



Sukha Wellness - Āyurvedic Medicine
with Elizabeth Cunningham Bossart

True Nature Questionnaire

VĀTA - Space and Air

1. My lifelong tendency is to be thin and slim and not put on weight easily. I can lose weight easily and usually have difficulty gaining weight.
2. My skin tends to be dry and rough even if I don't live in a dry arid climate. If I go to a dry, arid climate I get especially dry and rough.
3. My joints may be prominent, my teeth may protrude or are crooked and I have smaller dry eyes.
4. I have suffered long term from dry, hard stools, constipation, gas and/or bloating.
5. Implementing a routine and sticking to it, has tended to be very challenging.
6. I tend to be a fearful or anxious person.
7. I historically enjoy hot weather and dislike the cold weather. I tend to dislike wind and dry weather.
8. My hair tends to crack easily and tends to be dry.
9. My sleep is lighter, interrupted, restless or slightly disturbed.
10. I enjoy talking a lot and I may find myself jumping between ideas in conversations.



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PITTA – Fire and Water

11. My skin is warm to the touch. And I have a coppery color to face, legs and hands.
12. I have historically had a really strong appetite.
13. Chili peppers, tomatoes and spicy food in general can cause me digestive distress, including heartburn or loose stools, (even if I really enjoy the taste and am attracted to these things).
14. I prefer a cool climate to a warm one. I dislike heat, especially humid heat and feel easily fatigued or irritated by it.
15. I enjoy competitive activities and enjoy physical or intellectual challenges. I have a sharp, intelligent and / or aggressive mind.
16. My teeth are medium-sized and or a little yellow (stained doesn't count).
17. I have a lot of moles and freckles. I have fair complexion and my skin easily sunburns.
18. I am becoming bald, I have grayed early or have thin or fine hair. My body doesn't have a lot of body hairs.
19. I tend to have a strong, maybe even foul body odor.
20. I tend to have softer loose stools not due to emotional upset.



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KAPHA – Water and Earth

21. I tend to have excess mucous in my body.
22. I have a strong and sturdy constitution with a large bone structure. My teeth are naturally large, straight and white.
23. My hair is thick and lustrous. My eyes are large and luxurious.
24. I have thick hair, broad chest and beautiful body.
25. I tolerate most climates well but usually in my life I have preferred warmer and drier weather.
26. I tell the truth, work well with others and am very tolerant and grateful. I have stable friendships.
27. I have had a lifelong tendency to always be at least a little overweight. Or I gain weight easily and have difficulty losing weight.
28. I can tolerate suffering, appetite, thirst, sorrow and hard work. My energy and stamina are consistent. When I have a lot to do I do it at a pace that I can maintain for a long time.
29. I enjoy sexual intimacy often.
30. I have an excellent memory.

Material abridged from Dr. Vasant Lad's resources.