



Dear Ayurveda Student,

Please find the following documents attached.

Book 2 Chapter 7
The Prakruti-Vikruti Paradigm
Constitutional Assessment

1. [Book 2 Chapter 7 PDF](#)
2. [Ayurvedic Doshic Emotional Body Type PDF](#)
3. [Constitution Questionnaire PDF](#)
4. [Agni Test](#)
5. [Ama Test](#)
6. [Ayurveda Self Test PDF](#)
7. [Herbology Timing PDF](#)
8. [Perfect Poop PDF](#)
9. [Six Tastes PDF](#)

Thank you.

Namaste,
Karyn

Karyn Chabot

