

# DOSHA TEST: WHAT'S MY AYURVEDIC BODY TYPE?

The 3 doshas are present in all of us in various proportions. Usually 1 is more predominant in expression. Each dosha is a combination of 2 of the 5 elements (Space, Air, Fire, Water, Earth). **Prakruti** is our unique constitution determined at the moment of conception. It creates a blueprint for our mental & physical traits. In some individuals 2 or 3 doshas may exist in equal proportion. Our prakruti is the same throughout our lifetime but our **vikruti**, current imbalance of doshas, may fluctuate in relation to our diet, emotions, lifestyle, as well as the seasons, climate, and environment. Manas prakruti is our mental constitution and manas vikruti our mental imbalances. Understanding our body type allows us to increase self-awareness, know our strengths & weaknesses, habits & tendencies, and anticipate imbalance. This self-knowledge is a powerful tool for adjusting our diet, lifestyle, and daily routine to prevent illness and create radiant health.



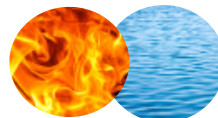
## BODY

### Vata Dosha

Body Frame	<input type="checkbox"/> Slender, tall or short, light & prominent bone structure	<input type="checkbox"/> Medium build, muscular, moderate bone structure	<input type="checkbox"/> Heavier, stout frame, short, bulkier muscles, dense bone structure
Weight	<input type="checkbox"/> Lean, low body fat, hard to gain or maintain weight	<input type="checkbox"/> Medium body fat, gains or loses weight easily	<input type="checkbox"/> Heavier, gains weight easily
Body Temperature	<input type="checkbox"/> Generally cold	<input type="checkbox"/> Warmer, sensitive to heat	<input type="checkbox"/> Usually cold and moist
Climate preference	<input type="checkbox"/> Aversion to dry & cold, prefers warm & humid environment	<input type="checkbox"/> Aversion to heat, prefers cooler temperatures	<input type="checkbox"/> Aversion to damp & cool, prefers warm & dry climate
Skin	<input type="checkbox"/> Dry, rough, thin, dark, cold, wrinkling, dull complexion	<input type="checkbox"/> Light, smooth, oily, rosy, warm, sensitive, blushes & burns easily, moles & freckles, ruddy complexion	<input type="checkbox"/> Soft, smooth, oily, moist, thick, shiny, fair, cool, clammy, pale complexion
Face	<input type="checkbox"/> Thin, small, long, wrinkled, prominent features	<input type="checkbox"/> Moderate, sharp contours	<input type="checkbox"/> Large, soft, rounded features
Eyes	<input type="checkbox"/> Small, sunken, active, dry, dull, dark, brown, black, gray, violet, slate blue	<input type="checkbox"/> Medium, light, bright, hazel, green, gray, light or electric blue, intense, piercing	<input type="checkbox"/> Large, wide, attractive, calm, compassionate, lustrous, cool blue or chocolate
Appetite	<input type="checkbox"/> Variable, usually eats small meals at irregular intervals	<input type="checkbox"/> Strong, enjoys eating, eats regular hearty meals	<input type="checkbox"/> Low, can easily skip a meal, prone to emotional eating
Thirst	<input type="checkbox"/> Variable	<input type="checkbox"/> Frequent	<input type="checkbox"/> Sparse
Digestion	<input type="checkbox"/> Irregular	<input type="checkbox"/> Quick, efficient	<input type="checkbox"/> Slow, prolonged
Dx Symptoms:	<input type="checkbox"/> Irregular appetite, bloating, abdominal pain, indigestion, constipation, anorexia, gas, IBS	<input type="checkbox"/> Excessively strong appetite, intense food cravings, hyperglycemic, heartburn, hyperacidity, diarrhea, nausea, vomiting, gastritis, colitis, ulcers, inflammation	<input type="checkbox"/> Heaviness in abdomen, over salivation, lack of appetite, nausea, lethargic, obesity, diabetes, sluggish metabolism
Voice & Speech	<input type="checkbox"/> Low, weak, breathy, hoarse voice; talkative, rapid speech	<input type="checkbox"/> Sharp tongue, articulate, intense, penetrating, loves to debate	<input type="checkbox"/> Slow, steady, deep, clear, sweet, pleasant, melodious, low pitch
Stamina	<input type="checkbox"/> Less stamina, energy level fluctuates, starts & stops quickly, easily fatigued	<input type="checkbox"/> Moderate stamina, enjoys physical (competitive) activities, fatigues with heat	<input type="checkbox"/> Slow to start but strong endurance, can sustain high energy levels
Immunity	<input type="checkbox"/> Poor, weak, variable	<input type="checkbox"/> Moderate, prone to infection	<input type="checkbox"/> Strong, robust
Sleep	<input type="checkbox"/> Light, disturbed, interrupted, variable, prone to insomnia, may sleep walk or sleep talk	<input type="checkbox"/> Sound or scanty, falls back asleep easily if woken, wakes up alert, up late likes to burn midnight oil	<input type="checkbox"/> Heavy, deep, easy, prolonged, wake up rested & alert, enjoys sleep, tends to hypersomnia
TOTALS:	Vata:	Pitta:	Kapha:

**Directions:** Total your score for each dosha to determine your Ayurvedic body type.

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MIND

Vata Dosha

<b>Mental Activity</b>	<input type="checkbox"/> Quick, adaptable, alert, perceptive, hyperactive	<input type="checkbox"/> Bright, perceptive, focused, erudite, intellectual, clever, sharp concentration, perfectionist	<input type="checkbox"/> Exact, steady, stable, slow, dull, methodical
<b>Memory</b>	<input type="checkbox"/> Short-term better than long-term, grasps concepts quickly but often forgetful, poor concentration	<input type="checkbox"/> Sharp, clear, precise, quick recall, photographic memories	<input type="checkbox"/> Long-term better than short-term, sustained, slow to take notice but never forgets
<b>Faith</b>	<input type="checkbox"/> Erratic, changeable, rebellious	<input type="checkbox"/> Determined, focused, can be fanatic or extremist if imbalanced	<input type="checkbox"/> Consistent, loyal, conservative, steady, never waivers
<b>Dreams</b>	<input type="checkbox"/> Frequent, numerous, active, restless, movement, flying, fearful, nightmares, not clearly remembered	<input type="checkbox"/> Vivid, colorful, intense, passionate, maybe violent, involve conflict or challenge, fiery, good recollection	<input type="checkbox"/> Few, calm, quiet, uneventful, peaceful, cool, sentimental, romantic, rarely remembers
<b>Positive Traits</b>	<input type="checkbox"/> Clarity, creative, inspired, flexible, lively, vivacious, dynamic, enthusiastic, introspective, idealistic	<input type="checkbox"/> Determined, confident, prideful, courageous, exuberant, expressive, opinionated, organized, natural leader, practical, methodical, efficient planners	<input type="checkbox"/> Loving, compassionate, calm, caring, cheerful, content, mellow, appreciative, nurturing, supportive, forgiving, tolerant, patient, grounded, peaceful, sentimental, receptive
<b>Response to Stress</b>	<input type="checkbox"/> Excitable, easily overwhelmed, nervous, anxious, panic attacks	<input type="checkbox"/> Loses temper, irritable, impatient, frustrated, agitated, reactive	<input type="checkbox"/> Handles stress well, level-headed, less reactive, unresponsive, may be passive or apathetic
<b>Negative emotions</b>	<input type="checkbox"/> Fearful, anxious, nervous, mood swings, hysterical	<input type="checkbox"/> Anger, rage, jealous, envious	<input type="checkbox"/> Greed, grief, sorrow, depression
<b>Negative Tendencies when out of balance</b>	<input type="checkbox"/> Spacey, lonely, insecure, fragile, sensitive, restless, uncertain, volatile, high-strung, unstable, confused, ungrounded, addictive tendencies	<input type="checkbox"/> Critical, judgmental, cynical, aggressive, competitive, can be violent, demanding, dominating, stubborn, manipulative, arrogant	<input type="checkbox"/> Possessive, trouble letting go, stubborn, lackadaisical, lethargic, resistant to change, lazy, foggy thinking
<b>Schedule</b>	<input type="checkbox"/> Irregular routine	<input type="checkbox"/> Long, disciplined workday	<input type="checkbox"/> Committed to routine
<b>Lifestyle</b>	<input type="checkbox"/> Prefers staying active, variety of experiences, spontaneous, speed, stimulation, travels, artistic, thrives on change	<input type="checkbox"/> Enjoys competitive sports, debates, politics, puzzles, challenges, research, mentally engaged	<input type="checkbox"/> Likes to relax, cook, sail, garden, social gatherings, laid back, easy going
<b>Achieving goals</b>	<input type="checkbox"/> Distracted easily, inconsistent, impulsive, indecisive, flexible	<input type="checkbox"/> Focused, driven, ambitious, motivated, goal-oriented, seeks challenges, too perfectionistic	<input type="checkbox"/> Slow and steady, relaxed, go-with-the-flow, unmotivated, unfocused
<b>Relationships</b>	<input type="checkbox"/> Make friends quickly, short-term relationships, loves new people, places & things	<input type="checkbox"/> Friendships related to work	<input type="checkbox"/> Deep, long-lasting relationships, loyalty
<b>Finances</b>	<input type="checkbox"/> Spends frivolously, doesn't save, poor financial planners	<input type="checkbox"/> Saves but big spender on luxuries, specific goals, causes, or pet projects	<input type="checkbox"/> Excellent money saver, accumulates wealth & property, possessive, holds onto money
<b>TOTALS:</b>	<b>Vata:</b>	<b>Pitta:</b>	<b>Kapha:</b>

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