

## AYURVEDA - WHAT IS YOUR DOSHA TYPE?

To determine your Ayurvedic Dosha, take the assessment below. Mark a selection from the column that BEST describes you. If there is another description that equally describes an attribute of yours, go ahead and mark it as well. All of the words in that column need not apply for you to make the selection. Most of us have one dominant Dosha, a few will have two Doshas approximately equal, and even fewer will have all three Doshas in equal proportions. Add all the marks in your column, divide that number by 53, multiply it by 100, and that will give you the %. Remember take twice, one for your Prakruti, one for your Vikruti.

PHYSICAL		VATA		PITTA		KAPHA
My bones are:	<input type="checkbox"/>	Small bones	<input type="checkbox"/>	Medium size bones	<input type="checkbox"/>	Larger bones
My height is:	<input type="checkbox"/>	Either very tall & thin or very short & thin (overall thin)	<input type="checkbox"/>	Average height	<input type="checkbox"/>	Either tall with stocky built or short with stocky built; stocky
My muscles are:	<input type="checkbox"/>	Lean with low body fat	<input type="checkbox"/>	Medium with good definition	<input type="checkbox"/>	Solid, somewhat stocky with a higher fat percentage
My weight is:	<input type="checkbox"/>	Below average, I have difficulty putting on weight	<input type="checkbox"/>	Average, I can gain weight easily & lose weight easily	<input type="checkbox"/>	Above average, it is difficult for me to lose weight easily
The fat on my body is mainly located:	<input type="checkbox"/>	Around my waist	<input type="checkbox"/>	Equally distributed all over my body	<input type="checkbox"/>	Around my hips and thighs
My skin texture is:	<input type="checkbox"/>	Dry, thin, rough, flaky, tans easily, ages quicker because it is dry, and it feels cool to the touch	<input type="checkbox"/>	Sensitive, soft, normal to oily, some moles, acne, rashes, warm to touch	<input type="checkbox"/>	Oily & moist, thick, smooth & soft, glowing & youthful, and cool to the touch
My complexion is: (compared to others of my own race)	<input type="checkbox"/>	Darker	<input type="checkbox"/>	More reddish, sort of freckled, or a yellowish tint	<input type="checkbox"/>	Lighter, almost pale
My hair is:	<input type="checkbox"/>	Dry, brittle, coarse, knotted, dull, black, dark brown	<input type="checkbox"/>	Fine, straight, oily, thinning, balding; red, light brown, greying early, blonde	<input type="checkbox"/>	Thick, luxurious, oily, wavy or curly, dark brown or black

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My face is:	<input type="checkbox"/>	Long and thin, angular	<input type="checkbox"/>	Heart-shaped, pointed chin	<input type="checkbox"/>	Large and round, full
My eyes are:	<input type="checkbox"/>	Small, very active, “darting”, black or brown color	<input type="checkbox"/>	Medium sized, “penetrating”, sensitive to light, green	<input type="checkbox"/>	Big, round, “glowing”, calm and loving gaze, blue
My teeth are:	<input type="checkbox"/>	Very large or very small, irregular, protruding, crooked, with receding gums	<input type="checkbox"/>	Medium sized, yellowish color with soft, tender gums	<input type="checkbox"/>	Big, strong teeth, white, with healthy gums
My nose is:	<input type="checkbox"/>	Uneven in shape, crooked, small, narrow	<input type="checkbox"/>	Average to long, pointed, reddish nose tip	<input type="checkbox"/>	Short, rounded, “opened-nostrils”, oily, thick
My lips are:	<input type="checkbox"/>	Dry and chap easily, cracked, thin, darkish color	<input type="checkbox"/>	Medium sized, soft, pink, red, or yellowish	<input type="checkbox"/>	Large, smooth, oily, “full”, pink
My veins are:	<input type="checkbox"/>	Very visible	<input type="checkbox"/>	Somewhat visible	<input type="checkbox"/>	Not very visible
My shoulders are:	<input type="checkbox"/>	Narrow	<input type="checkbox"/>	Medium sized	<input type="checkbox"/>	Wide and well developed
My hips are:	<input type="checkbox"/>	Small and narrow	<input type="checkbox"/>	Moderate size	<input type="checkbox"/>	Wider
My hands are:	<input type="checkbox"/>	Square palms with long fingers, “airy”	<input type="checkbox"/>	Rectangular, narrower palm with short fingers, “fire”	<input type="checkbox"/>	Square palms with short fingers, “earthy”
My joints are:	<input type="checkbox"/>	Small, make cracking noises (dryness)	<input type="checkbox"/>	Moderate size	<input type="checkbox"/>	Large and well lubricated
My nails are:	<input type="checkbox"/>	Dry, brittle, rough, break easily	<input type="checkbox"/>	Flexible, pink, shiny	<input type="checkbox"/>	Thick, lustrous, smooth, strong
My sweat is:	<input type="checkbox"/>	Scanty with almost no odor	<input type="checkbox"/>	Heavy with a pungent strong odor	<input type="checkbox"/>	Moderate with almost a sweet pleasant odor

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My appetite is:	<input type="checkbox"/>	Irregular, tend to forget and skip meals	<input type="checkbox"/>	Very strong, will become irritated if I do not eat on time	<input type="checkbox"/>	Constant, yet am capable of skipping meals
My sleep is:	<input type="checkbox"/>	Scanty and irregular, light, broken up, 5-7 hours a night	<input type="checkbox"/>	Sound and even, 6-8 hours a night	<input type="checkbox"/>	Sound and heavy, find it difficult to wake up
I walk:	<input type="checkbox"/>	Fast	<input type="checkbox"/>	Moderately & with intention	<input type="checkbox"/>	Slow & gracefully
My energy and endurance is:	<input type="checkbox"/>	Low, my energy comes in spurts, then I need to rest	<input type="checkbox"/>	Moderate or high, I can push myself to my limits	<input type="checkbox"/>	Very good, high endurance and stamina (if I get started)
My bowel movement is:	<input type="checkbox"/>	Irregular, constipated, gaseous, dry, hard stools	<input type="checkbox"/>	Loose, quick, soft, burning sensation, oily stools	<input type="checkbox"/>	Slow and sluggish, heavy, thick stools, with mucous

BEHAVIOR		VATA		PITTA		KAPHA
I am:	<input type="checkbox"/>	Flexible & optimistic	<input type="checkbox"/>	Practical, intense, ambitious	<input type="checkbox"/>	Calm, reserved, laid back
I consider myself:	<input type="checkbox"/>	Full of "life", intuitive, creative, hyperactive	<input type="checkbox"/>	Motivated, perceptive, business-oriented, sharp	<input type="checkbox"/>	Content, loyal, relaxed, family-oriented
People would describe me as:	<input type="checkbox"/>	Enthusiastic, changeable, social, outgoing, an initiator, talkative	<input type="checkbox"/>	Friendly, independent, courageous, a good leader, goal-oriented, competitive, judgmental	<input type="checkbox"/>	Relaxed, compassionate, patient, stable, nurturing, slow
In regards to friendships and relationships in general:	<input type="checkbox"/>	Tend towards short-term friendships, yet makes friendships easily, casual	<input type="checkbox"/>	Can be a loner, mostly friends from work, intense	<input type="checkbox"/>	Tends to form long-lasting friendships, deep

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My memory is:	<input type="checkbox"/>	Great short-term, but quickly forget	<input type="checkbox"/>	Average, accurate	<input type="checkbox"/>	Slow to remember and slow to forget
My thoughts are:	<input type="checkbox"/>	Fast, I constantly change my mind, restless, many projects at one time	<input type="checkbox"/>	Organized, efficient, precise, focused, aggressive, driven, one project at a time	<input type="checkbox"/>	Slow, steady, methodical, dislike change (fixed), will follow a project through
I process information:	<input type="checkbox"/>	Quickly	<input type="checkbox"/>	Moderately	<input type="checkbox"/>	Slowly
Under stress I get:	<input type="checkbox"/>	Anxious, insecure, fearful, tense, and I get excited quickly	<input type="checkbox"/>	Aggressive, irritated, jealous, angry, furious, and tend to get headaches	<input type="checkbox"/>	Lethargic, in denial, greedy, possessive, dull, and I do not excite easily
I have dreams of:	<input type="checkbox"/>	Activity, running, flying, fearful dreams	<input type="checkbox"/>	Adventure, violence, being angry, passion, hate	<input type="checkbox"/>	Romance, relationships, water, clouds, snow
I talk:	<input type="checkbox"/>	Rapidly, sometimes excessively, have lots of imagination	<input type="checkbox"/>	With precision, convincingly, clearly, with details and in an organized manner	<input type="checkbox"/>	Slow and calm
My voice is:	<input type="checkbox"/>	High-pitched, fast-paced, dissonant and timid	<input type="checkbox"/>	Medium tone, sharp, friendly and confident	<input type="checkbox"/>	Low, melodic, slow-paced, monotone and deep
My lifestyle is:	<input type="checkbox"/>	Very active	<input type="checkbox"/>	Active	<input type="checkbox"/>	Inactive
In relation to my spending habits:	<input type="checkbox"/>	I spend lots on trivial items and I don't know how to save money	<input type="checkbox"/>	I spend moderately on luxuries, yet I do save my money	<input type="checkbox"/>	I am economical, yet I spend money on food; I know how to acquire wealth

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My sex drive is:	<input type="checkbox"/> Variable to low, I will have sex frequently or none at all (extreme variability); quick to “finish”	<input type="checkbox"/> Strong, with moderate frequency; prefer to dominate, very passionate; intense	<input type="checkbox"/> Slow and constant, although more infrequent; I am loyal, tender; long and enduring
In regards to temperature:	<input type="checkbox"/> I do not like cold, windy, or dry weather; like warmth	<input type="checkbox"/> I do not like hot weather, I sweat easily, I prefer cooler temperatures	<input type="checkbox"/> I have an aversion to cool and damp weather; I will tolerate both cold and heat rather well
When I make decisions, I make them:	<input type="checkbox"/> With doubt and uncertainty	<input type="checkbox"/> Quickly and confidently	<input type="checkbox"/> Deliberately
Emotionally, I am:	<input type="checkbox"/> Worrisome, anxious, uncertain, variable; change my mood quickly	<input type="checkbox"/> Practical, ambitious, get angry easily; on the other hand I may feel in denial	<input type="checkbox"/> Calm, compassionate; it takes a lot to get me irritated
I love:	<input type="checkbox"/> To travel, art, and esoteric topics	<input type="checkbox"/> Sports, politics, and luxuries	<input type="checkbox"/> Good food
The pace of my life is:	<input type="checkbox"/> Fast	<input type="checkbox"/> Moderate yet intense	<input type="checkbox"/> Slow but constant
When I feel threatened, I become:	<input type="checkbox"/> Fearful and anxious and might tend to run	<input type="checkbox"/> Angry and full of rage and I will fight	<input type="checkbox"/> Indifferent and withdraw, I might want to make peace
My mental tendencies are:	<input type="checkbox"/> To ask and theorize	<input type="checkbox"/> To judge	<input type="checkbox"/> To be stable and logical
My pulse feels like:	<input type="checkbox"/> A Snake (slippery)	<input type="checkbox"/> A Frog (jumpy)	<input type="checkbox"/> A Swan (slow and graceful)

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Generally, I eat:	<input type="checkbox"/>	Fast	<input type="checkbox"/>	Moderately fast	<input type="checkbox"/>	Slow
Usually, my sleep is:	<input type="checkbox"/>	Light and easily interrupted	<input type="checkbox"/>	Full and moderate	<input type="checkbox"/>	Deep and long, it is hard for me to wake up
I am most sensitive to:	<input type="checkbox"/>	Noise	<input type="checkbox"/>	Bright lights	<input type="checkbox"/>	Smells
My typical method of learning something new is:	<input type="checkbox"/>	To learn quickly and do more than one thing at a time; I lose my focus	<input type="checkbox"/>	To focus; I finish mostly everything I start	<input type="checkbox"/>	To take my time; I like being methodical
In my relationships, I:	<input type="checkbox"/>	Easily adapt to different types of people; express affection with words, cry if I feel hurt	<input type="checkbox"/>	Choose friendships based on their values, can be jealous, express affection with gifts, argue if I feel hurt	<input type="checkbox"/>	Am slow to establish friendships but I am loyal, feel secure, express affection with touch, will withdraw if I feel hurt
My family and friends would prefer that I:	<input type="checkbox"/>	"Settle down" and relax	<input type="checkbox"/>	Was more tolerant	<input type="checkbox"/>	Was more enthusiastic
<b>TOTAL</b>	<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>	