

The 3 Doshas

Knowing your Dosha or body type simply helps you know and understand yourself better and can provide you with guidelines for self care and how to stay in balance for your particular body type. Using a Dosha is not intended for stereotyping but for helping tune into your individual uniqueness.

This is a simple questionnaire to help you determine your body type or dosha.

The questionnaire is divided into 3 sections: Vata, Pitta, and Kapha.

For each section read each statement and mark, from 0-6, whether it applies to you.

0 = Doesn't apply to me

3 = applies to me somewhat (or some of the time)

6 = applies to me mostly (or nearly all of the time)

At the end of each section, write down your total section score. When you are finished, you will have three separate scores. Comparing these will determine your body type.

Discovering your natural constitution is most easily revealed by the fixed attributes of the physical body like body frame, weight, and complexion. General state of metabolism and digestion through time is also a good indicator as are your **lifelong** habits. For the mental traits and behaviors, which are subjective, you should answer according to how you have felt and acted most of your life.

Frame

V – Unusually tall or short, thin; poorly developed physique

P – Medium; moderately developed physique

K – Stout, stocky, short, big; well-developed physique

Weight

V – Low, hard to hold weight, prominent veins and bones

P – Moderate, good muscles

K – Heavy, tends towards obesity

Complexion

V – Dull, brown, darkish

P – Red, ruddy, flushed, glowing

K – White, pale

Skin texture and temperature

V – Thin, dry, cold, rough, cracked, prominent veins

P – Warm, moist, pink, with moles, freckles, acne

K – Thick, white, moist, cold, soft, smooth

Hair

V – Scanty, coarse, dry, brown, slightly wavy

P – Moderate, fine, soft, early gray or bald

K – Abundant, oily, thick, very wavy, lustrous

Head

V – Small, thin, long, unsteady

P – Moderate, angular

K – Large, stocky, steady, square, round

Forehead

V – Small, wrinkled

P – With folds

K – Large, broad

Face

V – Thin, small, long, wrinkled, dusky, dull

P – Moderate, ruddy, sharp contours

K – Large, round, fat, white or pale, soft contours

Neck

V – Thin, long
P – Medium
K – Large, thick

Eyebrows

V – Small, thin, unsteady
P – Small, thin
K – Thick, bushy, many hairs

Eyelashes

V – Small, dry, firm
P – Small, thin, fine
K – Large, thick, oily, firm

Eyes

V – Small, dry, thin, brown, dull, unsteady
P – Medium, thin, red (inflamed easily), green, piercing
K – Wide, prominent, thick, oily, white, attractive

Nose

V – Thin, small, long, dry, crooked
P – Medium
K – Thick, big, firm, oily

Lips

V – Thin, small, darkish, dry, unsteady
P – Medium, soft, red
K – Thick, large, oily, smooth, firm

Teeth and Gums

V – Thin, dry, small, rough, crooked, receding gums
P – Medium, soft, pink, gums bleed easily
K – Large, thick, soft, pink, oily

Shoulders

V – Thin, small, flat, hunched
P – Medium
K – Broad, thick, firm, oily

Chest

V – Thin, small, narrow, poorly developed
P – Medium
K – Broad, large, well or overly developed

Arms

V – Thin, overly small or long, poorly developed
P – Medium
K – Large, thick, round, well developed

Hands

V – Small, thin, dry, cold, rough, fissured, unsteady
P – Medium, warm, pink
K – Large, thick, oily, cool, firm

Thighs

V – Thin, narrow
P – Medium
K – Well developed, round, fat

Legs

V – Thin, excessively long or short, prominent knees

P – Medium

K – Large, stocky

Calves

V – Small, hard, tight

P – Loose, soft

K – Shapely, firm

Feet

V – Small, thin, long, dry, rough, fissured, unsteady

P – Medium, soft, pink

K – Large, thick, hard, firm

Joints

V – Small, thin, dry, unsteady, cracking

P – Medium, soft, loose

K – Large, thick, well built

Nails

V – Small, thin, dry, rough, fissured, cracked, darkish

P – Medium, soft, pink

K – Large, thick, smooth, white, firm, oily

Urine

V – Scanty, difficult, colorless

P – Profuse, yellow, red, burning

K – Moderate, whitish, milky

Feces

V – Scanty, dry, hard, difficult or painful, gas, tends towards constipation

P – Abundant, loose, sometimes yellowish, tends towards diarrhea, with burning sensation

K – Moderate, solid, sometimes pale in color, mucus in stool

Sweat/ Body Odor

V – Scanty, no smell

P – Profuse, hot, strong smell

K – Moderate, cold, pleasant smell

Appetite

V – Variable, erratic

P – Strong, sharp

K – Constant, low

Taste Preferences

V – sweet, sour or salty food, cooked with oil and spiced

P – sweet, bitter or astringent food, raw, lightly cooked without oil or spices

K – pungent, bitter or astringent food, cooked with spices, but not a lot of oil

Circulation

V – Poor, variable, erratic

P – Good, warm

K – Slow, steady

Type of Activity

V – Quick, fast, unsteady, erratic, hyperactive

P – Medium, motivated, purposeful, goal seeking; usually only active towards a particular aim

K – Slow, steady, stately

Strength/Exertion

V – Low, poor endurance, starts and stops quickly
P – Medium, intolerant of heat
K – Strong, good endurance, but slow in starting

Sexual Nature

V – Variable, erratic, strong desire but low energy, few children; more extreme – at times promiscuous and deviant, at times more common to become celibate.
P – Moderate, passionate, quarrelsome, dominating, attached to the drama of sex
K – Low but constant sexual desire, good sexual energy, devoted, many children

Sensitivity to Environmental Factors

V – Fear of cold, wind, sensitive to dryness
P – Fear of heat, dislike of sun, fire
K – Fear of cold, damp, likes wind and sun

Resistance to Disease

V – Poor, variable, weak immune system
P – Medium, prone to infections
K – Good, consistent, strong immune system

Disease Tendency

V – Nervous system diseases, pain, arthritis, mental disorders
P – Febrile diseases, infections, inflammatory diseases
K – Respiratory system diseases, mucus, edema

Reaction to Medications

V – Quick, low dosage needed, unexpected side effects or nervous reactions
P – Medium
K – Slow, high dosage required, effects slow to manifest

Voice

V – Low, weak, hoarse
P – High pitch, sharp
K – Pleasant, deep, good tone

Speech

V – Quick, inconsistent, erratic, talkative
P – Moderate, argumentative, convincing
K – Slow, definite, not talkative

Mental Nature

V – Quick, adaptable, indecisive
P – Intelligent, penetrating, critical, logical
K – Slow, steady, deep, dull

Memory

V – Poor, notices things easily but easily forgets
P – Sharp, clear
K – Slow to take notice but will not forget

Emotional Tendencies

V – Fearful, anxious, nervous
P – Angry, irritable, contentious
K – Calm, content, attached, sentimental

Neurotic Tendencies

V – Hysteria, trembling, anxiety attacks
P – Extreme temper, rage, tantrums
K – Depression, unresponsiveness, sorrow

Emotional Strengths

V – Flexibility, adaptability
P – Fearless, courage, daring
K – Calm, contentment

Faith (in life)

V – Erratic, changeable, rebel
P – Determined, fanatic, leader
K – Constant, loyal, conservative

Sleep Patterns

V – Light, tends towards insomnia
P – Moderate, may wake up but will fall asleep again
K – Heavy, difficulty in waking up

Dreams

V – Flying, moving, restless, nightmares, lots of dreams in general
P – Colorful, passionate, conflict, dramatic dreams which may disturb sleep
K – Romantic, sentimental, watery, few dreams and hard to remember

Habits

V – Likes moving, travelling, parks, plays, jokes, stories, artistic activities, dancing
P – Likes competitive sports, politics, debates, hunting
K – Likes water, sailing, flowers, cosmetics, cooking

Add up the score in each section and then fill in the scores below once you're done.

VATA

PITTA

KAPHA

Now that you have added up your score, you can determine your body type. Although there are only three doshas, Aryurveda combines them in 7 ways to arrive at 7 different body types: Vata, Pitta, Kapha, Vata-Pitta, Vata-Kapha, Pitta-Kapha, Vata-Pitta-Kapha.

1. If one score is much higher than the others, you are probably a single dosha type (Vata, Pitta, Kapha). If one scores twice as high as another, you are definitely a single type. Also, the characteristics will be very evident. Your next highest dosha will show up in your natural tendencies that it will be much less distinct.
2. If no single dosha dominates, you are a two-dosha type. The traits of your two leading doshas will predominate. The higher one comes first in your body type but both types count. The two top scores are typically close together.
3. If you're three scores are nearly equal you may be a tri-dosha. This type is considered to be the rarest of all to check your answers again or have a friend go over your responses with you.