox"/> fairly steady | <input type="checkbox"/> steady, stable, fixed |
| dreams | <input type="checkbox"/> fearful, flying, running, jumping | <input type="checkbox"/> angry, fiery, violent, colorful | <input type="checkbox"/> water, relationships romance |

Notes:

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- sleep interrupted, light sound, medium sound, heavy, long, snoring
- Voice/speech high pitch, fast medium pitch, sharp, clear low pitch, slow, sweet

Behavioral Profile

- hunger level irregular sharp, needs food when hungry can easily miss meals
- relationships many casual intense long and deep
- sex drive variable or low moderate strong
- works best while supervised alone in groups
- weather aversion to cold aversion to heat aversion to damp, cool

Emotional Profile

- moods changes quickly changes slowly steady, consistent
- reacts to stress with fear with anger indifference
- when threatened runs fights makes peace
- expresses affection with words with gifts with touch
- when feeling hurt cries argues withdraws
- emotional trauma anxiety denial depression
- tends to cause:
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