

# Determining Your Dosha: Your Ayurvedic Constitution



This quiz will help you identify your ayurvedic constitution. Once it's determined, you can use this information to make lifestyle choices that help you to be balanced and healthy. Below is a list of physical and mental attributes of each dosha. Please check all that apply to you. At the end, add the checks from each category to estimate your dominant dosha(s).

## Physical

- Thin frame
- Prominent joints
- Very tall or short
- Weight at middle
- Chilly
- Dry skin
- Dry, curly hair
- Small, dry eyes
- Joint instability/pain
- Variable appetite/thirst
- Variable energy
- Loves summer

## Emotional Temperament

- Talks fast or a lot
- Indecisive
- Learns fast, but forgets
- Enthusiastic/joyful
- Restless/active
- Sensitive to noise/lights
- Creative/artistic
- Intuitive
- Introspective
- Psychic
- Likes/seeks change

## Under Stress

- Loses weight
- Constipation
- Excess gas
- Restless/active
- Chronic pain
- Light sleeper/insomnia
- Anxious/fearful
- Drug use/abuse
- Panic attacks

VATA TOTAL \_\_\_\_\_

## Physical

- Medium build
- Athletic
- Warm-blooded
- Oily, soft skin
- Freckles/pimples
- Prematurely gray
- Straight, fine hair
- Loves cool weather
- Pink, pliable nails
- Excessive hunger/thirst
- Sleep sound/short

## Emotional Temperament

- Words sharp/concise
- Competitive
- Intelligent/perceptive
- Keen memory
- Irritable/impatient
- Controlling
- Jealous
- Courageous
- Organized/efficient
- Successful

## Under Stress

- Rashes/hives
- Excess sweat/body odor
- Gastritis/ulcers
- High blood pressure
- Excess bleeding
- Eats hot spices
- Drinks alcohol to excess
- Anger/violent temper
- Headaches

PITTA TOTAL \_\_\_\_\_

## Physical

- Thick, wide frame
- Good stamina
- Strong
- Well-lubricated joints
- Weight in hips/thighs
- White, even teeth
- Thick, lustrous hair
- Large eyes
- Slow/regular bowels
- Thick, oily, cool skin
- Chilly
- Aversion to humidity

## Emotional Temperament

- Slow speech
- Calm
- Responsible
- Steady faith
- Slow but prolonged memory
- Stubborn
- Comprehends slowly
- Feelings hurt easily
- Nurturing/maternal
- Loyal
- Slow to change

## Under Stress

- Oversleeps
- Overeats or loses appetite
- Excess mucus
- Water retention
- Overweight
- Lazy/inert
- Greedy
- Complacent
- Depressed

KAPHA TOTAL \_\_\_\_\_



YOUR NAME \_\_\_\_\_