

DOSHA QUESTIONNAIRE

http://www.yatan-ayur.com.au/dosha_analysis.htm

The first step in applying Ayurvedic principles and treatments to assist in any health related concerns is to determine your constitutional body type (*Prakriti*). The questionnaire below acts as a guideline to determining your constitutional (*doshic*) type. However, to attain an accurate constitutional diagnosis it is best to consult with an Ayurvedic practitioner.

Questionnaire 1 – Vata

	1	2	3
1. My body frame is light with prominent joints			
2. I lose weight easily and find it hard to put it back on			
3. My skin complexion is dull and varies in colour			
4. I don't have a lot of hair and it is dry and wavy			
5. My circulation is poor and I often have cold hands and feet			
6. I prefer warm climates and sweat little			
7. My appetite varies and I like warm food			
8. I find it hard to fall asleep but have many dreams when I do			
9. I tend to have gas and constipation			
10. I move quickly and try to do many things at once			
11. I tend to be chatty and speak quickly			
12. I have a good imagination but become distracted easily			
13. I learn new things quickly but forget them easily			
14. I tend to be nervy and worry about things			
15. I find it hard to concentrate			

VATA SCORE _____

Questionnaire 2 – Pitta

	1	2	3
1. I have a medium size frame that is moderately developed			
2. My weight is stable			
3. My skin colour is yellowy, red or pink and warm in relation to other people of my race			
4. My hair is thin, fine and light coloured in relation to other people of my race			
5. My circulation is good and I generally feel warm			
6. I enjoy cool climates and sweat profusely			
7. I have a strong appetite and I like cool foods			
8. I sleep well but not for long			
9. I have regular bowel movements with a tendency to loose stools			
10. I move calmly and am very focused			
11. I am articulate, speaking clearly and precisely			

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12. I am able to focus easily and carry out plans fully			
13. I learn quickly and have good mental retaining capacity			
14. I become angry easily and can be critical			
15. I have an intelligent and stable mind			

PITTA SCORE _____

Questionnaire 3 – Kapha

	1	2	3
1. I have a large and solid frame			
2. I am heavy and gain weight easily			
3. My skin is pale, smooth and soft			
4. My hair is thick, soft and wavy			
5. My circulation is slow and I tend to feel cool			
6. I prefer warm climates and sweat moderately			
7. I have low appetite and prefer warm food			
8. I sleep deeply and enjoy sleeping for long periods but often feel lethargic when waking			
9. I have slow bowel movements with solid and well formed stools			
10. I move calmly and steadily			
11. I speak slowly and methodically			
12. I am slow to get started but have good mental stamina			
13. I take time to learn but have good long term memory capacity			
14. I can be possessive			
15. I tend to be calm and content			

KAPHA SCORE _____

FINAL SCORE:

VATA _____ **PITTA** _____ **KAPHA** _____

Ranking of 1, 2 and 3

1 = seldom applies to me

2 = applies to me sometimes

3 = applies to me most of the time