

How to Determine Your Constitution or Dosha

Ayurveda teaches that health is maintained by the balancing of three subtle energies known as Doshas - individually they are Vata, Pitta and Kapha. Each of us is made up of a combination of the three types of doshas and this is our personal constitution. Take this quiz to find out what your primary dosha is.

To determine constitution it is best to fill out the chart twice: first base choices on what is most consistent over long period of life since childhood, then fill it out a second time responding to how you feel recently. Keep in mind that most people are not any single type but rather some balance of the three.

Tick one that predominates in each category (though in some cases there may be more than one), and then 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		Watery, 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	
<i>Hunger level</i>	Irregular		Sharp, can be strong		Can easily miss meals	
<i>Food/Drink</i>	Prefers warm		Prefers cold		Prefers dry and warm	
<i>Achieving goals</i>	Easily distracted		Focus and driven		Slow and steady	
<i>Giving/donations</i>	Gives small amounts		Gives nothing or large amounts infrequently		Gives regularly and generously	
<i>Relationships</i>	Many casual		Intense		Long and deep	
<i>Sex drive</i>	Variable, low		Moderate		Strong	
<i>Works best</i>	Supervised		Alone		In groups	
<i>Weather preference</i>	Warm and moist		Cool and dry		Warm and dry	
<i>Reaction to stress</i>	Excites quickly		Medium		Slow to get excited	
<i>Financial</i>	Doesn't save, spend quickly		Saves, but big spender		Save regularly, accumulates wealth	
<i>Routine</i>	Dislikes routines		Likes planning and organizing		Works well with routine	
<i>Sub-total</i>						

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	
Relations with spouse/partner	Clingy		Jealous		Secure	
Express affections	With words		With gifts		With touch	
When feeling 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, blonde		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, hazel, 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	
Subtotal						

TOTALS	VATA		PITTA		KAPHA	
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