

Dosha Self-Test

Read each statement and check the box if you feel that it applies to you. **Answer the question as to how it applies over time, rather than in the past several months or year.** You may write notes to the side to clarify your answers.

Vata is cold, dry, light and mobile by nature

- You have a small frame and thin body
- Your skin is darker and tends to be dry
- Your hair is dark and tends to be curly
- Your eyes are dark and small
- Your appetite and digestion is irregular
- You tend not to gain weight easily
- You tend to have gas and become constipated easily
- You have an active and creative mind
- You tend to be talkative by nature
- You learn things easily, but forget them easily
- You tend to worry and become anxious under stress
- You do not tolerate cold weather well
- You tend to have cold hands and feet

_____ **Total score**

Pitta is warm, oily and intense by nature

- Your frame and musculature is moderate
- Your skin tends to be fair and warm to the touch
- Your hair is fine and light in color or red and may gray prematurely
- Your eyes are penetrating and blue, green or gray in color
- You are determined and competitive by nature
- You enjoy working as your own boss
- You tend to be a perfectionist and become impatient easily
- You enjoy challenge and accomplishment
- You tend to be more intellectual by nature
- You have a strong appetite and good digestion
- You become irritable when hungry
- Your stools are soft and may tend to be loose
- Your health problems tend to center around inflammation

- You are fond of cold food and drinks
- You prefer a cool and dry climate

_____ **Total score**

Kapha is cool, damp and slow by nature

- Your frame is large and you tend to be overweight
- You gain weight easily and have difficulty losing it
- Your skin is cool, pale and moist
- Your hair is thick, dark and wavy
- Your eyes are large and friendly
- Your appetite and digestion tends to be slow
- You are slow to learn but have an excellent memory
- Your manner is slow and steady with a calm disposition
- You are compassionate but tend toward attachment
- You can skip meals without apparent discomfort
- You have good stamina but tend toward laziness
- You are a sound sleeper and prefer to sleep at least 8 hours
- You are uncomfortable in cool, damp weather
- Your health problems are centered around excessive mucus

_____ **Total score**