

Sl. No.	VATA TRAITS	YES	NO
1.	Do you perform activities very quickly?		
2.	Are you bad at memorizing?		
3.	Are You enthusiastic and vivacious by nature?		
4.	Do you have a thin physique and not gain weight easily?		
5.	Do you find it hard to make decisions?		
6.	Do you tend to develop gas or become constipated easily?		
7.	Are you prone to cold hands and feet?		
8.	Are you frequently anxious and worried?		
9.	Do you dislike cold weather?		
10.	Are you intolerant of most people?		
11.	Are you talkative and do you speak quickly?		
12.	Are does your mood change easily and are you somewhat emotional by		
13.	Do you often have difficulty to fall asleep or getting a sound night's		
14.	Does your skin tends to be very dry, especially in the		
15.	Is your mind very active, sometimes restless and, but also		
16.	Are your movements quick and active and does your energy tend to		
17.	Are you easily excitable?		
18.	Left to your own devices, do your eating and sleeping habits tend to be		
19.	Do you learn quickly but also forget quickly?		

Sl. No.	PITTA TRAITS	YES	NO
1	Do you consider yourself to be very efficient?		
2	Are you extremely precise and orderly in your activities?		
3	Are strong minded with a somewhat forceful manner?		
4	Are you of medium build and medium weight?		
5	Do you feel uncomfortable or easily fatigued in hot		
6	Do you tend to perspire easily?		
7	Even though you might not always show it, do you become irritable or		
8	If you skip a meal or a meal is delayed, do you become		
9	Does one or more describe your hair		
	Greying or balding		
	Thin, fine or straight		
	Blonde, reddish or sandy coloured		
10	Do you have a strong appetite?		
11	Do many people consider you stubborn?		
12	Are you very regular in your bowel habits (it would be more common for		
13	Do you become impatient very easily?		
14.	Are you a perfectionist about details?		
15.	Do you anger quite easily, but then quickly forget about it?		
16.	Are you fond of cold foods, ice-cream and cold drinks?		

17	Are you more likely to feel that a room is too hot or too cold?		
18	Do you dislike foods that are very hot and spicy?		
19	Are you not as tolerant of disagreements as you should be?		
20	Do you enjoy challenges and show great determination?		

SI. No.	KAPPA TRAITS	YES	NO
1	Is your natural tendency to do things in a slow and relaxed		
2	Do you gain weight easily than most people and lose it		
3	Do you have a placid and calm desposition – you are not easily ruffled or not easily angered?		
4.	Can you skip meals easily without any significant		
5.	Do you have a tendency towards excess mucus, phlegm, chronic congestion and astma or sinus problems?		
6.	Do you need at least eight hours sleep in order to function comfortably the next day?		
7.	Do you sleep very deeply?		
8.	Are you slower to learn than some people but with excellent retention		
9.	Do you have a tendency towards being plump?		
10.	Does cool, damp weather bother you?		
11.	Is your hair thick, dark and wavy?		
12.	Is your body large and solidly built?		
13.	Do the following words describe you well: serene,sweet natured,		
14.	Do you have a slow digestion, which makes you feel heavy		
15.	Do you have very good stamina and steady level of energy?		
16.	Do you generally walk with a slow, measured gait?		
17.	Do you have a tendency towards oversleeping and grogginess upon		
18.	Are you slow eater and slow and methodical in your		

SERVICES OFFERED

1	Pancha Karma
2	Neem Oil Massage
3	Pain removing oil massage
4	Stress Free Oil Massage
5	Mud Massage
6	Pancha Batti Massage
7	Steam Bath (Sauna)
8	Sun Bath
9	Liver cleansing
10	Accupressure
11	Yoga, Pranayam
12	Energy Healing