

D O S H A Q U I Z

CIRCLE THE ANSWER(S) IN EACH ROW THAT BEST APPLY TO YOU AS A LONG TERM TENDENCY. IF MORE THAN ONE ANSWER APPLIES, YOU CAN CIRCLE MULTIPLE ANSWERS. WHEN YOU ARE FINISHED, **TALLY THE TOTAL ANSWERS IN EACH COLUMN** TO DETERMINE YOUR PRIMARY, SECONDARY, AND TERTIARY DOSHA (COLUMN WITH THE HIGHEST TALLY IS YOUR PRIMARY DOSHA, COLUMN WITH THE LOWEST TALLY IS YOUR TERTIARY DOSHA).

NOTE: AN AYURVEDIC CONSULTATION WITH A PROFESSIONAL IS REQUIRED FOR A DEEPER UNDERSTANDING OF YOUR UNIQUE LONG-TERM AND SHORT-TERM CONSITUTION.

Body Frame	lean	muscular	stocky
Weight Pattern	underweight	moderate	overweight
Skin	dry/flaky	combination/sensitive	oily/smooth
Hair	brittle/dry	premature hair loss	oily/thick
Eyes	small/darting	intense/penetrating	large/moist
Lips	small	medium	large
Joints	cracking/bony	moderate	well lubricated
Appetite	small/irregular	strong/ravenous	slow & steady
Digestion	negative reaction to beans or raw foods (gas/bloating)	negative reaction to spicy foods (burning indigestion)	negative reaction to heavy foods (sluggishness)
Elimination	hard/dry stool	loose/burning stool	mucous in stool
Memory	good recent memory, poor long term memory	sharp	slow but steadfast
Interests	art, dancing, creative outlets	business, competitive sports	family gatherings, cooking
Emotions	tendency towards anxiety	tendency towards jealousy	tendency towards depression
Mind	restless/active	intelligent/intense	calm/peaceful
Sleep	difficulty falling asleep and wakes up easily	falls asleep easily, stays asleep	sleeps deeply, difficulty waking up
TOTALS:	_____	_____	_____
	VATA TOTAL	PITTA TOTAL	KAPHA TOTAL