

Name: _____

Dosha Questionnaire

Circle one choice (V, P, or K) in each item below that *best* represents your tendency over your lifetime (rather than how you have felt recently or how you want to be).

1. Physique

V: I am a slim, slender person and I hardly gain weight

P: I am of medium build

K: I am well-built and I tend to gain weight no matter what I do

2. Weight

V: I am light weight; if I gain weight, I can easily shed the pounds

P: I am medium weight, have good muscles, and do not gain weight easily

K: I tend to gain weight by the pound and lose it by the ounce

3. Skin

V: My skin is dry, thin, and often itches

P: My skin often looks flushed; I have lots of moles and freckles on my body

K: My skin is smooth and soft; it sometimes looks pale

4. Hair

V: My hair is thin, dry, and brittle

P: I am a blond or brunette; I have a receding hair line

K: My hair is thick, full, lustrous, and slightly oily

5. Face

V: My face is oval

P: My face is triangular (I have a pointed chin/prominent jaw line)

K: My face is round

6. Eyes

V: My eyes are small; they often feel dry and unsteady

P: My eyes are medium in shape, and are sharp and penetrating

K: My eyes are big and round in shape

7. Hands

V: My hands are small, and are generally dry and rough

P: My hands are generally moist and pink

K: My hands are generally firm and thick

8. Fingers

V: My fingers are long, thin, and narrow

P: My fingers are medium and pointed

K: My fingers are large and stocky

9. Complexion

V: My skin is dull and darkish

P: My skin is red, ruddy, and glowing

K: My skin is white or pale

10. Joints

V: My joints are small and sometimes crack

P: My joints are medium and loose

K: My joints are large and well-protected by muscle and tissue

11. Activities

V: I am a very active, always on the “go”

P: I like to think before I do things; I am a planner

K: I am steady and graceful; I don't like to rush

12. Actions

V: I walk fast and talk fast

P: My actions are very thoughtful and precise

K: I like a slower pace; I take my time doing things

13. Sleep

V: I do not sleep soundly at night; I toss and turn; I awaken early in the morning

P: I am a light sleeper; if something wakes me up, I can easily go back to sleep

K: I am a heavy sleeper; I sleep like a log

14. Appetite

V: It varies; sometimes I feel hungry, sometimes not; I feel anxious if I don't eat

P: I always feel hungry; if I don't eat, I get irritable and angry

K: I don't feel very hungry; I can go without food easily for a day

15. Bowel movements

V: I tend to get constipated, and can go a day or two without a BM

P: I have regular bowel movements; sometimes they are loose

K: I am very regular; I wake up to go to the bathroom

16. Voice

V: My voice tends to be weak or hoarse

P: I have a strong voice; I may be loud sometimes

K: My voice is deep and has a good tone

17. Speech

V: I am very talkative, I can't keep quiet, and I am a storyteller

P: I speak very clearly, am to the point, and don't beat around the bush

K: I take time before I start speaking; sometimes I am not very clear about what I

want to say; I am a good listener, not a talker

18. Emotions

V: I am a born worrier; I often feel anxious and nervous

P: I tend to get irritable and angry if things don't go my way

K: I am a happy person, and very caring and loving

19. Weather preference

V: I love warm and humid weather

P: I enjoy cool weather, and I lack stamina in hot climates

K: I like warm, but dry, weather

20. Sweating

V: I hardly sweat

P: I perspire very easily

K: I sweat only if I work very hard

21. Memory

V: I remember quickly, but forget quickly, too

P: I remember what I want to remember, and never forget

K: I am a little slow to remember, but once I do I never forget; I remember minor details

22. Actions

V: I tend to be spontaneous; I do things first and then think

P: I am a list-maker; I don't do anything unless I plan

K: I don't like to plan; I prefer to follow others

23. Hobbies

V: I like art (drawing, painting, dancing) and travel

P: I like sports, politics, and activities that get my adrenaline pumping

K: I am a nature person; I like gardening, reading, and knitting

24. Mind

V: My mind gets restless easily (it starts racing)

P: I get impatient easily

K: It takes a lot to make me mad; I usually feel very calm

25. Decision making

V: I change my mind often; get distracted easily with new ideas

P: I can easily make a decision, and will stick to it; I finish what I start

K: I prefer others to make decisions; I'm more comfortable letting others lead

26. Personality

V: "Can I change my mind?"

P: "It's my way or the highway!"

K: "Don't worry, be happy..."

27. Sports

V: I like action

P: I like to win

K: I like to have fun

28. Stamina

V: I like to do things in spurts and get tired very easily

P: I have moderate stamina

K: I keep going and going; I can work long hours and have good stamina

29. Resistance to disease

V: I fall sick often; I have a weak immune system

P: I have medium resistance

K: I have a strong immune system; I hardly ever get sick

Total up your points in each category (V, P, and K) and record your numbers below.

Totals V: _____ P: _____ K: _____

V = Vata dosha P = Pitta dosha K = Kapha dosha

Vata profile—

Dry hair and lips; prone to constipation; likely to be thin lose weight easily; typically light sleepers; prone to insomnia; 'worriers' with a predisposition for anxiety, insecurity, and isolation; poor circulation (cold nose, hands, and feet); crave warmth; hates cold; quick thinkers, talkers, and movers; restless; love travelling; creative; artistic.

Pitta profile—

Strong digestion; good circulation with above-average body temperature, so sweat easily; 'hot-headed' and irritable; tendency to go grey or bald prematurely; incisive minds and intellect; good decision-makers; competitive, opinionated; strong leadership qualities; can be intolerant and quick to criticize; sensitive to light; prone to diarrhea; prone to heartburn.

Kapha profile—

Supple, smooth skin; lustrous hair; prone to congestion in the chest, sinuses, throat, and head, such as coughs and colds, as well as water retention; sturdy body frame; prone to weight gain and obesity; sluggish metabolism; like to sleep excessively; can be lazy; reliable disposition; crave sweet tastes; well-nourished muscles and body tissues.