

Ayurvedic Questionnaire

Ayurveda- “the science of life”

Find out your psycho-physiological constitution

Understanding your body type helps understand how unique you really are, from physiology, biochemistry and psychology points of view.

We will find out which dosha you predominantly are, and customize a food plan that's best for you. To take the test, read the description, mark 0-7 in the box provided.

0/1 = Does not apply 3/4= Applies sometimes 6/7= Applies most of the time

Vata

1. Physique is thin, don't gain weight easily _____
2. I'm quick and active _____
3. Skin is usually dry, more in the winter months _____
4. Hands and feet are usually cold _____
5. Energy fluctuates, comes in bursts _____
6. I often develop gas or constipation _____
7. I often have a difficult time falling asleep or sleeping thru the night _____
8. I am uncomfortable in cold weather _____
9. My nature is lively and enthusiastic _____
10. I have difficult time memorizing things and remembering them later _____
11. It's easy for me to learn new things quickly, but I also forget quickly _____
12. I'm not good at making decisions _____
13. By nature, I'm anxious or worrisome _____
14. Others think I'm talkative and that I talk quickly _____
15. I'm emotional by nature, my mood fluctuates _____
16. My mind is restless, but also imaginative _____
17. I have irregular eating and sleeping habits _____

My Vata Score _____

Pitta

1. I don't tolerate hot weather _____
2. I sweat easily _____
3. Can't tolerate delaying or skipping a meal _____
4. My hair is fine, straight, light, blond, red, graying early or balding _____
5. My appetite is very good and I can eat big meals _____
6. My bowel movements are regular. I might have loose stools occasionally, but not much constipation _____
7. I like cold drinks and such foods as ice cream _____
8. I often feel hot _____
9. Spicy, hot foods upset my stomach _____
10. I consider myself efficient _____
11. I shoot to be organized and accurate _____
12. I'm strong willed and others think I'm stubborn _____
13. I'm impatient by nature _____
14. I tend to become irritable or angry quite easily _____
15. I try to be meticulous, and am perfectionist by nature _____
16. I get angry easily, but I don't hold a grudge _____
17. I am usually critical of myself and others _____

My Pitta Score _____

Kapha

1. I gain weight easily and I have a difficult time losing weight _____
2. I can skip meals easily _____
3. I tend towards congestion, mucus or sinus problems _____
4. I'm a sound sleeper _____
5. I have thick, oily, dark, wavy hair _____
6. My skin is smooth and soft, almost pale complexion _____
7. I have a heavy bone structure, with a large and solid frame _____
8. My digestion is slow, I feel full after eating a small amount of food _____
9. I have a strong stamina, good endurance and a steady energy level _____
10. I'm sensitive to cool and damp weather _____
11. I tend to be slow, methodical, and relaxed _____
12. I need to sleep a minimum of 8 hrs to feel well the next morning _____
13. By nature, I'm calm and composed. I don't get angry easily _____
14. I am not a quick learner, however I'm good at memorizing things and remembering them later _____
15. Many people consider me affectionate, forgiving, and peaceful _____
16. I usually oversleep and have difficulty waking up the next morning _____
17. I'm very reluctant to take on new responsibilities _____

My Kapha Score _____

Quiz borrowed from: "A Beginner's Introduction to Ayurvedic Medicine", Vivek Shanghag, M.D.