

How understanding your body-type can lead to more happiness, health and well-being!

According to Ayurveda, there are five fundamental elements that make up the universe. These are space, air, fire, water and earth. These five elements also make up the human physiology.

At conception our constitution is determined. This is known as our prakriti in Sanskrit. This constitution is determined by the proportion of each of the five elements. We all have each of the elements but in different quantities – this is what makes us unique!

The proportion of elements in our body gives us our unique body shape. Body-type is analysed based on our body shape when we are healthy.

When you understand your constitution and which elements predominant in your body, you can make better decisions on the most suitable food, type of work, relationships and climate. You can also determine why certain food, people, climate or situations make you unsettled or out of balance!

Understanding all of this will help you -

- increase your self-awareness,
- improve your productivity,
- determine what you are designed to do,
- minimise stress in your life,
- improve your health and well-being
- cultivate lasting happiness!

Let us start by determining our body-type. Fill in the questionnaire below.

Body type questionnaire

Before you do the questionnaire note -

- All of us have all elements.
- We are analysing the body type based on our shape.
- Answer based on when you are normal or healthy.
- It is normal to have more than one element predominance.
- This questionnaire tells us which are our 1 or 2 predominant elements.
- Circle 1 for strongly disagree (SD), circle 2 for disagree, circle 3 for agree and circle 4 for strongly agree (SA).

Ether questions

I am tall	1 SD	2 D	3 A	4 SA
I am taller than my parents	1 SD	2 D	3 A	4 SA
I am taller than most of my family members	1 SD	2 D	3 A	4 SA
I am taller compared to my original community	1 SD	2 D	3 A	4 SA

I have long limbs and fingers, I have long bones

1	2	3	4
SD	D	A	SA

Add up the circled numbers and write it below.

Ether score: _____

Air score

I am short, small or light

1	2	3	4
SD	D	A	SA

I am shorter, smaller or lighter than my parents

1	2	3	4
SD	D	A	SA

I am shorter, smaller or lighter than most of my family members

1	2	3	4
SD	D	A	SA

I am shorter, smaller or lighter in my original community

1	2	3	4
SD	D	A	SA

I have short, small, slim or slender limbs and fingers

1	2	3	4
SD	D	A	SA

Add up the circled numbers from this section and write it below.

Air score: _____

Fire questions

My face is angular (pointy chin and wide forehead)

1	2	3	4
SD	D	A	SA

My body is naturally muscular

1	2	3	4
SD	D	A	SA

I develop muscles quickly

1	2	3	4
SD	D	A	SA

My trunk is triangular

1	2	3	4
SD	D	A	SA

My nose is pointy or short

1	2	3	4
SD	D	A	SA

Add up the circled numbers from this section and write it below.

Fire score: _____

Water questions

My body is soft

1	2	3	4
SD	D	A	SA

My eyes are large or rounded

1	2	3	4
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	SD	D	A	SA
My fingers and palm are soft	1	2	3	4
	SD	D	A	SA
My hair is soft and wavy	1	2	3	4
	SD	D	A	SA
My skin is moist or oily	1	2	3	4
	SD	D	A	SA

Add up the circled numbers from this section and write it below.

Water score: _____

Earth questions

My shoulders are broad	1	2	3	4
	SD	D	A	SA
My hips are wide	1	2	3	4
	SD	D	A	SA
My bones are heavy	1	2	3	4
	SD	D	A	SA
I have rectangular features (face, trunk etc.)	1	2	3	4
	SD	D	A	SA
My body is solid	1	2	3	4
	SD	D	A	SA

Add up the circled numbers from this section and write it below.

Earth score: _____

Write top two highest scoring elements below.

First element:

Second element:

Some people will have 3 elements that are roughly equal, some of us have 2 that are predominant and some have one that is predominant.