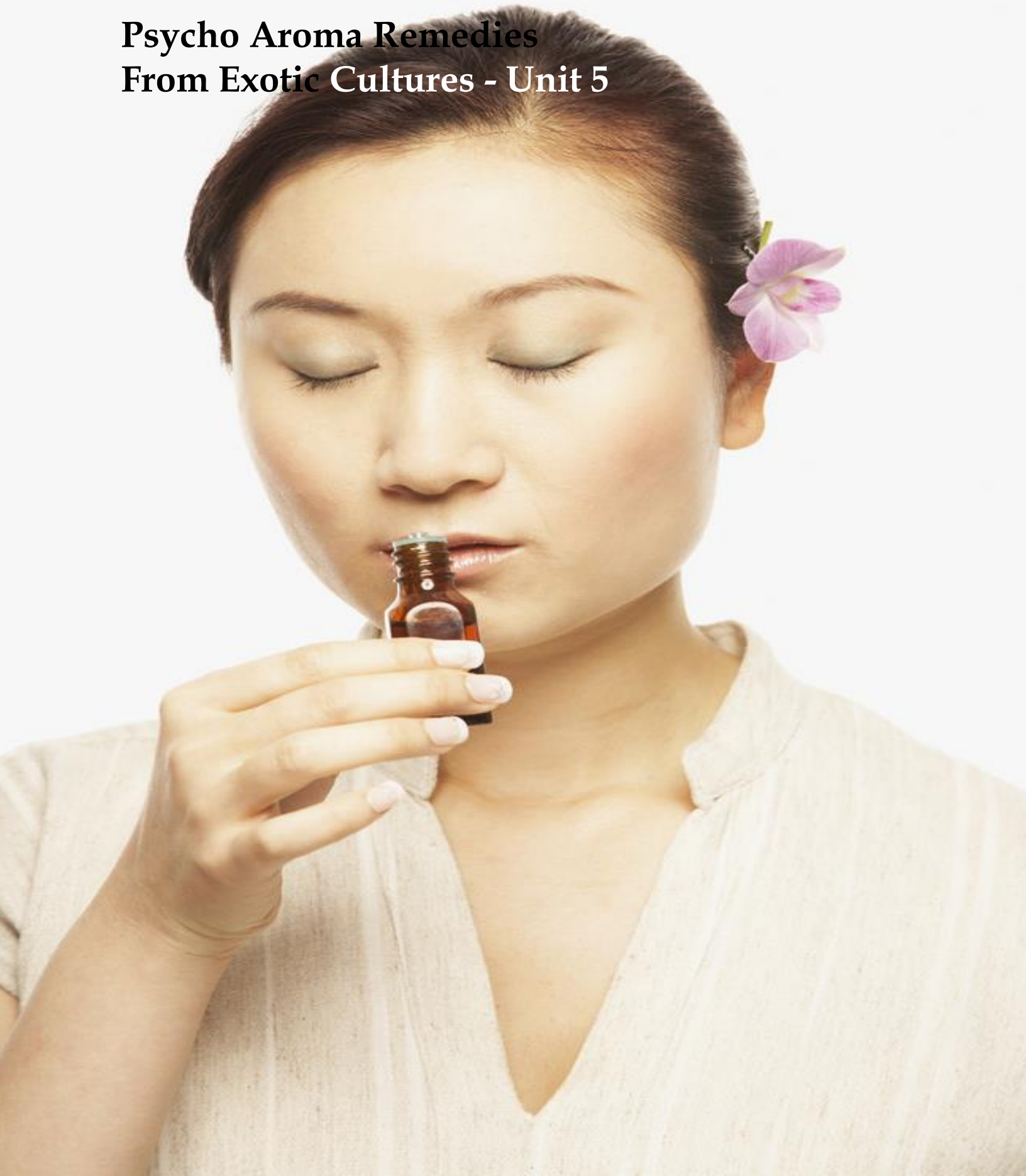


**Psycho Aroma Remedies
From Exotic Cultures - Unit 5**



Ayurvedic Medicine-(5C)



Transformations:

East Indian medicine is based on the Ayurvedic system.

- 1) Identify your Ayurvedic type in this system?
- 3) Learn enough key words and concepts to identify 3 other people.
- 4) How might this help you with your aromatic practice? i.e. which essential oils might be helpful for the types?

Mind-Body Type Evaluation Form

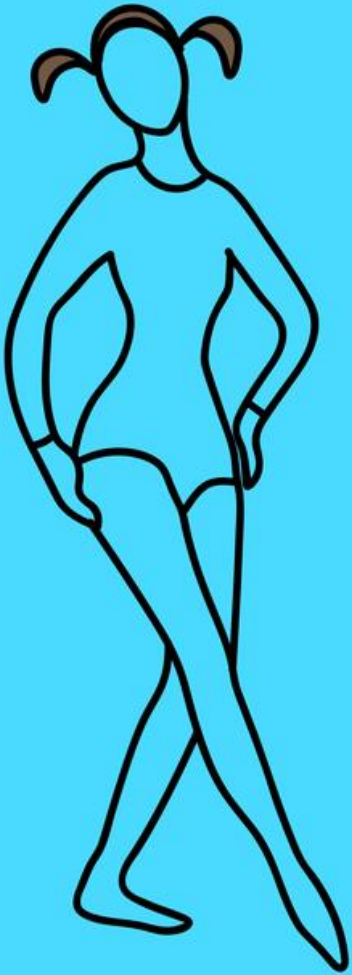
Instructions: For each subject below, circle the one answer that describes you best.

	VATA	PITTA	KAPHA
AMOUNT OF HAIR	<input type="checkbox"/> average	<input type="checkbox"/> thinning	<input type="checkbox"/> thick
TYPE OF HAIR	<input type="checkbox"/> dry	<input type="checkbox"/> medium	<input type="checkbox"/> oily
COLOR OF HAIR	<input type="checkbox"/> light brown	<input type="checkbox"/> reddish/gray	<input type="checkbox"/> dark brown, black
SKIN	<input type="checkbox"/> dry, rough	<input type="checkbox"/> soft, med. oily	<input type="checkbox"/> oily, moist
COMPLEXION	<input type="checkbox"/> darker	<input type="checkbox"/> pink to red	<input type="checkbox"/> pale, white
EYES	<input type="checkbox"/> small	<input type="checkbox"/> medium	<input type="checkbox"/> large
WHITES OF THE EYES	<input type="checkbox"/> blue or brown	<input type="checkbox"/> yellow or red	<input type="checkbox"/> white and glossy
SIZE OF TEETH	<input type="checkbox"/> very large or very small	<input type="checkbox"/> small to medium	<input type="checkbox"/> medium to large
TEETH	<input type="checkbox"/> shaded	<input type="checkbox"/> yellowish	<input type="checkbox"/> pearl white
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 is best	<input type="checkbox"/> good general memory	<input type="checkbox"/> long term is best
EXERCISE TOLERANCE	<input type="checkbox"/> low	<input type="checkbox"/> medium	<input type="checkbox"/> high
DREAMS	<input type="checkbox"/> fearful, flying, running, jumping	<input type="checkbox"/> anger, fiery, violent	<input type="checkbox"/> water, clouds, relationships, romance
WEATHER	<input type="checkbox"/> aversion to cold	<input type="checkbox"/> aversion to hot	<input type="checkbox"/> aversion to damp, cool
SLEEP	<input type="checkbox"/> interrupted, light	<input type="checkbox"/> sound, medium length	<input type="checkbox"/> sound, heavy, long
REACT TO STRESS	<input type="checkbox"/> excite very quickly	<input type="checkbox"/> anger easily, quick temper	<input type="checkbox"/> slow to get irritated
RESTING PULSE RATE (beats/min)			
WOMEN	<input type="checkbox"/> 80-100	<input type="checkbox"/> 70-80	<input type="checkbox"/> 60-70
MEN	<input type="checkbox"/> 70-90	<input type="checkbox"/> 60-70	<input type="checkbox"/> 50-60
BODY SIZE	<input type="checkbox"/> small frame	<input type="checkbox"/> medium frame	<input type="checkbox"/> large frame
WEIGHT	<input type="checkbox"/> thin, hard to gain	<input type="checkbox"/> medium weight	<input type="checkbox"/> heavy, easy to gain
ENDURANCE	<input type="checkbox"/> poor	<input type="checkbox"/> good	<input type="checkbox"/> excellent
STRENGTH	<input type="checkbox"/> poor	<input type="checkbox"/> good	<input type="checkbox"/> excellent
HUNGER	<input type="checkbox"/> irregular	<input type="checkbox"/> sharp, needs food	<input type="checkbox"/> can easily miss meals
FOOD & DRINK	<input type="checkbox"/> prefer warm	<input type="checkbox"/> prefer cold	<input type="checkbox"/> prefer dry & warm
EAT	<input type="checkbox"/> quickly	<input type="checkbox"/> med. speed	<input type="checkbox"/> slowly
FINANCIAL	<input type="checkbox"/> doesn't save, spends quickly	<input type="checkbox"/> saves but big spender	<input type="checkbox"/> saves regularly, accumulates wealth
SEX DRIVE	<input type="checkbox"/> variable, irregular	<input type="checkbox"/> moderate	<input type="checkbox"/> strong
ELIMINATION	<input type="checkbox"/> dry, hard, constipation	<input type="checkbox"/> many, soft to normal	<input type="checkbox"/> heavy, slow, thick regular
WALK	<input type="checkbox"/> fast, quickly	<input type="checkbox"/> average	<input type="checkbox"/> slow & steady
VOICE	<input type="checkbox"/> high pitch, fast	<input type="checkbox"/> medium pitch, clear	<input type="checkbox"/> low pitch, deep resonating
MOODS	<input type="checkbox"/> changes quickly	<input type="checkbox"/> slowly changing	<input type="checkbox"/> steady, non-changing
TOTALS	VATA	PITTA	KAPHA

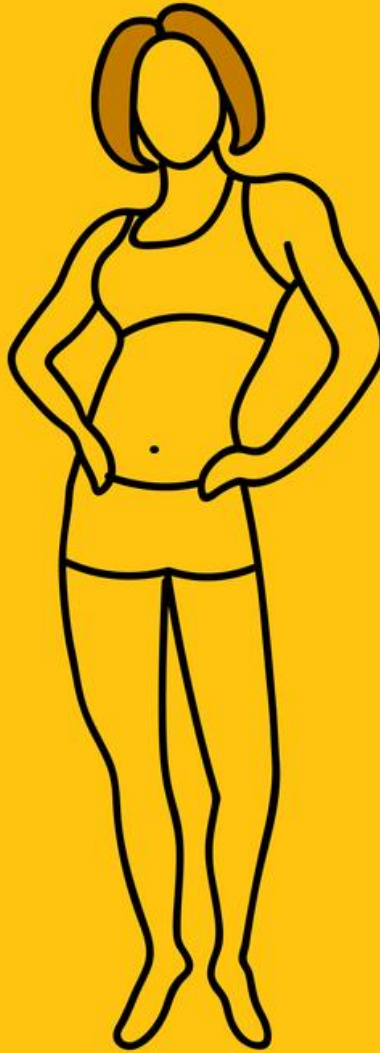
Michael Scholes

The Ayurvedic Body Types

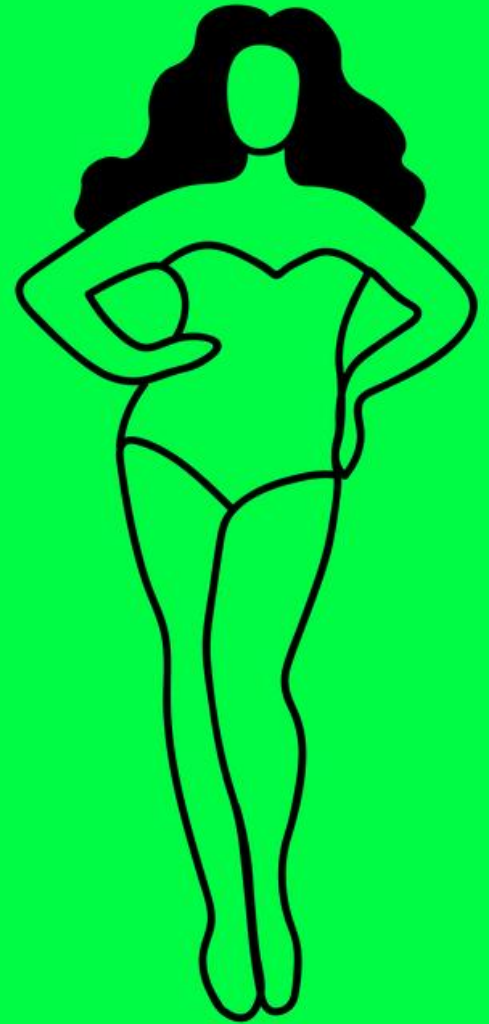
Ayurvedic body types



vata



pitta



kapha