

Profile

Name:

DOB:

Height:

Weight:

Prakriti:

.....

.....

.....

Log It.

Date:

Day:	Vata	Pitta	Kapha
Time:	Vata	Pitta	Kapha
Activity:			

.....

.....

.....

Surface Level

Overall Impression:

Qualities

Dry	Oily
Light	Heavy
Cold	Hot
Rough	Smooth

Clear	Cloudy
Movable	Stable
Sharp	Dull/Slow
Liquid	Dense
Subtle	Gross
Hard	Soft

Notes:

.....

.....

.....

Sub-Dosha Level

Prana	Pachaka	Kledaka
Udana	Ranjaka	Avalambaka
Samana	Sadhaka	Bodhaka
Apana	Alochaka	Tarpaka
Vyana	Bhrajaka	Shelshaka

Notes:

.....

.....

.....

Dhatu Level

Dhatu	Tendencies
Rasa	
Rakta	
Mamsa	
Meda	

Asthi	
Majja	
Shukra	

Notes:

.....

.....

.....

Deep Level

Vata	Pitta	Kapha
------	-------	-------

Notes:

.....

.....

.....

Interpretation:

Additional Comments: