



Title: Mr / Mrs / Miss / Ms	Date of Birth:
Name:	Place of Birth:
Address:	Date of Consultation:
	Marital Status:
Tel. No.: Home: Mobile: email	Occupation: Self: Partner/Other:

**Constitutional analysis (Prakruti)**

## Mental activity:

- Quick mind, restless  
 Sharp intellect, aggressive  
 Calm, steady, stable

## Memory:

- Short term best  
 Good general memory  
 Long term best

## Thoughts:

- Constantly changing  
 Fairly steady  
 Steady

## Eat:

- Quickly  
 Medium speed  
 Slowly

## Nature:

- Lively, enthusiastic  
 Strong willed, perfectionist  
 Calm, seldom angry

## Moods:

- Changes quickly  
 Slowly changing  
 Steady non changing

## Hair amount:

- Average  
 Thinning  
 Thick

## Hair type:

- Dry  
 Medium  
 Oily

## Hair colour:

- Light brown  
 Red, auburn  
 Dark brown/black

## Concentration:

- Short term focus best  
 Better than average  
 focus for long term

## Emotion:

- Often fearful  
 Easily frustrated  
 Avoids arguments

## Talk:

- Fast, talkative  
 Fast, sharp, clear cut  
 Slow, clear, sweet

## Hunger:

- Irregular  
 Sharp, needs food  
 Can easily miss meals

## Weather:

- Dislikes cold and wind  
 Dislikes hot and humid  
 Dislikes damp and cold

## Tackling Problems

- Tends to worry, anxious  
 Enjoys challenges  
 Not easily stressed, calm

## Skin:

- Dry/rough  
 Soft/medium, oily  
 Oily, moist, cool

## Complexion:

- Darker  
 Pink-red  
 Pale-white

## Size of teeth:

- Very large or very small  
 Small-medium  
 Medium-large

## Grasping new information:

- Quick grasping power  
 Medium grasping power  
 Longer to grasping power

## Sleep:

- Interrupted, light  
 Sound, medium length  
 Sound, heavy, long

## Voice:

- High pitch  
 Medium pitch  
 Low pitch

## Physical Activity:

- Hyperactive  
 Moderate  
 Sedentary

## Financial:

- Doesn't save  
 Saves but big spender  
 Saves regularly

## Decision Making

- Difficulty in making decisions  
 Makes firm, good decisions  
 Slow in making decisions

## Skin Temperature:

- Cold hands/feet  
 Warm  
 Cool

## Eyes:

- Small  
 Medium  
 Large

## Weight:

- Thin, hard to gain  
 Medium weight  
 Heavy, easy to gain