

## 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*

	<b>Vata</b>		<b>Pitta</b>		<b>Kapha</b>	
<b>Mental Activity</b>	Quick, active, restless		Sharp, critical, aggressive		Calm, steady, slow, stable	
<b>Memory</b>	Short term		Generally good		Good long term	
<b>Concentration</b>	Weak		Generally good		Very good	
<b>Ability to learn</b>	Quick to grasp concepts		Moderate ability to grasp new information		Slow to grasp new information	
<b>Dreams</b>	Fearful, very active, flying		Aggressive, fiery, adventurous		Watery, romance, relationships	
<b>Sleep</b>	Light, interrupted		Sound, medium		Sound, heavy, long	
<b>Speech</b>	Quick, can miss words		Sharp, direct, strong		Slower, clear, melodious	
<b>Voice</b>	High pitched		Medium pitched		Low pitched	
<b>Sub Total</b>						

## Behavioral Profile

	<b>Vata</b>		<b>Pitta</b>		<b>Kapha</b>	
<b>Eating Speed</b>	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	
<b>Moods</b>	Changes quickly		Changes slowly		Steady, unchanging	
<b>Reacts to stress with</b>	Fear		Anger		Indifference	
<b>More sensitive to</b>	Own feelings		Not sensitive		Others feelings	
<b>When threatened tends to</b>	Run		Fight		Make peace	
<b>Relations with spouse/partner</b>	Clingy		Jealous		Secure	
<b>Express affections</b>	With words		With gifts		With touch	
<b>When feeling hurt</b>	Cries		Argues		Withdraws	
<b>Emotional trauma causes</b>	Anxiety		Denial		Depression	
<b>Confidence Level</b>	Timid		Outwardly self confident		Inner confidence	
<b>Sub-total</b>						

## Physical Profile

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

<b>Sweat</b>	Scanty		Profuse		Moderate	
<b>Subtotal</b>						

<b>TOTALS</b>	<b>VATA</b>		<b>PITTA</b>		<b>KAPHA</b>	
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