

Questionnaire for *Prakriti* evaluation

Personal information

Language and Ethnicity

Gender

Age

Height

Weight

Family history of Disease

.Vital Data

(a) Pulse Rate/min:

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(b) Blood Pressure (mmhg)

Systolic			Diastolic		

(c) Wrist Circumference (inch)

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(d) Body frame by Wrist finger ratio

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(d) Waist Circumference (inch)

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(e) Hip Circumference (inch)

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(f) Forearm measurement (inch)

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(g) Waist-Hip ratio

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(h) B.M.I.

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A. Anatomical Features

A-1	Symmetry		Shape		Length/Height			Breadth		
	Proportionate	Disproportionate	Regular	Irregular	Too Short / Too Long	Medium	Long	Thin / Narrow	Medium	Broad
Body Build	<input type="radio"/>	<input type="radio"/>								
Body Frame	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Head	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>						
Forehead	<input type="radio"/>	<input type="radio"/>			<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Face	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>						
Eyebrows			<input type="radio"/>	<input type="radio"/>						
Eyes	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>						
Lips			<input type="radio"/>	<input type="radio"/>						
Jaws			<input type="radio"/>	<input type="radio"/>						
Shoulder			<input type="radio"/>	<input type="radio"/>				<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Chest	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>				<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Hands	<input type="radio"/>	<input type="radio"/>			<input type="radio"/>	<input type="radio"/>	<input type="radio"/>			
Palms	<input type="radio"/>	<input type="radio"/>								
Nails					<input type="radio"/>	<input type="radio"/>	<input type="radio"/>			
Legs	<input type="radio"/>	<input type="radio"/>			<input type="radio"/>	<input type="radio"/>	<input type="radio"/>			
Soles	<input type="radio"/>	<input type="radio"/>								
Joints	<input type="radio"/>	<input type="radio"/>								

A-3	Skin							
	Nature		Texture		Appearance		Colour	
Dry	<input type="radio"/>		Smooth	<input type="radio"/>	Cracked	<input type="radio"/>	Fair	<input type="radio"/>
Oily	<input type="radio"/>		Firm	<input type="radio"/>	Wrinkled	<input type="radio"/>	Dark	<input type="radio"/>
Normal	<input type="radio"/>		Lustrous	<input type="radio"/>	Moles	<input type="radio"/>	Reddish	<input type="radio"/>
Seasonal/Variable	<input type="radio"/>		Soft	<input type="radio"/>	Marks	<input type="radio"/>	Pale Yellow	<input type="radio"/>
Thick	<input type="radio"/>		Loose	<input type="radio"/>	Pimples	<input type="radio"/>	Pink	<input type="radio"/>
Thin	<input type="radio"/>		Rough	<input type="radio"/>	Freckles	<input type="radio"/>	Wheatish	<input type="radio"/>
Hard	<input type="radio"/>		Coarse	<input type="radio"/>	Clear	<input type="radio"/>	Golden	<input type="radio"/>
					Prominent Veins	<input type="radio"/>	Fresh Colour	<input type="radio"/>
							Dusky	<input type="radio"/>

A-4	Scalp hair						A-5	Colour	
	Texture		Nature		Growth /Bulk			Scalp hair	Body hair
Thick	<input type="radio"/>	Graying	<input type="radio"/>	Dense	<input type="radio"/>	Black	<input type="radio"/>	<input type="radio"/>	
Thin	<input type="radio"/>	Falling	<input type="radio"/>	Scanty	<input type="radio"/>	Dark Brown	<input type="radio"/>	<input type="radio"/>	
Coarse	<input type="radio"/>	Breaking	<input type="radio"/>	Moderate	<input type="radio"/>	Light Brown	<input type="radio"/>	<input type="radio"/>	
Hard	<input type="radio"/>	None	<input type="radio"/>	Bald	<input type="radio"/>	Dusky	<input type="radio"/>	<input type="radio"/>	
Smooth	<input type="radio"/>	Dry	<input type="radio"/>			Blonde	<input type="radio"/>	<input type="radio"/>	
Soft	<input type="radio"/>	Oily	<input type="radio"/>			Copper	<input type="radio"/>	<input type="radio"/>	
Straight	<input type="radio"/>	Normal	<input type="radio"/>						
Wavy	<input type="radio"/>	Seasonal/Variable	<input type="radio"/>						
Fizzy/Curly	<input type="radio"/>								

A-2	Size / Bulk / Musculature		
	Small / Weakly developed/ thin	Medium / Moderately developed	Large / Big / Well developed
Body Build	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Joints	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Face	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Eyes	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Eyebrows	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Eyelashes	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Lips	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

A-6	Eye	
	Colour	Appearance
	Black <input type="radio"/>	Dry/Dull <input type="radio"/>
	Dark Brown <input type="radio"/>	Dim in luster <input type="radio"/>
	Light Brown <input type="radio"/>	Shiny <input type="radio"/>
	Greyish <input type="radio"/>	Milky white sclera <input type="radio"/>
	Blue <input type="radio"/>	Reddish tinge to sclera <input type="radio"/>
	Green <input type="radio"/>	Muddy sclera <input type="radio"/>

A-7	Teeth			
	Size	Appearance	Shape	Color
	Too small <input type="radio"/>	Brittle/ Cracked <input type="radio"/>	Regular <input type="radio"/>	Milky white <input type="radio"/>
	Too large <input type="radio"/>	Loose <input type="radio"/>	Irregular <input type="radio"/>	Yellowish <input type="radio"/>
	Medium <input type="radio"/>	Lustrous <input type="radio"/>	Even <input type="radio"/>	Dull / blackish <input type="radio"/>
	Large <input type="radio"/>		Uneven <input type="radio"/>	

A-8	Complexion		Colour		Nature									
			Dark	Reddish	Pale Yellow	Pink	Smooth	Firm	Soft	Rough	Brittle / Cracked / Split	Wrinkled	Flat	Convex
	Palms	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	Soles	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	Lips	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	Nails	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	Palate	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

B. Physiological Functions

B-1	Metabolism									
	Frequency	Amount								
	Regular	Irregular	Frequent	Infrequent	Medium	Variable	Low	High	Medium	Variable
	Appetite <input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	Thirst <input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	Bladder <input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

B-2	Amount			
	Low	High	Medium	Variable
	Digestive Power <input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	Perspiration <input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	Body Temperature <input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	Sleep <input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	Dreams <input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

B-3	Bowel habits	
	Frequency	Tendency towards
	Regular <input type="radio"/>	Constipation <input type="radio"/>
	Irregular <input type="radio"/>	Loose motion <input type="radio"/>
	Variable <input type="radio"/>	None <input type="radio"/>
	Stool consistency	
	Loose / Soft / SemiSolid <input type="radio"/>	Medium <input type="radio"/>
		Hard <input type="radio"/>

B-4	Body odour	
	Strong <input type="radio"/>	
	Mild <input type="radio"/>	
	Very less <input type="radio"/>	

B-5	Quality of sleep	
	Deep <input type="radio"/>	
	Sound <input type="radio"/>	
	Shallow <input type="radio"/>	

B-6	Body weight changes	
	Gain and lose easily <input type="radio"/>	
	Difficulty in gaining <input type="radio"/>	
	Gain easily and lose with difficulty <input type="radio"/>	
	Stable <input type="radio"/>	

B-7	Food		Sweet	Sour	Salty	Bitter	Pungent	Astringent	Cold	Warm	Dry	Oily	
		Like	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
		Does Not Like	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
		Suit	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
		Does Not Suit	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

B-8	Weather		Prefer	Have health problems
		Cold	<input type="radio"/>	<input type="radio"/>
		Warm	<input type="radio"/>	<input type="radio"/>
		Dry	<input type="radio"/>	<input type="radio"/>
		Moist	<input type="radio"/>	<input type="radio"/>
		Moderate	<input type="radio"/>	<input type="radio"/>
		Stable	<input type="radio"/>	<input type="radio"/>

B-9	Season		Prefer	Have health problems
		Summer	<input type="radio"/>	<input type="radio"/>
		Early winter	<input type="radio"/>	<input type="radio"/>
		Late winter	<input type="radio"/>	<input type="radio"/>
		Autumn	<input type="radio"/>	<input type="radio"/>
		Spring	<input type="radio"/>	<input type="radio"/>
		Rainy season	<input type="radio"/>	<input type="radio"/>
		Season transition	<input type="radio"/>	<input type="radio"/>
None	<input type="radio"/>	<input type="radio"/>		

C. Physical Activities

C-1	Walking		Speed	Steps	Amount	Style			
		Quick / Fast / Brisk	<input type="radio"/>	Small	<input type="radio"/>	Less	<input type="radio"/>	Firm / Steady	<input type="radio"/>
		Medium	<input type="radio"/>	Medium	<input type="radio"/>	High / Excessive	<input type="radio"/>	Unsteady	<input type="radio"/>
		Slow	<input type="radio"/>	Large	<input type="radio"/>	Moderate	<input type="radio"/>	Sharp / accurate	<input type="radio"/>
		Variable	<input type="radio"/>						

C-2	Working		Speed	Quality	Style / Accuracy		
		Quick/Fast/Brisk	<input type="radio"/>	Well thought of	<input type="radio"/>	Firm / Steady	<input type="radio"/>
		Medium	<input type="radio"/>	Wavering / Easily deviated	<input type="radio"/>	Unsteady	<input type="radio"/>
		Slow	<input type="radio"/>	Sharp/Accurate/Spontaneous	<input type="radio"/>	Sharp / Accurate	<input type="radio"/>
		Variable	<input type="radio"/>				

C-3	Voluntary / Involuntary movements of body parts		Eyes	Eyebrows	Jaw	Lips	Tongue	Head	Shoulder	Hands	Legs	
		Less	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
		Moderate	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
		High / Excessive	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

C-4		Quality of voice	Content of speech					
	Low	<input type="radio"/>	Good tone	<input type="radio"/>	Consistent	<input type="radio"/>	Convincing	<input type="radio"/>
	Feeble	<input type="radio"/>	Sharp	<input type="radio"/>	Inconsistent	<input type="radio"/>	Argumentative	<input type="radio"/>
	Weak	<input type="radio"/>	Clear	<input type="radio"/>	Moderate	<input type="radio"/>	Sweet and pleasing to ears	<input type="radio"/>
	Broken	<input type="radio"/>	High pitched	<input type="radio"/>	Well guarded / Well thought of	<input type="radio"/>	Avoid confrontations	<input type="radio"/>
	Rough	<input type="radio"/>	Loud	<input type="radio"/>	Wavering / Easily Deviated	<input type="radio"/>	Deviated from main topic	<input type="radio"/>
	Deep	<input type="radio"/>	Soft, pleasing	<input type="radio"/>	Sharp / Accurate / Spontaneous	<input type="radio"/>	Irrelevant in between	<input type="radio"/>

C-5	Speaking		Speed	Amount	
		Quick / Fast / Brisk	<input type="radio"/>	Less	<input type="radio"/>
		Medium	<input type="radio"/>	Moderate	<input type="radio"/>
		Slow	<input type="radio"/>	Excessive	<input type="radio"/>
		Variable	<input type="radio"/>		

D. Strength at Various Levels

D-1	Physical		Mental		Resistance Power		Healing Power	
	Grade 1	<input type="radio"/>	Grade 1	<input type="radio"/>	Grade 1	<input type="radio"/>	Grade 1	<input type="radio"/>
	Grade 2	<input type="radio"/>	Grade 2	<input type="radio"/>	Grade 2	<input type="radio"/>	Grade 2	<input type="radio"/>
	Grade 3	<input type="radio"/>	Grade 3	<input type="radio"/>	Grade 3	<input type="radio"/>	Grade 3	<input type="radio"/>

E. Psychological Functions

E-1	Speed				
		Quickly	Moderately	Slowly	Variably
	Memorizing	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	Forgetfulness	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	Recalling	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	Initiation	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	Making new friends	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	Anger	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	Irritability	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

E-2	Quality			
		Good / Firm/ Stable / High	Medium	Poor / Wavering / Unstable
	Retaining	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	Planning	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	Execution	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	Achieving ends	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	Retaining friends	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	Anger	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	Forgiveness	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	Generosity	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Faith and beliefs	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	

E-3	Memory type		
		Good	Poor
	Olfactory	<input type="radio"/>	<input type="radio"/>
	Auditory	<input type="radio"/>	<input type="radio"/>
	Tactile	<input type="radio"/>	<input type="radio"/>
	Gustatory	<input type="radio"/>	<input type="radio"/>
	Visual	<input type="radio"/>	<input type="radio"/>