

Learn Your Dosha: this questionnaire is divided into three sections. As you complete each section, add up your total score for that section and proceed to the next one. When you are finished you will have three separate scores, comparing these will determine your dosha For physical traits, your choice will usually be obvious. For mental traits and behaviors, answer according to what seems true for the majority of your lifetime.

SECTION 1 – VATA		Does not apply		Applies sometimes		Applies most	
1.	I perform activity very quickly.	1	2	3	4	5	6
2.	I am not good at memorising things and then remembering them later.	1	2	3	4	5	6
3.	I am enthusiastic and vivacious by nature.	1	2	3	4	5	6
4.	I have a thin physique – I don't gain weight very easily.	1	2	3	4	5	6
5.	I learn new things very easily.	1	2	3	4	5	6
6.	My characteristic gait while walking is light and quick.	1	2	3	4	5	6
7.	I tend to have difficulties making decisions.	1	2	3	4	5	6
8.	I tend to develop gas or become constipated easily.	1	2	3	4	5	6
9.	I tend to have cold hands and feet.	1	2	3	4	5	6
10.	I become anxious or worried frequently.	1	2	3	4	5	6
11.	I don't tolerate cold weather as well as most people.	1	2	3	4	5	6
12.	I speak quickly and my friends think I am talkative.	1	2	3	4	5	6
13.	My moods change easily and I am somewhat emotional by nature.	1	2	3	4	5	6
14.	I often have difficulty in falling asleep or having a sound night's sleep.	1	2	3	4	5	6
15.	My skin tends to be dry, especially in winter.	1	2	3	4	5	6
16.	My mind is very active, sometimes restless, but also very imaginative.	1	2	3	4	5	6
17.	My movements are quick and active, my energy tends to come in bursts.	1	2	3	4	5	6
18.	I am easily excitable.	1	2	3	4	5	6
19.	Left on my own, my eating and sleeping habits tend to become irregular.	1	2	3	4	5	6
20.	I learn quickly, but I also forget quickly.	1	2	3	4	5	6

ADD UP YOUR VATA SCORE: _____

SECTION 2 – PITTA

	Does not apply		Applies sometimes		Applies most	
1. I consider myself to be very efficient.	1	2	3	4	5	6
2. In my activities, I tend to be extremely precise and orderly.	1	2	3	4	5	6
3. I am strong-minded and have a somewhat forceful manner.	1	2	3	4	5	6
4. I feel uncomfortable or become easily fatigued in hot weather – more so than most other people.	1	2	3	4	5	6
5. I tend to perspire easily.	1	2	3	4	5	6
6. Even though I might not always show it, I become irritable or angry quite easily.	1	2	3	4	5	6
7. If I skip a meal, or a meal is delayed, I become uncomfortable.	1	2	3	4	5	6
8. One or more of the following characteristics describes my hair:	1	2	3	4	5	6
· early graying or balding						
· thin, fine, straight hair						
· blonde, red or sandy coloured hair						
9. I have a strong appetite; if I want to, I can eat quite a large quantity.	1	2	3	4	5	6
10. Many people consider me stubborn.	1	2	3	4	5	6
11. I am very regular in my bowel habits – it would be more common for me to have loose stools than to be constipated.	1	2	3	4	5	6
12. I become impatient very easily.	1	2	3	4	5	6
13. I tend to be a perfectionist about details.	1	2	3	4	5	6
14. I get angry quite easily, but then quickly forget about it.	1	2	3	4	5	6
15. I am very fond of cold foods like ice cream and also crave ice cold drinks.	1	2	3	4	5	6
16. I am more likely to feel that a room is too hot than too cold.	1	2	3	4	5	6
17. I don't tolerate foods that are very hot and spicy.	1	2	3	4	5	6
18. I am not very tolerant of disagreement.	1	2	3	4	5	6
19. I enjoy challenges and when I want something, I am very determined in my efforts to get it.	1	2	3	4	5	6
20. I tend to be very critical of others and also of myself.	1	2	3	4	5	6

ADD UP YOUR PITTA SCORE:

SECTION 3 – KAPHA

	Does not apply		Applies sometimes		Applies most	
1. My natural tendency is to do things in a slow and relaxed fashion.	1	2	3	4	5	6
2. I gain weight more easily than most people and lose it more slowly.	1	2	3	4	5	6
3. I have a placid, calm disposition – I'm not easily ruffled.	1	2	3	4	5	6
4. I can skip meals easily without any significant discomfort.	1	2	3	4	5	6
5. I have a tendency toward excess mucus, phlegm, chronic congestion, asthma or sinus problems.	1	2	3	4	5	6
6. I must get at least eight hours sleep in order to be comfortable the next day.	1	2	3	4	5	6
7. I sleep very deeply.	1	2	3	4	5	6
8. I am calm by nature and not easily angered.	1	2	3	4	5	6
9. I don't learn as quickly as some people, but I have excellent retention and a long memory.	1	2	3	4	5	6
10. I have a tendency toward becoming plump – I store extra fat easily.	1	2	3	4	5	6
11. Weather that is cool and damp bothers me.	1	2	3	4	5	6
12. My hair is thick, dark and wavy.	1	2	3	4	5	6
13. I have smooth, soft skin with a somewhat pale complexion.	1	2	3	4	5	6
14. I have a large, solid body build.	1	2	3	4	5	6
15. The following words describe me well: serene, sweet natured, affectionate, and forgiving.	1	2	3	4	5	6
16. I have slow digestion, which makes me feel heavy after eating.	1	2	3	4	5	6
17. I have very good stamina and physical endurance as well as a steady level of energy.	1	2	3	4	5	6
18. I generally walk with a slow, measured gait.	1	2	3	4	5	6
19. I have a tendency toward oversleeping, grogginess upon awakening, and am generally slow to get going in the morning.	1	2	3	4	5	6
20. I am a slow eater and am slow and methodical in my actions.	1	2	3	4	5	6

ADD UP YOUR KAPHA SCORE:

Determining your body type

Single Dosha:

If the score for one dosha is much higher than the others, you predominantly one dosha type: *Vata, Pitta, or Kapha*. A true single dosha type displays the traits of that dosha very prominently, your next highest dosha will still show some influence in your natural tendencies, but to a much lesser degree.

Two-Dosha Type:

Vata-Pitta or Pitta-Vata
Pitta-Kapha or Kapha-Pitta
Kapha-Vata or Vata-Kapha

Two-Dosha is the most typical of the body types, this occurs when no one dosha is extremely dominant, and you display qualities of your two leading doshas, either side by side or in alternation.

Three-Dosha Type:

Vata-Pitta-Kapha

This dosha is extremely rare and occurs when all three scores are nearly equal. If you have achieved a score that indicates that you are tri-doshic, carefully check the answers you have given in the quiz and then do some further reading to see if one or two of the doshas are prominent in your makeup.