



An Ayurvedic Treatment & Education Practice

Dosha Questionnaire

When answering these questions, think as far back in your life as possible. This will be a very general way to understand what your Ayurvedic constitution is likely to be. Pick one dosha (Vata, Pitta, or Kapha) per category that best describes you regarding the attribute in the left hand-column. In some cases there may be more than one that applies. Circle, them and add up your score at the bottom.

MENTAL PROFILE

	VATA	PITTA	KAPHA
Mental activity	Quick, active, restless	Sharp, critical, aggressive,	Calm, steady, slow, stable
Memory	Short term	Generally good	Good long term
Concentration	Weak	Generally good	Very good
Ability to learn	Quick to grasp concepts	Moderate ability to grasp new information	Slow to grasp new information
Dreams	Fearful, very active, flying	Aggressive, fiery, adventurous	Water, romance, relationships
Sleep	Light, interrupted	Sound, medium	Sound, heavy, long
Speech	Quick, can miss words	Sharp, direct, strong	Slower, clear, melodious
Voice	High pitched	Medium pitched	Low pitched
Sub-total			

BEHAVIORAL PROFILE

	VATA	PITTA	KAPHA
Eating speed	Fast	Medium	Slow
Hunger level	Irregular	Sharp, can be strong	Can easily miss meals
Food/Drink	Prefers warm	Prefers cold	Prefers dry and warm
Achieving goals	Easily distracted	Focused and driven	Slow and steady
Giving/donations	Gives small amounts	Gives nothing or large amounts infrequently	Gives regularly and generously
Relationships	Many casual	Intense	Long deep
Sex drive	Variable, low	Moderate	Strong
Works best	Supervised	Alone	In groups
Weather preference	Warm and moist	Cool and dry	Warm and dry
Reaction to stress	Excites quickly	Medium	Slow to get excited
Financial	Doesn't save, spends quickly	Saves, but big spender	Saves regularly accumulates wealth
Routine	Dislikes routine	Likes planning and organizing	Works well with routine
Sub-total			



EMOTIONAL PROFILE

	VATA	PITTA	KAPHA
Moods	Changes quickly	Changes slowly	Steady, unchanging
Reacts to stress with	Fear	Anger	Indifference
More sensitive to	Own feelings	Not sensitive	Others feelings
When threatened tends to	Run	Fight	Make peace
Relationships with spouse/partner	Clingy	Jealous	Secure
Expresses affections	With words	With gifts	With touch
When feelings hurt	Cries	Argues	Withdraws
Emotional trauma causes	Anxiety	Denial	Depression
Confidence level	Timid	Outwardly self confident	Inner confidence
Sub-Total			

PHYSICAL PROFILE

	VATA	PITTA	KAPHA
Amount of hair	Average	Thinning	Thick
Hair type	Dry, frizzy, thin, dark	Straight, fine, premature graying	Oily, wavy, thick
Hair color	Light brown, blond	Auburn, reddish	Dark brown, black
Skin	Dry, rough or both, dark/sallow, tans easily, cold	Soft normal to oily, light, sunburns easily warm	Oily, moist, fair, thick, cool
Complexion	Darker	Pink, red	Pale-white
Eyes	Small, brown, gray, violet, unusual color	Medium, green, hazed, almond-shaped	Large, dark, blue
Whites of eyes	Blue/brown	Yellow or red	Glossy/white
Teeth	Very large or very small	Small-medium	Medium-large
Weight	Thin, hard to gain	Medium	Heavy, easy to gain
Elimination	Dry, hard, thin, easily constipated	Many during day, soft to normal	Heavy, slow, thick, regular
Sweat	Scanty	Profuse	Moderate
Sub-Total			

Totals
