

Prakruti-Mind/Body chart

ドーシャチェックテスト

(Consider entire life predominance when answering these questions

人生全体を考慮して教えてください)

Name お名前 (ローマ字): _____

X	Not at all 当てはまらない	Somewhat やや当てはまる	Very much 当てはまる
o You've always been able to commit things to memory smoothly and quickly but don't often retain it for long. 物事はいつもスムーズに素早く記憶できるが、長く保持することはあまりない。	1	2	3
o Under stress you tend to worry and become anxious. ストレスがかかると心配になり不安を感じる	1	2	3
o You have quick reflexes or think and act quickly but have difficulty in making decisions. 反射神経がよい、または、考えや行動が早いですが、決断するのはむずかしい	1	2	3
o You have a low tolerance for cold weather. 寒さに弱い	1	2	3
o You are thin and rarely gain weight. 痩せ型で、体重が増えることはほとんどない	1	2	3
o Your meal and sleep schedule tend to vary from day to day. 食事や睡眠の時間は日によって違う	1	2	3
o Your mood changes easily and you tend to be sensitive and somewhat emotional 気分が変わりやすく、繊細になったり、感情的になる傾向がある	1	2	3
o You speak quickly and are a lively conversationist and you change topics easily and have a lot to say. 早口で活発なおしゃべり上手で、話題がコロコロ変わり、話題が豊富	1	2	3
o You usually have cold hands and feet. 手足が冷えていることが多い	1	2	3
o Your hair is dry with split ends. ドライヘアで枝毛がある	1	2	3
o You tend to have difficulty in falling asleep, but awake easily 寝つきが悪いが、寝起きはいい	1	2	3
o Your digestion is sporadic with frequent gas or bloating, eat quickly and often finish your meals before others at the table 消化の調子はまばらで、よくガスやゲップが出る、食べるのが早く、ひとりより早く食べ終わることが多い	1	2	3
o You are an enthusiastic and interested person and have quick and light walk 熱意と好奇心が旺盛で、歩くのが速く軽快	1	2	3
o You have an active, imaginative mind and a tendency towards restlessness. 活発で想像力に富み、落ち着きがなくなりやすい	1	2	3

Total for this section: 病院記入欄 _____

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XX	Not at all 当てはまらない	Somewhat やや当てはまる	Very much 当てはまる
o You become difficult to deal with when under pressure. プレッシャーがかかると、対処が難しくなる	1	2	3
o You are strong willed by nature. 根っからの意志の強さがある	1	2	3
o You are a perfectionist, organized efficient and pay close attention to detail 完璧主義者でしっかりもの、効率的で細部にまで注意を払うことができる	1	2	3
o You are a critical thinker and a good debater 批判的な思考をもち、討論が得意	1	2	3
o You have tendency towards anger and irritability even though you may not always show it いつも表に出すわけではないが、怒ったりイライラしやすい	1	2	3
o You perspire easily and have more body odour than others. 汗をかきやすく、人より体臭がきつい	1	2	3
o You have a strong appetite and metabolism and cannot skip meal 食欲・代謝力が強く、食事を抜くのはきつい	1	2	3
o You have sensitive skits that sunburns, breaks out easily or reacts to random things 日焼けしやすい、吹き出物ができやすいもしくは何かに反応しやすい敏感肌である	1	2	3
o You lose your temper easily then quickly forget about it. 短気を起こしやすいが、すぐ忘れる	1	2	3
o You easily get heartburn and indigestion especially if you cannot eat at the same times each day. 毎日同じ時間に食事ができないときは特に、胸焼けや消化不良を起こしやすい	1	2	3
o You like to nap and need more than six hours of sleep at night or you feel restless 昼寝が好きで、夜は6時間以上眠りたく、もしできないと休めていない感じがする	1	2	3
o You enjoy challenges and have strong determination often have more than one bowel movement a day. 挑戦することを楽しみ、強い意志がある	1	2	3
o You tend to be critical of yourself and others; 排便は、毎日1回以上することが多い	1	2	3
o You tend to be critical of yourself and others. 自分に対しても、他人に対しても、批判的な傾向がある	1	2	3

Total for this section: 病院記入欄_____

XXX	Not at all 当てはまらない	Somewhat やや当てはまる	Very much 当てはまる
o You are a slow eater. 食べるのが遅い	1	2	3
o It takes a lot to get you angry, when you get angry, you are a grudge holder. 怒るまでに時間はかかるが、怒ると恨みを抱く	1	2	3
o You have thick, dark and wavy hair. 太く、濃く、ウェーブがかった髪である	1	2	3
o You often get chronic sinus congestion/asthma or excessive phlegm 慢性の副鼻腔炎／喘息がしやすい、もしくは痰がよく出る	1	2	3
o You are slow paced, patient and laid back. ペースが遅く、忍耐力があり、のんびりしている	1	2	3
o You are a good listener and speak only when you feel you have something important to say. 人の話をよく聞き、重要だと思った時に発言する	1	2	3
o You have a slow metabolism, feel heavy after eating and can skip meals. 代謝が遅く、食後は体が重く感じる、食事を抜いても大丈夫	1	2	3
o You are consistent in energy, endurance and mood エネルギー、持久力、気分が一貫している	1	2	3
o You sleep long and deeply and have a difficult time getting started in the morning. 睡眠時間が長く深く眠るが、朝の寝起きは悪い	1	2	3
o You have an aversion to cool, damp, and cloudy climates 涼しく、湿気が多く、曇った気候は嫌いだ	1	2	3
o Your skin is usually soft and smooth. 肌は、やわらかくなめらか	1	2	3
o You have a calm disposition which makes you able to keep your head in difficult situations. 冷静な性格で、困難な状況でも冷静に対処できる	1	2	3
o You gain weight more easily than others and have difficulty losing it. ひとよりも太りやすく、体重を落とすのはむずかしい	1	2	3
o You have a better long-term memory 記憶力がよく、長い間覚えていられる	1	2	3

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