

Ayurvedic Health Questionnaire for Horse Owners

A reflective guide to wellbeing, constitution, and the relationship between horse and human

Rooted in Ayurveda • Guided by awareness • Inspired by the quiet wisdom of horses

Client Name	
Horse Name	
Practitioner	
Date	

This assessment is intended as a gentle space for reflection: an invitation to notice patterns, honour your wellbeing, and deepen the connection you share with your horse.



AYURVEDIC HEALTH QUESTIONNAIRE FOR HORSE OWNERS

A reflective guide to understanding your constitution, your patterns, and the way your wellbeing shapes your relationship with your horse.

INTRODUCTION

Ayurveda teaches that health is a living relationship between body, mind, and environment. For horse owners, this relationship extends into the field, the stable, the arena, and every quiet moment shared with a horse.

This questionnaire helps you explore your constitution, recognise imbalance, and understand how your internal patterns influence your horse.

Please answer each question honestly and intuitively. There are no right or wrong responses — only insight.

SECTION 1 — NATURAL CONSTITUTION

Tick all that apply.

Vata Indicators

- ☐ Energy fluctuates
- ☐ Often cold, dry, or easily chilled
- ☐ Quick, creative, easily distracted mind
- ☐ Anxiety, overwhelm, or ungrounded under stress
- ☐ Irregular appetite or digestion

Vata Score: ____/5

Pitta Indicators

- ☐ Strong drive, focus, intensity
- ☐ Prefer structure and clarity
- ☐ Feel hot, flushed, or easily irritated
- ☐ Strong digestion or get hungry quickly
- ☐ Impatient, critical, or frustrated under stress

Pitta Score: ____/5

Kapha Indicators

- ☐ Steady but heavy or slow energy
- ☐ Enjoy routine and familiarity
- ☐ Feel cold, damp, or sluggish
- ☐ Slow or steady digestion
- ☐ Withdraw, feel stuck, or overly accommodating under stress

Kapha Score: ____/5

SECTION 2 — DIGESTION & APPETITE

Tick all that apply.

Vata Indicators

- ☐ Irregular appetite
- ☐ Bloating or discomfort
- ☐ Feel unsettled after certain foods
- ☐ Energised only sometimes after eating

Vata Score: ____/5

Pitta Indicators

- ☐ Strong appetite
- ☐ Hungry quickly
- ☐ Feel hot or irritable when hungry

Pitta Score: ____/5

Kapha Indicators

- ☐ Slow appetite
- ☐ Feel heavy or tired after eating
- ☐ Prefer comfort foods
- ☐ Eat at steady, predictable times

Kapha Score: ____/5

SECTION 3 — SLEEP & DAILY ENERGY

Tick all that apply.

Vata Indicators

- ☐ Struggle to fall asleep
- ☐ Wake during the night
- ☐ Variable energy
- ☐ Rely on stimulants

Vata Score: ____/5

Pitta Indicators

- ☐ Hot or intense sleep
- ☐ Sharp morning energy
- ☐ Wake due to heat or vivid dreams

Pitta Score: ____/5

Kapha Indicators

- ☐ Fall asleep easily
- ☐ Heavy, deep sleep
- ☐ Slow morning energy

Kapha Score: ____/5

SECTION 4 — STRESS & EMOTIONAL PATTERNS

Tick all that apply.

Vata Indicators

- ☐ Stress shows as anxiety or overwhelm
- ☐ Worry patterns
- ☐ Slow recovery from stress

Vata Score: ____/5

Pitta Indicators

- ☐ Stress shows as irritation or frustration
- ☐ Critical or intense under pressure
- ☐ Quick recovery but reactive

Pitta Score: ____/5

Kapha Indicators

- ☐ Stress shows as withdrawal or heaviness
- ☐ Feel stuck or shut down
- ☐ Slow to mobilise after stress

Kapha Score: ____/5

SECTION 5 — MOVEMENT, FITNESS & RHYTHM

Tick all that apply.

Vata Indicators

- ☐ Prefer gentle, rhythmic movement
- ☐ Scattered daily rhythm
- ☐ Breath feels light or shallow

Vata Score: ____/5

Pitta Indicators

- ☐ Prefer structured, moderate movement
- ☐ Intense daily rhythm
- ☐ Breath feels sharp or focused

Pitta Score: ____/5

Kapha Indicators

- ☐ Prefer invigorating or varied movement
- ☐ Slow daily rhythm
- ☐ Need stimulation to feel energised

Kapha Score: ____/5

SECTION 6 — RELATIONSHIP WITH YOUR HORSE

Tick all that apply.

Vata Indicators

- ☐ Feel anxious or tense around your horse
- ☐ Horse mirrors your tension
- ☐ Horse becomes reactive or distracted

Vata Score: ____/5

Pitta Indicators

- ☐ Feel driven or intense around your horse
- ☐ Horse feels pressured
- ☐ Horse becomes resistant

Pitta Score: ____/5

Kapha Indicators

- ☐ Feel slow or hesitant around your horse
- ☐ Horse becomes slow or sticky
- ☐ Horse becomes overly dependent

Kapha Score: ____/5

SECTION 7 — PATTERNS YOU NOTICE IN YOUR HORSE

Tick all that apply.

Vata Indicators

- ☐ Horse becomes tense
- ☐ Horse becomes easily distracted
- ☐ Horse's confidence shifts with your nervous system

Vata Score: ____/5

Pitta Indicators

- ☐ Horse becomes irritated or pressured
- ☐ Horse reacts to intensity

Pitta Score: ____/5

Kapha Indicators

- ☐ Horse becomes slow or resistant
- ☐ Horse becomes heavy or stuck

Kapha Score: ____/5

Your Longings as a Clue

Circle the longing that resonates most:

Calm → Vata imbalance

Softness → Pitta imbalance

Lightness → Kapha imbalance

Your Horse's Mirror

Tick what you notice most:

- ☐ Tension → Vata influence
- ☐ Pressure → Pitta influence
- ☐ Slowness → Kapha influence

SECTION 8 — LIFESTYLE & ENVIRONMENT

Tick all that apply.

Vata Indicators

- ☐ Work feels fast paced or irregular
- ☐ Struggle to decompress
- ☐ Seasonal change affects energy

Vata Score: ____/5

Pitta Indicators

- ☐ Work feels intense or demanding
- ☐ Hard to unwind mentally
- ☐ Prefer clear structure

Pitta Score: ____/5

Kapha Indicators

- ☐ Work feels steady or repetitive
- ☐ Plenty of routine
- ☐ Enjoy nature and slow environments

Kapha Score: ____/5

SECTION 9 — WHAT YOU LONG FOR

Tick all that apply.

Vata Indicators

- ☐ Long for calm
- ☐ Long for steadiness
- ☐ Long for grounding

Vata Score: ____/5

Pitta Indicators

- ☐ Long for softness
- ☐ Long for ease
- ☐ Long for compassion

Pitta Score: ____/5

Kapha Indicators

- ☐ Long for lightness
- ☐ Long for vitality
- ☐ Long for movement

Kapha Score: ____/5

TOTAL SCORES

Vata Total: ____

Pitta Total: ____

Kapha Total: ____

SECTION 10 — YOUR INTENTION (Free-write — no scoring)

What is your intention for your health, your horsemanship, and your relationship with your horse over the next three months?

CLIENT SELF-INTERPRETATION SCORE SECTION

If Vata is your highest score: You may be experiencing irregular digestion, fluctuating energy, light sleep, worry, overwhelm, or tension. Your horse may mirror this through reactivity or sensitivity.

Support: grounding, warmth, routine, nourishment, rhythmic movement.

If Pitta is your highest score: You may be experiencing heat, irritation, intensity, strong appetite, or pressure. Your horse may feel pushed or become resistant.

Support: cooling foods, softening, compassion, pacing, moderate movement.

If Kapha is your highest score: You may be experiencing heaviness, sluggishness, slow digestion, withdrawal, or stagnation. Your horse may become slow, sticky, or overly dependent.

Support: stimulation, variety, warmth, energising movement, lightness.

Your Second-Highest Score

This shows your secondary influence — the dosha shaping your emotional tendencies, stress patterns, and how your horse responds to you.

Your Lowest Score

This dosha is currently quiet. It may reflect your underlying constitution or your stable inner resource.