

# Which Dosha Are You?

This questionnaire will help you clarify which doshas dominate in your body. We have all three doshas within us so you will find yourself ticking boxes in all three columns, but ultimately one or two will dominate.

To find out what your natural (birth) constitution (prakruti) is, answer the questions so they reflect you in your most natural state. I answer them looking back at how I was when I was young, when outside pressures did not influence my natural habits

and patterns. Then answer the questions again according to who you are now. This will show any current imbalance. Always tackle this imbalance first when choosing food. Use pencil so that you can keep coming back to it to check your current state.

## VATA ✓ PITTA ✓ KAPHA ✓

	VATA	PITTA	KAPHA
<b>Frame</b>	Tall or short with little body fat and thin muscles	A medium build, moderately developed physique, good muscles	Curvy, big boned, big build or stocky, well-developed muscles
<b>Weight</b>	Light and generally thin	Moderate weight which remains more or less constant	A tendency to gain weight
<b>Hair</b>	Coarse, dry and slightly wavy or frizzy hair	Fine, soft hair or prematurely grey or bald	Thick, oily, lustrous or wavy hair
<b>Head and face</b>	Small, thin and long	Moderate, ruddy, sharp contours	Large, steady, round, pale, soft contours
<b>Eyes</b>	Small, dry and attractive	Medium and penetrating	Large and pleasant
<b>Neck</b>	Thin, long	Medium	Large, thick
<b>Skin</b>	Thin, dry and cool; dull complexion	Warm, moist, pink; prone to skin rashes	Thick, smooth, moist, oily, soft
<b>Mouth</b>	Gappy teeth, rough and cracked, receding gums, grind teeth	Prone to bleeding gums, yellow teeth, can have bad breath	Strong, round healthy teeth and gums
<b>Features</b>	Small, thin, dry (e.g. lips)	Medium	Large, firm, soft
<b>Hands and feet (count separately)</b>	Small, thin, dry, cold and cracked, unsteady	Medium, warm, healthy	Large, thick, cool, firm
<b>Legs and arms (count separately)</b>	Thin and small, overly long or short, prominent knees	Medium	Large, thick, well-developed arms, large or stocky legs
<b>Nails</b>	Brittle, narrow	Medium, soft	Large, white, hard
<b>Voice</b>	Low, weak, hoarse	High pitched, moderate, sharp, good	Pleasant, deep voice
<b>Body strength</b>	Low, poor endurance	Medium	Strong with good stamina
<b>Speech</b>	Erratic, enthusiastic, fast and might miss out words	Clear, sharp and measured, logical	Slow, resonant, clear, rhythmic

## VATA ✓ PITTA ✓ KAPHA ✓

<b>Personality</b>	Enthusiastic, lively, creative and imaginative	Efficient and disciplined, analytical, driven, perfectionist, orderly	Loving, calm, patient, happy, supportive, home-loving
<b>Sociability</b>	Sometimes feels shy in social situations but can be very chatty	Outgoing and assertive	Sociable and make friends easily
<b>Character</b>	Likes to be active and busy	Organized and focused	Slow and methodical
<b>Ability to forgive</b>	Forgive and forget easily	Finds it hard to forgive	Forgives easily
<b>Activity</b>	Quick, unsteady and distracted	Medium, motivated, competitive, focused	Slow, measured, deliberate, enjoys repetitive tasks
<b>Sexual nature and fertility</b>	Variable, low stamina and low fertility	Moderate, passionate, domineering	Low but constant desire, good energy and fertility
<b>Immunity</b>	Variable, poor and weak	Medium, prone to infection	Strong
<b>Disease tendency</b>	Nervous system, arthritis, severe stress, weakness, aches and pains	Skin rashes, inflammations, infections, fevers, acidity, heartburn	Bronchitis, asthma, allergies, congestion, obesity, high cholesterol
<b>Sweat</b>	Light and no smell	Profuse and strong smell	Moderate, cold and mild smell
<b>Bowel movements</b>	Dry, tendency towards constipation and gas	Regular and loose, yellowish, tendency towards diarrhoea	Regular, solid and well formed
<b>Appetite</b>	Variable and erratic, sometimes large meals, moderate thirst	Strong and sharp, needs lots of food, rarely misses a meal, strong thirst	Constant, doesn't need much food but often craves it, not very thirsty
<b>Memory and learning</b>	Once focused, quick to grasp, good short-term memory but forgets quickly	Moderately quick to grasp, very good memory, rarely forgets	Takes time to grasp things but then never forgets
<b>Sleep</b>	Light, fitful sleep, wakes up early, lots of impressionable dreams	Moderate but good sleeper	Deep sleeper, finds it hard to get up in the morning
<b>Excitability</b>	Quick to rise but also fall	Quick to get excited but endures	Slow
<b>Emotions when stressed</b>	Tendency towards anxiety, worry, fear, nervousness	Tendency towards anger and irritation, jealousy	Tendency towards depression, and attachment, lack of motivation, self pity, greed
<b>Money</b>	Impulsive spender	Considered spender, enjoys luxuries and gourmet meals	Reluctant spender, likes to save but spends on food, entertainment and property
<b>Walking</b>	Fast and erratic	Fast but steady	Slow and steady
<b>Professions</b>	Artists, philosophers, communicators, organizers, models, actors	Leaders, brokers, self-employed, analysis, politics, education	Nurturers, carers, nurses, cooks, self-employed business people
<b>Mental nature</b>	Quick, adaptable but indecisive	Intelligent, critical, decisive, loves logic and structure	Slow, steady, sensitive
<b>Religion</b>	Erratic, changeable	Focused, fanatic	Constant, loyal, conservative
<b>Recreation</b>	Likes speed, travelling, dancing, plays, parks, artistic endeavours	Likes competitive sports, politics, debates, research, hunting	Likes flowers, sailing, eating out or cooking, watching movies, reading
<b>TOTAL</b>			