

ドーシャチェック表 Prakruti-Mind/Body Chart

現在の状態だけでなく、これまでの人生全体の傾向をふまえて回答してください
(Consider entire life predominance when answering these questions)

Name: フルネーム、アルファベット

X	Not at all 全く当てはまらない	Somewhat どちらとも言えない	Very much よく当てはまる
o. You are a quick learner and can grasp things fast, but you are prone to forgetting them just as quickly. 理解が早く、物事をすぐに覚えられ一方、忘れるのも早い傾向がある	1	2	3
o You tend to get worried or anxious easily, especially when under stress ストレスがかかると、心配や不安を感じやすい傾向がある	1	2	3
o You think and act quickly, but you often find it difficult to make firm decisions. 考えや行動が素早い、決断に迷うことがある	1	2	3
o You have a low tolerance for cold and feel uncomfortable in chilly weather. 寒さに弱く、冷えた環境が苦手である	1	2	3
o You are usually thin and find it hard to gain weight, no matter how much you eat. 体型は細めで、食べても太りにくい傾向がある	1	2	3
o You have irregular eating and sleeping habits that often changes from day to day. 食事や睡眠の習慣が不規則で、日によって変わりやすい	1	2	3
o You are sensitive and emotional, and your mood tends to change easily. 感受性が高く、感情の変化が起こりやすい	1	2	3
o You speak quickly and are a lively conversationalist who changes topics often. 話すテンポが速く、会話が活発で、話題がよく変わる傾向がある	1	2	3
o You usually have cold hands and feet and feel restless when you have to sit idle 手足が冷えやすく、じっとしていると落ち着かないことがある	1	2	3
o You have dry hair that is prone to roughness and split ends. 髪が乾燥しやすく、パサつきや枝毛がでやすい	1	2	3
o You tend to have difficulty falling asleep and wake up easily during the night. 寝つきが悪く、夜中に目が覚めやすい傾向がある	1	2	3
o You have irregular digestion with frequent gas or bloating and tend to eat quickly, often finishing before others. 消化が不安定で、ガスや膨満感が起こりやすく、食べるのが早い	1	2	3
o You are enthusiastic and curious by nature and have a quick, light walk. 好奇心旺盛で活発な性格であり、歩くスピードが速く軽やかである	1	2	3

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X			
o You have an active, creative, and imaginative mind but are prone to restlessness.	1	2	3
活発で創造的な想像力を持つ一方で、落ち着かない傾向がある			
o You have a narrow chest and shoulders and a delicate physical build.	1	2	3
胸や肩が細く、体格が華奢である			
o You have a thin body frame and a relatively small forehead.	1	2	3
体格が細く、額が比較的小さい			
o You have dry or dark skin that may crack easily and veins that are visible.	1	2	3
肌が乾燥しやすく、色が濃い傾向があり、ひび割れやすく血管が目立つことがある			
o You have small, sunken eyes that are set deep in the face.	1	2	3
目が小さく、くぼんでいて顔の奥に位置している			
o You have rough, brittle nails that break easily.	1	2	3
爪が乾燥してもろく、割れやすい傾向がある			
o You have irregularly set teeth that may be dry or prone to breaking.	1	2	3
歯並びが不規則で、乾燥しやすく欠けやすいことがある			
o Your lips are thin, dry and develop cracks easily.	1	2	3
唇が薄く乾燥しやすく、ひび割れが起こりやすい			
o You prefer sweet, salty & sour taste.	1	2	3
甘味・塩味・酸味を好む傾向がある			
o You frequently suffer from constipation.	1	2	3
便秘になりやすい傾向がある			
o Your make friends easily & usually tend to draw attention to yourself wherever you go.	1	2	3
人とすぐに打ち解けやすく、どこへ行っても注目を集めるタイプである			

Total for this section: _____

1~2ページの合計数を記入してください

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2ページ

XX	Not at all	Somewhat	Very much
o You become difficult to deal with when under pressure. プレッシャーがかかると、対応が難しくなることがある	1	2	3
o You are strong willed by nature. 意志が強く、芯のある性格である	1	2	3
o You are a perfectionist, organized efficient and pay close attention to detail. 完璧を求め、整理整頓や効率を重視し、細部にもよく気がつく	1	2	3
o You are a critical thinker and a good debater. 批判的思考力があり、議論が得意なタイプである	1	2	3
o You have tendency towards irritability even though you may not always show it. 表には出さなくても、イライラしやすい傾向がある	1	2	3
o You perspire easily and have more body odour than others. 汗をかきやすく、体臭が強めである	1	2	3
o You have a strong appetite and metabolism & easily get heartburn and indigestion especially if you cannot eat at the same time each day 食欲と代謝が強く、決まった時間に食事ができないと胃もたれや胸やけを起こしやすい	1	2	3
o You have sensitive skin that sunburns, breaks out easily or reacts to random things. 肌が敏感で、日焼けや肌荒れを起こしやすく、思いがけない刺激に反応することがある	1	2	3
o You lose your temper easily then quickly forget about it. 怒りっぽい、すぐに気持ちを切り替えることができる	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、夜に6時間以上眠らないと落ち着かないことがある	1	2	3
o You enjoy challenges and have strong determination 挑戦を楽しみ、強い意志と決断力を持っている	1	2	3
o You often have more than one bowel movement a day with generally formed stools. 排便回数が1日2回以上あることが多く、便の形は整っている	1	2	3
o You tend to be critical of yourself and others. 自分にも他人にも厳しくなりがちな傾向がある	1	2	3
o You have a medium body frame with a medium sized forehead. 体格は中肉中背で、額の広さも中程度である	1	2	3

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o Your eyes are moderate sized and sensitive to heat. 目の大きさは中程度で、熱に敏感である	1	2	3
o You have nails that are reddish or pink in colour.and smooth in texture. 爪は赤みやピンク色を帯びており、質感はなめらかである	1	2	3
o Your hair has medium thickness and slightly wavy in nature with generally an oily scalp with a brown tinge. 髪は中程度の太さでややウェーブがあり、頭皮は脂っぽく、茶色がかった色味がある	1	2	3
o You have a yellowish tinge on the teeth & they are of moderate size. 歯に黄色みがあり、大きさは中程度である	1	2	3
o Your lips, mouth and tongue are of average size. 唇・口・舌の大きさは平均的である	1	2	3
o You are sensitive to spicy & sour food. 辛味や酸味のある食べ物に敏感である	1	2	3
o Your gums are sensitive and have a tendency to bleed easily. 歯ぐきが敏感で、出血しやすい傾向がある	1	2	3
o You are easily envious of people or things. 他人や物事に対して嫉妬しやすい傾向がある	1	2	3
o You can speak confidently in public and support your conversation with facts. 人前で自信を持って話すことができ、会話に根拠を添えるタイプである	1	2	3
o You are selective when it comes to choosing friends. 友人を選ぶ際に慎重である傾向がある	1	2	3

Total for this section: _____

3~4ページの合計数を記入してください

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4ページ

XXX	Not at all	Somewhat	Very much
o You are a slow eater. 食べるペースがゆっくりである	1	2	3
o It takes a lot to get you angry, when you get angry, you are a grudge holder. 怒りにくい、一度怒ると長く引きずる傾向がある	1	2	3
o You have thick, dark and wavy hair. 髪は太く、黒く、ウェーブがかかっている	1	2	3
o You often get chronic sinus congestion/asthma or excessive phlegm 慢性的な副鼻腔炎・喘息・痰が多い傾向がある	1	2	3
o You are slow paced, patient and laid back. ゆったりとしたペースで、我慢強く、穏やかな性格である	1	2	3
o You are a good listener and speak only when you feel you have something important to say. 聞き上手で、必要なときだけ話す傾向がある	1	2	3
o You have a slow metabolism, feel heavy after eating and can skip meals. 代謝がゆっくりで、食後に重だるさを感じやすく、食事を抜いても平気なことがある	1	2	3
o You are consistent in energy, endurance and mood 体力・持久力・気分が安定している	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、朝の始動に時間がかかる傾向がある	1	2	3
o You have an aversion to cool, damp, and cloudy climates 冷涼・湿気・曇りがちな気候を苦手とする	1	2	3
o Your skin is usually soft and smooth. 肌はやわらかく、なめらかである	1	2	3
o You have a calm and composed nature, which helps you stay steady and think clearly even in difficult situations. 落ち着いた性格で、困難な状況でも冷静に考えられる	1	2	3
o You gain weight more easily than others and have difficulty losing it. 太りやすく、痩せにくい傾向がある	1	2	3
o You have a better long-term memory 長期的な記憶力が優れている傾向がある	1	2	3
o You have large beautiful eyes with long lashes. 目が大きく美しく、まつ毛が長い	1	2	3
o Your nails tend to grow faster and are smooth & firm 爪の伸びが早く、なめらかでしっかりしている	1	2	3

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o Your teeth are white, even and large and they are arranged in a neat row. 歯は白く、整っていて大きく、きれいに並んでいる	1	2	3
o You have a broad forehead and a generally broad body frame. 額が広く、体格もがっしりしている	1	2	3
o You have large and full lips. 唇が大きく、ふっくらしている	1	2	3
o You prefer sweet, spicy and bitter food. 甘味・辛味・苦味のある食べ物を好む傾向がある	1	2	3
o Your bowel movements are regular at times with generally formed or semi solid stools. 排便は比較的規則的で、便の形は整っているか半固形である	1	2	3
o You speak slowly and have difficulty initiating a conversation. 話すペースがゆっくりで、会話のきっかけを作るのが苦手なことがある	1	2	3
o Your sleep is deep and sound. 睡眠が深く、質が良い傾向がある	1	2	3
o You are able to maintain friends & acquaintances for long term. 友人や知人との関係を長く保つことができる	1	2	3

Total for this section: _____

5~6ページの合計数を記入してください

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