



Ayurveda Healer
Dosha Quiz

Name:

Email:

Place a check next to the choice which best describes you, reading left to right: Vata, Pitta, or Kapha. *Star anything that has changed drastically from when you were a child

Vata

Thin, can be unusually
Tall or short

Thin as a child

Light bones &
prominent joints

Have a hard time
gaining weight

Small, active
dark eyes

Dry skin, chaps
easily

Dark skin, relative
to rest of family

Dark, rough, wiry or
kinky hair

Prefer warm climate
sunshine, moisture

Pitta

Medium, well
proportioned

Medium build as
a child

Medium bone
structure

Can gain or
lose easily

Penetrating light
green/gray eyes

Oily skin & hair

Fair skin, sunburn
easily.

Fine, light, oily,
bld, red, early gray

Prefer cool, ventilated
places

Kapha

Ample in build

Plump, a little
chunky as a child

Heavy bone
structure

Gain easily, hard
time losing it

Large nice eyes
thick eyelashes

Thick skin, cool
well lubricated

Tan slow and
even. Cool skin

Thick, wavy,
little oil.

Any climate, not
too humid

__ Variable appetite get 'hangry' then cannot finish plate	__ Irritable if miss a meal or can't eat when hungry, good appetite	__ Like to eat, can skip meals, no physical signs
__ Bowel movements can be irregular, hard, dry or Constipated	__ Easy & regular. Can be soft, oily, loose & at least 1-2 times a day	__ Regular daily BMs steady, thick, or heavy
__ Dislikes routine	__ Enjoy planning & like routine, especially if you create it	__ Work well with routine
__ Creative thinker, idea maker	__ Good initiator & leader, the force behind the idea	__ Good at keeping projects running smoothly
__ Likes to stay physically active	__ Enjoys physical activity, competitive	__ Loves leisure activities most
__ Exercise relaxes you mentally	__ Exercise keeps your emotions from exploding	__ Exercise keeps your weight down when diet won't
__ Change your mind Easily	__ Have opinions & like to share them	__ Change ideas slowly
__ Tend toward fear & anxiety when stressed	__ Tend toward anger, irritability, or frustration	__ Tend to avoid difficult situations
__ Often dream & rarely remember them	__ Easily remember your dreams, often they are colorful	__ Generally only remember if significant
__ Change moods & ideas easily	__ Forceful about your ideas & feelings	__ Slow to change, reliable, steady
__ Like to snack &	__ Like high protein food chicken, eggs, fish	__ Love fatty foods bread & starch
__ If ill, nervous disorders or sharp pain experienced	__ If ill, rashes, fevers, inflammation are more likely seen	__ If ill, excess fluid, retention or mucus seen
__ Light sleeper	__ Usually sleep well	__ Sound, heavy sleeper
__ Money is there to spend	__ Money is best-spent on luxury items	__ Money is easy to save

__ Sexual interests
variable, active
fantasy life

__ Ready sexual
interests & drive

__ Steady sexual
interests

__ Brittle nails

__ Flexible nails, &
pretty strong

__ Strong thick
nails

__ Cold hands & feet
little perspiration
perspiration

__ Good circulation,
perspire often

__ Moderate/little

__ Variable thirst

__ Usually thirsty

__ Rarely thirsty

__ **total Vata**

__ **total Pitta**

__ **total Kapha**

*Remember, we are a blend of all three doshas, so some of these comparisons may seem difficult, do your best.

Add up all of your checks. The column with the most checks generally indicates your primary constitution. It is common for people to have two primary constitutions & very rare to be tridoshic, meaning all 3.

What do you hope to achieve with your health consultation today?

*Please list your top 3 concerns you would like to address:

- 1.
- 2.
- 3.

