

### Memory

- V** acute awareness but short and variable recall; short attention span
- P** reasonably good memory; when impatient lose short term memory
- K** long memory, never forget; may be slow or unwilling to recollect

### Sense of Humour

- V** very witty; expressive actions and impersonations; funny voices and faces
- P** intelligent humour; play on words; can laugh at themselves; detached
- K** enjoy comedy and laughing out loud; sharing jokes; emotional

### Caring / Compassion

- V** more self conscious and selective about who they will care about; not spontaneous
- P** caring based on the 'mind' rather than the 'heart'; responsible, considerate
- K** selfless and spontaneous

### Ethics / Social Awareness

- V** strong opinions; impulsive; may be unrealistic; sceptical
- P** introduce ideas and plan; good organisers; practical, active and realistic
- K** supporters; pacifists; compassion for the suffering of others, emotional involvement

Score:

Date:



The score above with the highest number is the *Dosha* you need to reduce. Select products that pacify this *Dosha*.

\*Disclaimer: Please note that the results of this questionnaire should not be used for diagnostic purposes. Anyone having any imbalances or symptoms of diseases should seek medical attention. The purpose of this form is meant to serve as a guideline only in order to help identify the most appropriate products for individual use.



## Ayurvedic Life-style Management

To pacify and manage an aggravated Dosha you need to understand its qualities and apply that which is opposite in quality.

Diet is understood to be one of the most important factors influencing health and beauty and by understanding your individual constitution a compatible diet can be adhered to. This includes eating the correct foods for your Dosha (Ayurvedic Dietetics); and correct eating habits such as eating only when hungry, eating the correct amount, and other considerations such as the climate, season, and your emotional and physical state etc.



### Importance of Lifestyle

Lifestyle is anything and everything that affects you and all things within and without you are in a constant state of flux. You are likely to be influenced by your culture, upbringing, family and friends, conditioning/habits, fashions, trends etc. If you are not selective with your lifestyle and able to adjust when necessary you may suffer a state of disturbance, discomfort, and eventually disease. Awareness of yourself in relation to your environment in each moment is the key to managing your life and living according to your individual nature.



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## Ancient's Best Dosha Pacifying Skin Care Range

Made in New Zealand



Ancient's Best was established to provide a range of Ayurvedic products and services that support the teachings of Ayurveda. Traditional Ayurveda is based on the philosophy that each of us is unique and so has different needs. Our products are tailor made in accordance with this knowledge so you can select what is correct and compatible for you as an individual. At Ancient's Best we believe that to experience outer beauty we must first be aware of and accept our inner beauty. This comes from understanding our true self and living in accordance with the natural laws of Ayurveda.

Please complete the questionnaire inside this brochure to identify the most correct products for you to use.

# What is Ayurveda?

Ayurveda recognises that we are not the same. You are unique and therefore need to live your life according to what suits you as an individual.

## What makes you unique?

Ayurveda states that all matter (including you) contains five elements known as ether, wind, fire, water, and earth. As such you, and all that you see around you, are an integral and inseparable part of Nature. Three primary energies are formed by the combination of these five elements and they are termed *Dosha*.

**Vata Dosha – Ether and Wind Elements**

**Pitta Dosha – Fire and Water Elements**

**Kapha Dosha – Water and Earth Elements**

For an explanation of each *Dosha* go to [www.ancientsbest.com](http://www.ancientsbest.com).

We should also note that the word *Dosha* means disturbance or fault. Each person is born with his/her own unique combination of the three *Dosha*, with one *Dosha* usually predominant. This gives that person their primary characteristics, personality, and distinctive nature. This nature, or constitution, is known as *Prakriti* and does not alter for your entire life span. It may or may not be disturbed from birth and is natural and 'normal' for you.

Understanding your *Prakriti* helps you to recognise and accept your weaknesses and strengths so you understand what suits you and what you should avoid. Often however, there is a lack of understanding of *Prakriti* and how to manage it so you may live an incompatible lifestyle. This can disturb your *Prakriti* over time and create an unnatural situation. You may start to suffer discomfort and disturbance. This state is termed *Vikriti* and may result in your main *Dosha* becoming more aggravated or another *Dosha* becoming aggravated.

## Our Skin Care Products

In Ayurvedic skincare it is not a matter of one herb being better than another but which herb is more correct and compatible for each person.



Herbs are selected to be supportive and pacifying to each specific *Dosha* in addition to having the qualities (cleansing, toning, moisturising etc.) needed for such a product. Other products on the market select herbs based purely on the properties of the herbs without taking individual differences into account. There is always a risk when using such products that the herbs are not compatible to the person using the product.



Additionally, Ancient's Best products are not single herb products but use a number of herbs chosen for their suitability to pacify a particular *Dosha*, as well as their qualities in combination with other herbs. It is understood in Ayurveda that using several herbs with similar qualities gives a more powerful effect and greater benefits than using a single herb.



The traditional application of Ayurveda is focussed primarily on a Life-style management approach and this is the most important factor in terms of stability. This works to support and complement the use of the herbal skin care products and improve the self-awareness and understanding of the person using the products.

## What *Dosha* needs to be pacified? Complete this questionnaire to find out!

Name: \_\_\_\_\_

Tel: \_\_\_\_\_

Email: \_\_\_\_\_

This questionnaire will help you to identify your current constitution (*Vikriti*). Choose one (or if necessary two) of V, P, or K for each question and add up your results at the end. Select those answers that most represent you at this moment in time.

### Hunger and Appetite

- V hungry frequently; weak when hungry; like to snack
- P good appetite; enjoy eating; sharp hunger; must eat immediately or can get angry
- K emotional eaters; like 'comfort' food; no discomfort if miss meals; often not hungry but eat anyway

### Sleep Pattern

- V can be either a light or deep sleeper; rarely feel rested; restless in bed
- P moderate sleeper; alert even without a good sleep; can wake up easily
- K not able to go to sleep early; snoring may disturb sleep; difficulty waking up early; deep and long sleep that is rarely broken; feel rested by sleep

### Discipline

- V feeling 'lost'; lack of routine; forgetfulness; poor time management
- P frustration and anger when lose self control; like a regulated lifestyle; great planner; self disciplined
- K indifferent; 'can't be bothered'; making excuses; stubborn; selflessness – discipline coming from a desire to help others

### Motivation / Taking Responsibility

- V unmotivated due to lack of direction and focus; unable to complete tasks; enthusiastic; creative; sensitive but not too practical
- P unmotivated when not in charge or lost self control; leader, organiser, intelligent; enjoy mental and physical challenges
- K unmotivated due to laziness, procrastination, avoidance; tolerant, patient, compassionate, loyal and calm

### Speech

- V incoherent; fast; talkative, incomplete sentences, loss of voice, good orator, knowledgeable speaker
- P short and sharp, aggressive, direct, may use swear words, bold, intelligent and fearless speech
- K slow and deliberate, domineering speech, speak calmly with an attitude of caring