

# ayurvedic DOSHA TEST

**DIRECTIONS:** Please take your time filling out the constitutional analysis and be completely truthful ... your information is kept confidential. It is best to answer the questions when you are not stressed and in a place where you will not be disturbed.

- Your answers should be based on your entire life not just what is true today.
- Base your answers on your natural tendencies and not a lifestyle choice.

When you are finished, total each column up. The column with the highest score will be your primary dosha. The column with the second highest score will determine your secondary dosha.

	Vata	Pitta	Kapha	
<b>Frame/ Height</b>	Thin, light physique, exceptionally tall or short	Medium physique and height	Stocky, big, thick, well-developed physique	10
<b>Weight</b>	Low, with prominent features	Moderate, good muscles tone,	Heavy, overweight, difficult losing weight	10
<b>Skin</b>	Dry, rough, cold, dark, tans easily	Red, soft, moist, moles, freckles, acne, sunburn	Pale, thick, soft, smooth, moist and cool	10
<b>Hair</b>	Dry, wiry, scanty, coarse, brown, black color	Moderate, fine, soft, early grey, baldness, light, red	Abundant, oily, soft, thick, wavy, light or dark colors	10
<b>Face</b>	Small features, thin, long	Sharp angular, reddish	Large, round features	10
<b>Eyes</b>	Small, dry, unsteady, dark, small eyelashes	Medium, piercing, red eye, sensitive	Wide, calm, with long eye-lashes	10
<b>Lips</b>	Thin, small, dry, cracked	Medium, soft, red	Large, moist, smooth	10
<b>Hands/Feet</b>	Narrow, dry, cold, rough, visible veins or knuckles	Medium, reddish, moist, warm	Large, thick, oily, cool, square or round shape	10
<b>Voice</b>	Low, weak, hoarse, rapid, talkative, unfocused	High-pitched, sharp, moderate, convincing	Pleasant, deep, good tone, slow, not talkative	10
<b>Sleep</b>	Light, with periods of insomnia	Moderate, may wake up but will fall back to sleep	Heavy, difficult to wake up	10
<b>Feces</b>	Scanty, dry, hard, difficult, gas, constipation	Abundant, loose, prone to diarrhea	Moderate, slow, solid, may have mucous	10
<b>Sweat</b>	Scanty, odourless	Profuse, hot, strong smell	Moderate, cold	10
<b>Appetite</b>	Variable, insufficient	Strong, hard to skip meals	Constant but able to skip meals	10
<b>Thirst</b>	Variable	Excessive	Slow, steady	10
<b>Circulation</b>	Poor, variable	Good, warm	water retention	10
<b>Sensitivity</b>	Cold, wind, dryness	Heat, sun, fire	Cold, damp	10
<b>Disease tendency</b>	Arthritis, mental disorders, insomnia, body pain	Fevers, infections, inflammatory diseases	Congestion, mucous, water retention	10
<b>Mental balance</b>	Active, adaptable, creative, enthusiastic	Intelligent, precise, focused, competitive	Stable, patient, affectionate, practical	10
<b>Mental imbalance</b>	Indecisive, fearful, anxious, nervous	Aggressive, irritable, easily frustrated	Slow to change, can be lazy, overly attached	10
<b>Total columns</b>				190