

Ayurvedic Dosha Test



Find out your dosha by completing the following assessment. Circle the description in the column which best describes you. Then, add up how many circles are in each column. The column with the most circles is your predominant dosha. (In some cases, there may be 2 doshas that are predominant.)

	Vata	Pitta	Kapha
<i>Height</i>	Tall or very short	Medium	Usually short, but can be tall and large
<i>Frame</i>	Slim, slender, bony	Medium build	Large, well formed
<i>Weight</i>	Low, difficulty gaining	Normal	Overweight, difficulty losing
<i>Eyes</i>	Small, sunken, black or brown, dry, nervous	Sharp, bright, gray or green, get red easily, sensitive to light	Big, blue, and calm
<i>Nose</i>	Uneven, deviated septum	Long and pointed, with a red nose tip	Short and rounded, like a button
<i>Lips</i>	Dry, cracked	Red, inflamed, or yellowish	Smooth, moist, and pale
<i>Teeth</i>	Stick out, crooked, thin gums	Medium-sized, gums bleed easily	Large, well-formed, strong gums
<i>Skin</i>	Thin, dry, cold, rough, dull	Smooth, oily, warm, rosy	Thick, damp, cool, and pale
<i>Hair</i>	Dry, brown or black, thin	Straight, oily, thin, blonde, gray, red, bald	Thick, oily, curly or wavy, lustrous
<i>Nails</i>	Dry, rough, brittle, break easily	Sharp, flexible, pink, lustrous	Thick, smooth, polished
<i>Neck</i>	Long and thin	Medium	Big
<i>Chest</i>	Flat and sunken	Moderate	Expanded, round
<i>Belly</i>	Thin, flat, or sunken	Moderate	Big, pot-bellied
<i>Hips</i>	Thin and slender	Moderate	Heavy, big
<i>Joints</i>	Stiff, crack often	Loose	Large and well-lubricated
<i>Sensitivities</i>	Cold, dryness, wind	Heat, sunlight, fire	Cold, damp

<i>Appetite</i>	Irregular, variable	Strong, excessive	Moderate, steady
<i>Digestion/ Elimination</i>	Irregular, forms gas, constipation	Quick, causes burning, loose	Sluggish, prolonged, forms mucus
<i>Thirst</i>	Low	High	Moderate
<i>Disease Tendency</i>	Pain, inflammation, nervous	Fever, edema, blood & liver	Congestion, mucus, lungs
<i>Activity</i>	High, restless	Moderate	Low, moves slowly
<i>Endurance</i>	Poor, easily exhausted	Moderate but focused	High
<i>Sleep</i>	Poor, disturbed	Variable	Excess
<i>Dreams</i>	Frequent, colorful	Moderate, romantic	Infrequent, disturbed
<i>Intellect</i>	Quick, adaptable, indecisive	Intelligent, sharp, clear	Slow, steady, exact
<i>Memory</i>	Good short-term	Accurate, clear	Good long-term
<i>Speech</i>	Fast, frequent	Sharp, cutting	Slow, melodious
<i>Temperament</i>	Nervous, changeable	Motivated	Content, conservative
<i>Positive Emotions</i>	Adaptability	Courage	Love
<i>Negative Emotions</i>	Fear, anxiety	Anger, jealousy	Attachment, greed
<i>Faith</i>	Variable, erratic	Strong, determined	Steady, slow to change
<i>Finances</i>	Spends frivolously	Invests in luxuries, projects, goals	Saves money, invests in property
<i>Totals (32)</i>	Vata:	Pitta:	Kapha: