

阿育吠陀醫學體質量表

Ayurveda Body Type Questionnaire (Prakriti)

依據阿育吠陀醫學理論，每個人與生俱來的體質取決於以下條件:

1. 父母精卵結合的瞬間
2. 母親子宮內的條件，與懷孕期間的季節
3. 懷孕期間母親的飲食及生活型態

同時，也與家庭型態、環境、時間、受精時父母的年紀相關，了解一個人體質的最好方法是透過阿育吠陀醫師把脈及問診，以及深入的觀察身體、眼睛、嘴唇、記憶力及夢境等。

體質的分類有以下七種：

單督夏體質(Single Dosha)	雙督夏體質(Dual Dosha)	三種督夏體質(All Three)
Vata	Vata-Pitta / Pitta-Vata	Vata - Pitta Kapha (Sama Prakriti)
Pitta	Vata-Kapha / Kapha -Vata	
Kapha	Pitta-Kapha / Kapha Pitta	

根據阿育吠陀醫學，人體的體質或能量可分為三類: 風能型(Vata)、水能型(Pitta)與火能型(Kapha)，請回答以下三個表格的問題並選擇較適合您的分數(0~6 分)。

請將三個表格的問項總分紀錄於下表，依據得分高低可判斷您可能的體質屬性，並可依此採取合適的生活及飲食方式。

	風能體質(Vata)	火能體質(Pitta)	水能體質(Kapha)
總得分			

Section 1 : 風能型(Vata)

		沒有	偶而如此			經常如此		
1	I perform activities very quickly 我動作迅速(急性子)	0	1	2	3	4	5	6
2	I am not good at memorizing things and then remembering them later. 我不擅長記住東西，需要反覆記憶	0	1	2	3	4	5	6
3	I am enthusiastic and vivacious by nature 我生性熱情、活潑	0	1	2	3	4	5	6
4	I have a thin physique – I don't gain weight very easily 我的體質偏瘦，不容易增加體重	0	1	2	3	4	5	6
5	I have always learned new things very quickly 我學習新的事物非常快速	0	1	2	3	4	5	6
6	My characteristic gait while walking is light and quick 我的步伐是輕的、快速的	0	1	2	3	4	5	6
7	I tend have difficulty making decisions 我很難做決定	0	1	2	3	4	5	6
8	I tend to develop gas and become constipated easily 我容易脹氣及便秘	0	1	2	3	4	5	6
9	I tend to have cold hands and feet 我容易手腳冰冷	0	1	2	3	4	5	6
10	I become anxious or worried frequently 我經常感到焦慮或擔憂	0	1	2	3	4	5	6
11	I don't tolerate cold weather as well as most people do 跟一般人相比我比較不能忍受寒冷的天氣	0	1	2	3	4	5	6
12	I speak quickly and my friends think that I am talkative. 我說話很快，我的朋友認為我是多話的	0	1	2	3	4	5	6
13	My moods changes easily and I am somewhat emotional by nature 我的心情經常變化，天生有些情緒化	0	1	2	3	4	5	6
14	I often have difficulty falling asleep or having a sound night's sleep 我很難入睡，睡眠品質不佳	0	1	2	3	4	5	6
15	My skin tends to be very dry, especially in winter. 我的皮膚非常乾燥，尤其冬天的時候	0	1	2	3	4	5	6
16	My mind is very active, sometimes restless, but always very imaginative 我常想東想西，有時候無法停止，但總是很有想像力	0	1	2	3	4	5	6
17	My movements are quick and active: my energy come into bursts. 我的動作敏捷:精力旺盛	0	1	2	3	4	5	6
18	I am easily excitable 我很容易激動	0	1	2	3	4	5	6
19	I tend to be irregular in my eating and sleeping habits 我的飲食及睡眠習慣不規則	0	1	2	3	4	5	6
20	I learn quickly, but also forget easily 我學習快，但也忘得快	0	1	2	3	4	5	6
總分(Sub-Total)								
風能型總分(Vata Score)								

Section 2 : 火能型(Pitta)

		沒有	偶而如此			經常如此		
1	I consider myself to be very efficient 我認為自己是非常有效率的	0	1	2	3	4	5	6
2	In my activities, I tend to be extremely precise and orderly 我非常精確及井然有序的 ^{安排} 我的活動	0	1	2	3	4	5	6
3	I am strong minded and have a somewhat forceful manner 我意志堅定且有強大的方法	0	1	2	3	4	5	6
4	I feel uncomfortable or become easily fatigued in hot weather- more so than other people. 跟一般人相比，在炎熱的天氣下我容易感到不適或疲倦	0	1	2	3	4	5	6
5	I tend to perspire easily. 我容易出汗	0	1	2	3	4	5	6
6	Even though I might not always show it, I become irritable or angry quite easily 我很易怒及容易生氣，即使我不經常表現出來	0	1	2	3	4	5	6
7	If I skip a meal or meal is delayed, I become uncomfortable 我如果少吃一餐或是比較晚吃飯，我會覺得不舒服	0	1	2	3	4	5	6
8	One or more of the following characteristics describes by hair: Early graying or balding, thin, fine, straight 頭髮有以下一個或多 個特性: 容易有灰髮或禿頭、髮質細、髮質很好、頭髮很直	0	1	2	3	4	5	6
9	I have strong appetite; if I want to, I can eat quite large quantity. 我的食慾很好，如果我想吃，我可以吃超於常人的份量	0	1	2	3	4	5	6
10	Many people consider me as stubborn 很多人認為我是固執的	0	1	2	3	4	5	6
11	I am very regular in my bowel habits- it would be more common for me to have loose stools than to be constipated. 我排便規律，且糞便是較軟的，不容易便秘	0	1	2	3	4	5	6
12	I become impatient very easily 我很容易沒耐心	0	1	2	3	4	5	6
13	I tend to be a perfectionist about details 我對細節講究，是完美主義者	0	1	2	3	4	5	6
14	I get angry quite easily, but then I quickly forget about it. 我易怒，但過了馬上就忘了，不會放在心上	0	1	2	3	4	5	6
15	I am very fond of cold foods, such as ice cream, and also ice cold drinks. 我喜歡吃冰冷的食物，像是冰淇淋或冷飲	0	1	2	3	4	5	6
16	I am more likely to feel that a room is too hot than too cold 我很容易感覺到空間太冷或太熱	0	1	2	3	4	5	6
17	I don't tolerate foods that are very hot and spicy 我不太能吃非常燙或很辣的食物	0	1	2	3	4	5	6
18	I am not as tolerant of disagreement as I should be 我不太能忍受跟我意見相左的情況	0	1	2	3	4	5	6
19	I enjoy challenges, and when I want something I am very determined in my efforts to get it. 我勇於接受挑戰，若我想要達成一件事我會盡全力地去達到	0	1	2	3	4	5	6
20	I tend to be quite critical of others and also of myself. 我很喜歡評論別人跟自己	0	1	2	3	4	5	6
總分(Sub-Total)								
火能型總分(Pitta Score)								

Section 3 : 水能型 Kapha

		沒有	偶而如此			經常如此		
1	My natural tendency is to do things in slow and relaxed manner 我天性慢吞吞，也比較放鬆	0	1	2	3	4	5	6
2	I gain weight more easily than most people and lose it more slowly 相較於其他人我易胖難瘦	0	1	2	3	4	5	6
3	I have a placid and calm disposition –I'm not easily ruffled 我的性格沉著冷靜，不容易生氣	0	1	2	3	4	5	6
4	I can skip meals easily without any significant discomfort 我少吃一餐也不會特別覺得不舒服	0	1	2	3	4	5	6
5	I have a tendency towards excess mucus or phlegm, chronic congestions, asthma, or sinus problems 我容易有黏痰、慢性阻塞、氣喘或鼻竇問題	0	1	2	3	4	5	6
6	I must get at least eight hours of sleep in order to be comfortable the next day 我一定要睡滿八小時隔天才會覺得精神飽滿	0	1	2	3	4	5	6
7	I sleep very deeply 我睡得非常深沉	0	1	2	3	4	5	6
8	I am calm by nature and not easily angered 我天生冷靜不輕易發怒	0	1	2	3	4	5	6
9	I don't learn as quickly as some people, but have excellent retention and long memory 我學習的不快，但一旦記得後不容易忘記	0	1	2	3	4	5	6
10	I have tendency towards becoming plum – I store extra fat easily 我是李子型身材，身體很容易儲存脂肪	0	1	2	3	4	5	6
11	Weather that is cool and damp bothers me 寒冷或潮濕的天氣讓我很不舒服	0	1	2	3	4	5	6
12	My hair is thick, dark and wavy. 我的頭髮多，顏色深，捲髮	0	1	2	3	4	5	6
13	I have smooth, soft skin with a somewhat pale complexion 我的皮膚光滑柔軟，偏白	0	1	2	3	4	5	6
14	I have a large solid body built 我的身材壯碩	0	1	2	3	4	5	6
15	The following words describes me well: serene, sweet-natured, affectionate, forgiving 冷靜、脾氣好、重感情、寬容是形容我的最佳詞彙	0	1	2	3	4	5	6
16	I have slow digestion, which makes me feel heavy after eating 我消化得比較慢，所以飯後我會覺得身體沉重	0	1	2	3	4	5	6
17	I have very good stamina and physical endurance as well as a steady level of energy. 我有堅強的毅力及身體的耐力，身體的能量都在穩定的水平	0	1	2	3	4	5	6
18	I generally walk with a slow, measured gait 我的步態很慢，且有規律的	0	1	2	3	4	5	6
19	I have tendency toward over sleeping, and grogginess upon awakening, and am generally slow to get going in the morning. 我容易睡的過多，賴床，很難起床	0	1	2	3	4	5	6
20	I am a slow eater and am slow and methodical in my actions 我細嚼慢嚥，行動緩慢卻有條不紊	0	1	2	3	4	5	6
總分(Sub-Total)								
水能型總分(Kapha Score)								