

DAY 29 STUDENT WORKBOOK

AYURVEDIC LIFESTYLE FOUNDATIONS

आयुर्वेदिक जीवनशैली आधार



Inner Zen Wellness - Level 1

Student Workbook | छात्र कार्यपुस्तिका

Dosha Assessment & Lifestyle Design

INSTRUCTIONS | निर्देश

This workbook guides you through discovering your unique Ayurvedic constitution (Prakriti) and designing a personalised daily routine (Dinacharya) that works for YOUR body-mind type.

यह कार्यपुस्तिका आपको अपने अद्वितीय आयुर्वेदिक संविधान (प्रकृति) की खोज करने और एक व्यक्तिगत दैनिक दिनचर्या (दिनचर्या) तैयार करने में मार्गदर्शन करती है जो आपके शरीर-मन प्रकार के लिए काम करती है।

 Complete each exercise thoughtfully. This creates your personal wellness roadmap.

EXERCISE 1: COMPREHENSIVE PRAKRITI (DOSHA) ASSESSMENT

PART A: PHYSICAL CHARACTERISTICS

For each category, check the description that MOST matches you in your natural state (not current imbalances):

VATA

Air & Space

Light, mobile, cold, dry, irregular

PITTA

Fire & Water

Hot, sharp, intense, penetrating

KAPHA

Earth & Water

Heavy, stable, cool, moist, slow

1. BODY FRAME / शरीर संरचना

VATA: Thin, light, small frame. Hard to gain weight. Prominent joints/veins.

PITTA: Medium, athletic build. Moderate weight, good muscle tone.

KAPHA: Large, solid, well-developed frame. Gains weight easily, strong build.

My answer: _____

2. WEIGHT / वजन

VATA: Low body weight, hard to gain. May have been thin child.

PITTA: Moderate, maintains weight fairly easily with some effort.

KAPHA: Gains weight easily, hard to lose. May have been chubby child.

My answer: _____

3. SKIN TEXTURE / त्वचा बनावट

VATA: Dry, rough, thin. Needs frequent moisturiser. Ages quickly.

PITTA: Soft, oily, warm. Prone to rashes, acne, sunburn. Freckles/moles.

KAPHA: Smooth, cool, thick, oily. Soft, glowing. Ages slowly.

My answer: _____

Physical Characteristics (Continued)

4. SKIN TEMPERATURE / त्वचा तापमान

- ☒ **VATA:** Cool, cold hands/feet. Always need socks/sweater.
- ☒ **PITTA:** Warm, even hot. Prefer cool environments. Sweat easily.
- ☒ **KAPHA:** Cool but comfortable. Don't feel extreme temperatures strongly.

My answer: _____

5. HAIR / बाल

- ☒ **VATA:** Dry, brittle, thin. Frizzy, split ends easily.
- ☒ **PITTA:** Fine, soft. Early greying or balding tendency. Oily scalp.
- ☒ **KAPHA:** Thick, lustrous, strong. Oily, full, abundant.

My answer: _____

6. EYES / आँखें

- ☒ **VATA:** Small, dry, active, darting. Dark circles common.
- ☒ **PITTA:** Sharp, penetrating gaze. Medium size. Light sensitive.
- ☒ **KAPHA:** Large, beautiful, soft. Thick lashes and brows.

My answer: _____

7. APPETITE / भूख

- ☒ **VATA:** Variable, irregular. Sometimes ravenous, sometimes not hungry. Forgets to eat.
- ☒ **PITTA:** Strong, regular. Gets irritable/angry if meal delayed. Must eat on time.
- ☒ **KAPHA:** Steady, can skip meals without problem. Can go long without eating.

My answer: _____

8. DIGESTION / पाचन

- ☒ **VATA:** Irregular, sensitive. Gas, bloating, constipation common. Unpredictable.
- ☒ **PITTA:** Quick, strong, sharp. Heartburn, loose stools tendency. Burns through food.
- ☒ **KAPHA:** Slow, steady, heavy. Feels full for long time. Sluggish digestion.

My answer: _____

Physical Characteristics (Final)

9. THIRST / प्यास

☒ **VATA:** Variable, often forget to drink. Sometimes very thirsty.

☒ **PITTA:** Abundant thirst. Needs lots of water. Drinks frequently.

☒ **KAPHA:** Low thirst. Can go long without drinking.

My answer: _____

10. ELIMINATION (BOWEL) / मल त्याग

☒ **VATA:** Irregular, dry, hard stools. Constipation common. Gas.

☒ **PITTA:** Regular, 2-3 times daily. Loose tendency. Burning sometimes.

☒ **KAPHA:** Slow, heavy, once daily or less. Well-formed, can be sluggish.

My answer: _____

11. PHYSICAL ACTIVITY LEVEL / शारीरिक गतिविधि

☒ **VATA:** Very active, restless, can't sit still. Quick movements.

☒ **PITTA:** Moderate, focused activity. Goal-oriented. Competitive.

☒ **KAPHA:** Slow, steady. Prefers rest. Needs motivation to move.

My answer: _____

12. STAMINA / सहनशक्ति

☒ **VATA:** Low endurance. Bursts of energy then fatigue. Inconsistent.

☒ **PITTA:** Good endurance when interested. Can push hard, then burn out.

☒ **KAPHA:** Excellent endurance. Slow to start but goes long. Very strong.

My answer: _____

13. SLEEP / नींद

☒ **VATA:** Light, interrupted, restless. 5-6 hours. Hard to fall asleep, wakes easily.

☒ **PITTA:** Moderate, sound. 6-7 hours. Falls asleep fine, may wake to pee.

☒ **KAPHA:** Deep, heavy, long. 8+ hours. Can oversleep. Hard to wake up.

My answer: _____

Physical & Mental Characteristics

14. BODY TEMPERATURE PREFERENCE / तापमान प्राथमिकता

☒ **VATA:** Prefers warmth. Hates cold, wind, dry climates. Needs layers.

☒ **PITTA:** Prefers cool. Hates heat. Seeks AC, cold drinks, shade.

☒ **KAPHA:** Prefers warm, dry. Dislikes cold, damp. But moderate overall.

My answer: _____

15. WEATHER REACTION / मौसम प्रतिक्रिया

☒ **VATA:** Cold, dry, windy weather worsens all symptoms. Worse in fall/winter.

☒ **PITTA:** Hot weather unbearable. Worse in summer. Irritable when hot.

☒ **KAPHA:** Cold, damp weather increases congestion. Worse in spring.

My answer: _____

PART B: MENTAL & EMOTIONAL CHARACTERISTICS

16. MIND / मन

☒ **VATA:** Quick, restless, active. Many thoughts. Creative. Learns fast, forgets fast.

☒ **PITTA:** Sharp, focused, precise. Good comprehension. Analytical. Learns moderately, retains well.

☒ **KAPHA:** Slow, steady, calm. Learns slowly but never forgets. Good long-term memory.

My answer: _____

17. MEMORY / स्मृति

☒ **VATA:** Short-term good, long-term poor. Forgets easily unless repeated.

☒ **PITTA:** Good overall memory. Can recall details when needed.

☒ **KAPHA:** Excellent long-term memory. Remembers forever once learned.

My answer: _____

18. SPEECH / वाणी

☒ **VATA:** Fast, talkative, scattered. Interrupts. Jumps topics.

☒ **PITTA:** Clear, sharp, precise. Direct, can be cutting. Debates well.

☒ **KAPHA:** Slow, melodious, sweet. Takes time to speak. Thoughtful words.

My answer: _____

Mental & Emotional Characteristics (Continued)

19. EMOTIONAL NATURE / भावनात्मक प्रकृति

☒ **VATA:** Changeable, enthusiastic, anxious. Emotions come and go quickly.

☒ **PITTA:** Intense, passionate, irritable. Strong emotions, can be angry.

☒ **KAPHA:** Steady, loving, patient. Emotions stable, slow to anger.

My answer: _____

20. PRIMARY EMOTION WHEN STRESSED / तनाव में भावना

☒ **VATA:** Fear, anxiety, worry, insecurity, loneliness.

☒ **PITTA:** Anger, frustration, irritation, criticism, jealousy.

☒ **KAPHA:** Depression, lethargy, attachment, greed, resistance.

My answer: _____

21. MENTAL CLARITY / मानसिक स्पष्टता

☒ **VATA:** Clear when calm, scattered when stressed. Mind races.

☒ **PITTA:** Sharp, penetrating clarity. Can be overly focused/obsessive.

☒ **KAPHA:** Slow clarity but profound. Can be foggy/dull when imbalanced.

My answer: _____

22. DECISION MAKING / निर्णय लेना

☒ **VATA:** Indecisive, changes mind often. Difficulty committing.

☒ **PITTA:** Quick, confident decisions. Rarely changes mind. Decisive leader.

☒ **KAPHA:** Slow to decide but once decided, unchanging. Resistant to change.

My answer: _____

23. FAITH/BELIEFS / विश्वास

☒ **VATA:** Variable, changeable. Explores many paths. Can be sceptical.

☒ **PITTA:** Strong convictions. Needs proof. Questions authority.

☒ **KAPHA:** Steady faith. Traditional. Follows established paths.

My answer: _____

Mental Characteristics & Scoring Your Prakriti

24. REACTION TO STRESS / तनाव प्रतिक्रिया

☒ **VATA:** Panic, overthink, can't sleep, lose appetite, get scattered.

☒ **PITTA:** Get angry, irritable, critical, work harder, burn out.

☒ **KAPHA:** Withdraw, eat more, sleep more, resist, become lethargic.

My answer: _____

25. LIFE APPROACH / जीवन दृष्टिकोण

☒ **VATA:** Spontaneous, flexible, disorganised. Starts many things, finishes few.

☒ **PITTA:** Organised, goal-oriented, achiever. Plans and executes. Perfectionist.

☒ **KAPHA:** Steady, methodical, consistent. Slow starter but finisher. Reliable.

My answer: _____

SCORING YOUR PRAKRITI

Count your answers:

VATA total: _____

PITTA total: _____

KAPHA total: _____

INTERPRETATION:

If one dosha is significantly higher (10+ more than others): You are predominantly that dosha: **VATA** or **PITTA** or **KAPHA** type

If two doshas are close (within 5 points): You are **BI-DOSHIC** - Example: VATA-PITTA, PITTA-KAPHA, or KAPHA-VATA

If all three are close (within 3-5 points each): You are **TRI-DOSHIC** (rare) - all three balanced

MY PRAKRITI (CONSTITUTION):

Primary Dosha: _____

Secondary Dosha (if bi-doshic): _____

EXERCISE 2: CURRENT IMBALANCE ASSESSMENT (VIKRITI)

Now assess your CURRENT state - what's imbalanced RIGHT NOW?

Check ALL symptoms you're currently experiencing:

VATA IMBALANCE SYMPTOMS:

- Anxiety, worry, fear
- Insomnia, difficulty falling asleep
- Restlessness, can't sit still
- Dry skin, hair, nails
- Constipation, gas, bloating
- Cold hands/feet
- Weight loss, can't gain
- Joint pain, cracking joints
- Racing mind, can't focus
- Irregular appetite
- Nervousness, tremors
- Scattered energy

VATA Imbalance Score: _____ (total checked)

PITTA IMBALANCE SYMPTOMS:

- Anger, irritability, impatience
- Criticism (of self/others)
- Perfectionism, harsh self-judgement
- Heartburn, acid reflux
- Skin rashes, acne, inflammation
- Loose stools, urgent bowel movements
- Excessive body heat
- Red, inflamed eyes
- Excessive sweating
- Burning sensations
- Competitive, workaholic
- Burnout, exhaustion from overdoing

PITTA Imbalance Score: _____ (total checked)

KAPHA IMBALANCE SYMPTOMS:

- Depression, heaviness
- Lethargy, lack of motivation
- Weight gain, fluid retention
- Excess mucus, congestion
- Sinus problems, allergies
- Oversleeping, hard to wake
- Slow digestion, feeling heavy after eating
- Attachment, possessiveness
- Resistance to change
- Procrastination
- Excess saliva
- Feeling cold, damp

KAPHA Imbalance Score: _____ (total checked)

MY CURRENT IMBALANCE (VIKRITI):

The dosha with highest imbalance score: _____

This tells me: This dosha is currently TOO HIGH and needs balancing.

EXERCISE 3: PERSONALISED DINACHARYA (DAILY ROUTINE) DESIGN

Based on your Prakriti and current Vikriti, design YOUR ideal routine.



MORNING ROUTINE / प्रातः दिनचर्या

1. WAKE TIME / जागने का समय

Ideal wake time for my dosha:

VATA: 5:30-6:00 AM

PITTA: 5:00-5:30 AM

KAPHA: 4:30-5:00 AM

My commitment: I will wake at _____ AM

Current wake time: _____ AM

Gradual plan (if big change needed):

Week 1: _____ AM

Week 2: _____ AM

Week 3: _____ AM (goal)

2. UPON WAKING PRACTICES / जागने पर अभ्यास

I commit to doing (check all you'll do):

- Gratitude/intention upon waking (before getting up)
- Drink warm water (1 glass, room temp minimum)
- Morning elimination (establish regular time)
- Tongue scraping (buy scraper this week)
- Oil pulling (coconut or sesame oil, 5-10 min)
- Brush teeth with natural products
- Nasya (nasal oil drops) - optional
- Splash eyes with cool water

Start date: _____

Morning Routine (Continued)

3. BATHING & SELF-MASSAGE / स्नान और अभ्यंग

ABHYANGA (Oil Massage):

My dosha-appropriate oil:

- Vata/Kapha: Sesame oil
- Pitta: Coconut oil

My chosen oil: _____

Frequency I'll commit to:

- Daily (ideal for Vata)
- 4-5 times/week
- 2-3 times/week (minimum)

Best time for me: _____ (before shower)

Duration:

- 20 minutes (full)
- 10 minutes (abbreviated)
- 5 minutes (minimal)

4. EXERCISE / व्यायाम

Best exercise for my dosha:

VATA:

- Gentle yoga (holding poses)
- Walking
- Tai Chi/Qi Gong
- Swimming (warm water)
- Dance (gentle, grounding)

PITTA:

- Swimming (cooling!)
- Moderate yoga
- Hiking
- Cycling
- Avoid: competitive sports, overheating

KAPHA:

- Running/jogging
- Vigorous yoga/hot yoga
- Aerobics, Zumba
- Strength training
- Hiking (uphill)

My chosen exercise: _____

Frequency: Daily 5x/week 3x/week (minimum)

Duration: _____ minutes

Time: _____ (after bath, before breakfast)

Morning & Midday Routine

5. MEDITATION & PRANAYAMA / ध्यान और प्राणायाम

Morning spiritual practice:

Pranayama: _____ minutes

Meditation: _____ minutes

Total morning practice time: _____ minutes

Time: _____ (after exercise, before breakfast)

6. BREAKFAST / नाश्ता

Time: _____ AM (when hungry, 7-8 AM range)

My dosha-appropriate breakfast:

VATA:

- Warm cereals (oatmeal with ghee, cinnamon)
- Cooked fruits
- Warm nut milk
- Herbal teas
- Nothing raw or cold

PITTA:

- Cooling fruits (melon, grapes)
- Oatmeal with coconut
- Smoothies (not ice cold)
- Mint tea
- Not too spicy

KAPHA:

- Light or skip if not hungry
- Spiced tea
- Light fruit
- Avoid heavy, oily

My typical breakfast will be: _____

MIDDAY ROUTINE / मध्याह्न दिनचर्या

7. LUNCH - MAIN MEAL / मुख्य भोजन

Ideal time: 12:00-1:00 PM (when sun/digestive fire highest)

My lunch time: _____ PM

Commitment:

- Make this my LARGEST meal Yes Working towards it
- Eat sitting down, no distractions Yes Working towards it
- Include all six tastes Yes Learning
- Warm, freshly cooked preferred Yes When possible

Post-lunch:

- Sit 5-10 minutes (no lying down) Will do
- Short walk if needed Will do

Afternoon & Evening Routine

AFTERNOON ROUTINE / दोपहर दिनचर्या

VATA TIME (2-6 PM):

- Best for creative work, communication
- Stay grounded if energy scatters
- Hydrate well
- Avoid excessive caffeine

My afternoon plan:

EVENING ROUTINE / संध्या दिनचर्या

8. DINNER / रात्रि भोजन

Ideal time: 6:00-7:00 PM (before sunset if possible)

My dinner time: _____ PM

Dinner guidelines:

- LIGHT and EASY TO DIGEST Committed
- Smaller than lunch Committed
- Warm, cooked Yes
- No heavy proteins/dairy at night Will reduce

My typical light dinner: _____

9. EVENING ACTIVITIES / संध्या गतिविधियाँ

7:00-9:00 PM:

I will:

- Light, calming activities
- Family time, connection
- Reading (spiritual texts ideal)
- Gentle yoga/stretching
- Creative hobbies

I will AVOID:

- Screens after _____ PM (digital sunset)
- Intense work
- Conflict/difficult conversations
- Stimulating content

Bedtime Routine & Seasonal Adjustment

10. BEDTIME ROUTINE / शयन दिनचर्या

Ideal bedtime: 9:30-10:00 PM (before Pitta time)

My bedtime: _____ PM

Current bedtime: _____ PM

Pre-sleep routine I'll establish:

- Oil feet (sesame or ghee massage on soles)
- Gentle breathing (5-10 minutes)
- Gratitude practice
- Journal review
- No screens 1+ hour before bed
- Lights out by _____ PM

EXERCISE 4: SEASONAL ADJUSTMENT PLAN (RITUCHARYA)

Current Season Awareness

Today's date: _____

Current season: _____

Dosha of this season: _____

Seasonal Routine for Current Season:

What I need to emphasise NOW:

Diet:

Lifestyle:

Exercise:

Self-care:

Seasonal Transition Preparation

Next season begins approximately: _____

7 days before transition (Ritu Sandhi), I will:

- Lighten diet
- Increase rest
- Avoid new intense activities
- Boost immunity practices
- Be extra mindful

Balancing Your Imbalance & Commitment

EXERCISE 6: BALANCING YOUR CURRENT IMBALANCE

Based on Exercise 2, my highest imbalance is: _____



If VATA is Imbalanced:

INCREASE: Warmth, oil, routine, rest, sweet/sour/salty tastes, warm cooked foods

DECREASE: Raw/cold/dry foods, stimulants, travel, excess activity, irregular schedule

Key practice: Daily oil massage



If PITTA is Imbalanced:

INCREASE: Cooling foods, sweet/bitter/astringent tastes, rest, compassion, time in nature/water

DECREASE: Spicy/hot/acidic foods, competitive activities, overworking, sun/heat, criticism

Key practice: Cooling activities, moonlight walks



If KAPHA is Imbalanced:

INCREASE: Movement, vigorous exercise, stimulating activities, pungent/bitter/astringent tastes, light/warm/dry foods

DECREASE: Heavy/oily/sweet foods, dairy, daytime sleep, sedentary behaviour, overeating

Key practice: Early wake, vigorous daily exercise

EXERCISE 7: MY AYURVEDIC LIFESTYLE COMMITMENT

This Week, I Commit To:

ONE MORNING PRACTICE I'll do daily:

ONE MEAL TIMING I'll adjust:

ONE EVENING PRACTICE I'll do daily:

ONE DOSHA-BALANCING ACTION:

This Month, I Will Build Towards:

Goal Dinacharya (daily routine):

Dosha balance I'm working on:

Support I need:

SELF-ASSESSMENT | आत्म-मूल्यांकन

Understanding (1-10):

I understand the three doshas: ____

I can identify my Prakriti: ____

I understand Dinacharya: ____

I understand Ritucharya: ____

I know how to balance my dosha: ____

Confidence (1-10):

I can design my personal routine: ____

I can make dosha-appropriate food choices: ____

I can adjust seasonally: ____

(For practitioners) I can assess clients' doshas: ____

(For practitioners) I can create client lifestyle plans: ____

My biggest insight from today:

My biggest challenge:

My commitment to embodied wellness:

CLOSING REFLECTION

Letter to Myself:

Dear [Name],

Today you learned that your body has wisdom - ancient wisdom encoded in your very nature. Your unique constitution (Prakriti) is not a problem to fix but a blueprint to understand and honour.

As you begin aligning your life with these natural rhythms, be patient. Start small. One practice at a time. Your body will respond. It remembers this harmony.

You are not broken. You're simply learning to live in rhythm with your own nature and with nature itself.

With love and commitment to your wellness journey,

[Your signature]

Date: _____



May you wake with the sun

May you eat with the seasons

May you move with your nature

May you rest with the moon

सूर्य के साथ जागो

ऋतुओं के साथ खाओ

अपनी प्रकृति के साथ चलो

चंद्रमा के साथ विश्राम करो

नमस्ते 🙏