

Ayurvedic Constitution Quiz: Determining Your Dominant Ayurvedic Psycho-physiological (Mind-Body) Constitutional Type: Vata, Pitta or Kapha

The following simple test will give you a fairly good idea of the levels of your doshas. We have to remember that everyone has all three doshas, but in varying degrees. After reading each description, mark 0 to 7 in the box provided. Note that values 2 and 5 are not assigned at all (don't use them).

0, 1 = Does not apply

3, 4 = Applies sometimes

6, 7 = Applies most of the time

Evaluating My Vata

<p>Physical Attributes:</p> <ol style="list-style-type: none"> 1. ____ My physique is thin - I don't gain weight easily. 2. ____ I am quick and active. 3. ____ My skin is usually dry, more so in winter. 4. ____ My hands and feet are usually cold. 5. ____ My energy fluctuates and comes in bursts. 6. ____ I usually develop gas or constipation. 7. ____ I usually have difficulty falling asleep or having a sound night's sleep. 8. ____ I am uncomfortable in cold weather. 	<p>Mental, Emotional, and Behavioral Attributes:</p> <ol style="list-style-type: none"> 9. ____ My nature is lively and enthusiastic. 10. ____ I have difficulty memorizing things and remembering them later. 11. ____ It is easy for me to learn new things quickly, but I also forget quickly. 12. ____ I am not good at making decisions. 13. ____ I am anxious or worrisome by nature. 14. ____ People think I'm talkative and that I talk quickly. 15. ____ I am usually emotional by nature and my moods fluctuate. 16. ____ My mind is restless, but also imaginative. 17. ____ I have irregular eating and sleeping habits. <p style="text-align: right;">Total Vata: _____</p>
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Evaluating My Pitta

<p>Physical Attributes:</p> <ol style="list-style-type: none"> 1. ____ My hair is fine, straight, light, blonde, red, graying early, or balding. 2. ____ I don't tolerate hot weather. 3. ____ I sweat easily. 4. ____ I can't tolerate delaying or skipping a meal. 5. ____ My appetite is very good and I can eat big meals. 6. ____ My bowel movements are regular. I might have occasional loose stool but not much constipation. 7. ____ I like cold drinks and such foods as ice cream. 8. ____ I often feel hot. 9. ____ Spicy, hot foods upset my stomach. 	<p>Mental, Emotional, and Behavioral Attributes:</p> <ol style="list-style-type: none"> 10. ____ I consider myself efficient. 11. ____ I try to be organized and accurate. 12. ____ I have a strong will and my friends think I am stubborn. 13. ____ I am impatient by nature. 14. ____ I tend to become irritable or angry quite easily. 15. ____ I try to be meticulous and am a perfectionist by nature. 16. ____ I get angry easily, but I don't hold a grudge. 17. ____ I am usually critical of myself and others. <p style="text-align: right;">Total Pitta: _____</p>
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Evaluating My Kapha

<p>Physical Attributes:</p> <ol style="list-style-type: none"> 1. ____ It is easy for me to gain weight but difficult to lose. 2. ____ Skipping meals is easy for me and does not cause any problems. 3. ____ I tend to have congestion, mucus, or sinus problems. 4. ____ I'm a sound sleeper. 5. ____ I have thick, oily, dark, wavy hair. 6. ____ My skin is smooth and soft with an almost pale complexion. 7. ____ My body frame is large and solid with a heavy bone structure. 8. ____ My digestion is slow, so I feel full after eating. 9. ____ I have a steady energy level with good endurance and strong stamina. 10. ____ I'm sensitive to cool and damp weather. 	<p>Mental, Emotional, and Behavioral Attributes:</p> <ol style="list-style-type: none"> 11. ____ I tend to be slow, methodical, and relaxed. 12. ____ I need to sleep a minimum of eight hours to feel well the next morning. 13. ____ By nature I am calm and composed. I don't get angry easily. 14. ____ I am not a quick learner but I am good at memorizing things and remembering them later. 15. ____ Many people consider me affectionate, forgiving, and peaceful. 16. ____ I usually oversleep and have difficulty waking up the next morning. 17. ____ I am very reluctant to take on new responsibilities. <p style="text-align: right;">Total Kapha: _____</p>
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My total scores are:

Vata: ____ **Pitta:** ____ **Kapha:** ____ : I am ____ first, ____ second, and ____ third.