



AYURVEDA - determine your dosha

Place a check next to the choice which best describes you (more than one choice may need to be made)

✓	VATA	✓	PITTA	✓	KAPHA
	My physical appearance is slim and thin built, very short or very tall		I have medium well-built physique.		I am heavily built and have a well-developed physique
	I have a hard time gaining weight		I can gain or lose weight relatively easily, if I put my mind to it		I gain weight easily and have a hard time losing it
	My complexion can be dry, pale and lacking lustre		My complexion is red, flushed or pink		My complexion can be pale, devitalised or bloated
	My skin texture is thin, dry, cold, rough or showing veins		My skin is moist, can be prone to acne and may have freckles and moles		My skin texture is soft, smooth, cold, thick, pale and oily, can be clammy
	My hair texture is dry, coarse, wavy or scanty		I have moderate, soft hair and could have premature-grey hair or am bald		I have thick hair that can be oily, wavy and lustrous
	My eyes are small, dry, thin, dull or unsteady		My eyes are thin, medium, inflamed easily, piercing		My eyes are big attractive, oily, white, thick
	My lips can be dry, thin, small and pale		My lips are medium size, soft, pink or red		My lips are thick, large, oily, firm, and smooth
	I have a variable appetite, sometimes very hungry and sometimes not		I have a good appetite, enjoy eating and hate to miss my meal. I get irritable if I don't eat		I have a steady appetite, if emotionally upset I tend to eat. I can go without food sometimes
	I prefer a sweet, sour, Salty taste		I prefer a Sweet, Bitter, Astringent taste		I prefer a Pungent, Bitter, Astringent taste
	Variable thirst		Usually thirsty		I am not often thirsty
	I prefer warm climate, sunshine, moisture		I prefer cool well-ventilated places		Any climate is fine for me, as long as it is not too humid
	I dislike routine		Enjoy planning and like routine, especially if I create it		Work well with routine
	My mind is often restless and active		My mind is intelligent and aggressive.		My mind is calm and slow.
	When emotional I feel anxious, uncertain and unpredictable		When emotional I feel aggressive, fast and irritated jealousy		When emotional I feel calm, greedy and attached
	I predominantly have a short term memory		My memory is in between		I predominantly have a good memory and do not forget the past
	My dreams are vivid like flying in the air. I dream a lot and forget and sometimes don't		I remember my dreams which are intense, passionate and colourful		I have very quite calm, peaceful and uneventful dreams. I remember intense dreams
	I am a light sleeper		I sleep easily		I sleep heavily
	Creative thinker		Good initiator leader		Good at keeping an organization or project running smoothly
	I change moods and ideas often		I am forceful in expressing my ideas and feelings		I am steady, reliable and slow to change
	I tend toward fear or anxiety under stress		I tend toward anger, frustration or irritability under stress		I tend to avoid difficult situations
	If ill, nervous disorders or sharp pain are more likely		If ill, fevers, rashes and inflammation are more likely		If ill, an excess fluid retention or mucus is more likely
	I think that money is there to be spent		I think that money is best spent on special items or on purchases which will advance you		I think money is easy to save for me
	Cold hand and feet, little perspiration		Good circulation, perspire frequently, warm hands		Moderate perspiration, cold hands
	Total		Total		Total

Add up all your checks. The constitution with the most checks indicates your primary dosha. If you have marked two constitutions nearly as often, you may be a dual dosha: Vata-Pitta, Pitta-Kapha etc. If you checked aspects in a dosha different from your constitution as a whole, this may indicate an imbalance in that dosha. For example, if you checked primarily Kapha aspects, but also marked off "light sleeper" and "dry hair", this could indicate that while you are Kapha, you have an imbalance in Vata.