

MENOPAUSE SCORE CHART

WHAT TYPE OF MENOPAUSE ARE YOU?



All three types of Menopause fall under the category of Vata (=air and ether) because menopause is a transitional phase in woman's life.

Transition = movement = Vata. In addition, depending on your constitution, lifestyle or diet, symptoms may show up in different ways. Mark all that apply and add up at the bottom. Have fun!

VATA MENOPAUSE	VATA-PITTA MENOPAUSE	VATA-KAPHA MENOPAUSE
Menstrual periods are scanty, irregular, missed	I have spells of heavy bleeding	I have menstrual spotting
I have hot flashes followed by coldness	I have severe hot flashes	I have mild hot flashes
I have insomnia	I wake up with intense night sweats	I oversleep
I am anxious and tend to worry all the time	I am irritable or angry much of the time	I feel heavy and lethargic
I am forgetful or confused	I have abdominal tension and bloating	I feel listless and unmotivated
I am losing weight	I especially gain weight around the middle	I gain weight easily and can't get it off
I am frequently constipated	I have loose bowel movements or diarrhea	I have water retention
My blood pressure fluctuates	My blood pressure goes up	My blood pressure is low
I suffer from vaginal dryness	I suffer from skin rashes or acne	My breasts are swollen
My hair and skin are dry	My muscles are inflamed	I suffer from migraine headaches
My nails are brittle and hair is thinning	I have tendonitis	I have crying spells
I have frequent urination	I have foul smelling vaginal discharge	I feel abdominal heaviness
I feel pain in my joints and muscles	I have urinary tract infections	
I suffer tension headaches	I crave spicy, hot and oily foods	I crave ice creams and sweets
I tend to have brittle bones (easily break bones, osteopenia, osteoporosis)		
I forget to eat		
SCORE:	SCORE:	SCORE: