



Diamond Way Ayurveda Assessment

Check the characteristics that you identify with in each column and then add the totals

VATA BODY/MIND TYPE

- Slim, fine boned
- Lively eyes
- Very talkative
- Poor memory
- Prone to worry and mood swings
- Hates the wind and cold
- Happy in sunshine
- Spends money easily
- Over extends energy often
- Tends to be late
- Carries moisturizers
- Loves to touch things
- Enjoys travel
- Creative and sensitive
- Can forget to eat and drink
- Drier hair and skin
- Sleeps poorly
- Loves to shop for shoes
- Like a humming bird

TOTAL

PITTA BODY/MIND TYPE

- Medium athletic build
- Magnetizing eyes
- Questions deeply
- Remembers dates and figures easily
- Prone to angry outbursts
- Heat and humidity causes irritability
- Happy in nature
- Buys the best only
- Works and plays hard
- Very punctual
- Wears sunglasses often
- Loves color and design
- Needs to be the boss
- Intelligent and courageous
- Strong appetite
- Soft, straight silky hair
- Dreams in color
- Enjoys physical activity and reading
- Like an eagle

TOTAL

KAPHA BODY/MIND TYPE

- Ample and curvy figure
- Calm, moist eyes
- Quiet and thinks deeply
- Slower to learn but never forgets
- Prone to depression
- Prefers comfort and shade
- Loves home
- Saves money easily
- Strong habits
- Likes a regular schedule
- Carries a large bag
- Adores wonderful smells
- Likes their own company
- Strong willed and caring
- Comfort food eater
- Thick, heavy hair
- Sleeps easily and deeply
- Enjoys nesting
- Like a swan

TOTAL