



Dosha Constitutional Types

Instructions: Mark each column from 0-3. **Three = most often describes you** and **zero = doesn't describe you at all**. Put your score in the column on the right side of each Dosha category. Add up the total of each column and put total on the bottom for each column.

CHARACTERISTIC	KAPHA		PITTA		VATA	
Gait, pace	Slow, graceful		Brisk, fast		Irregular	
Body type	Heavy bone structure, wide shoulders/hips		Proportional, balanced		Tall, thin, small, thick irregular prominent joints, poorly proportioned, imbalanced	
Structural abnormalities	Rare		Rare		Scoliosis, nasal sepal defects, bow legs	
Fingers & toes	Short & square		Medium, long		Crack easily	
Joints	Well-lubricated		Average		Gait, Pace	
Body weight/dynamic	Tends to gain weight easily/lose weight with difficulty		Tends to gain weight easily/lose weight with difficulty		Variable, irregular, often hard to gain weight	
Location of weight accumulation	Below waist		Weight deposited evenly		Accumulates around the waist	
Endurance	High stamina		Medium stamina		Irregular, low stamina	
Physical activity	Avoids exercise, but better from it		Likes regular exercise, vigorous okay		Active, irregular	
Sex drive	Low & steady		Moderate		High, erratic	
Fertility	High		Medium		Low	
Menses	Painless		Moderate cramping		Irregular, misses period	
Menses flow	Light		Bleed heavily, bright red		Scanty, clots, dark	
Appetite & thirst	Moderate, eats slowly		Excessive, sharp hunger, does not miss meals		Irregular, extreme, eats quickly	
COLUMN TOTALS						

CHARACTERISTIC	KAPHA		PITTA		VATA	
Taste Preferences	Warm, bitter, spicy, sweet		Cooling, sweet, bitter		Warm, sweet, sour, salty	
Morning mouth taste	Sweetish		Sour, metallic		Astringent, bitter	
Digestive power	Mild, slow		Strong, fast		Irregular, problem with gas	
Food tastes which create imbalance	Sweet, sour, salty, dairy		Salt, pungent, sour, hot		Bitter, astringent, pungent	
Food tastes which create balance	Pungent, bitter, astringent		Sweet, bitter, astringent		Sweet, sour, salty	
Food qualities which create balance	Warm, dry, light		Cold, heavy, dry		Heavy, oily, warm	
Food qualities which create imbalance	Oils, cold, heavy		Oily, hot, light		Cold, dry, light	
Best climate	Warm, mild		Cool		Warm, hot weather	
Worst climate	Cold, damp		Hot		Cold, windy	
Stool	Well-formed		Yellowish, well-formed		Hard, dark colored	
Bowel functions	Regular, once a day, slow		Regular, two times daily		Variable, diarrhea, constipation	
Face	Strong jaw, broad, muscular		Well-proportioned		Narrow, dry, irregular, or unbalanced	
Teeth	Strong/white		Medium-sized		Protruded, big, crooked, uneven, or buck	
Teeth sensitivity	No problems		Prone to cavities		Brittle, sensitive to cold & sweet	
Gums	Decay resistant		Soft, easily bleeds, canker sores		Emaciated	
Eye type	Large with large pupils, white sclera, long dense eyelashes		Proportional, light sensitive, yellowish sclera, short eyelashes		Small, dull, dry & close or far apart	
Eye color	Blue, milk chocolate		Green, light blue, red		Black, grey, slate blue, dark chocolate	
Hair quality	Smooth, oily, thick, straight		Wavy, fine		Dry, curly	
Hair color	Light-dark brown, medium blonde		Light brown, red, light blonde		Dark brown, black	
Skin characteristics	Thick, no skin problems		Delicate, irritable, rashes, pimples		Patchy, variable, chaps easily, bottom of feet tend to crack, eczema, psoriasis	
COLUMN TOTALS						

CHARACTERISTIC	KAPHA		PITTA		VATA	
Skin Color	White		Red, yellowish, coppery		Dark complexion	
Skin with age	Smooth, few wrinkles		Freckles, moles, pigmentation		Dry, flaky, cracked	
Skin response to sun	Tans evenly		Burns easily		Tans easily	
Nails	Strong, large, symmetrical		Soft, strong, well-formed, pink		Hard, brittle, or irregular	
Pulse quality	Slow, broad, cool		Firm, jumpy		Shallow	
Perspiration	Moderate		Profuse		Scanty, even in warm weather	
Strength	Strong, sturdy		Moderate		Variable to weak	
Voice	Low-pitched, resonant, drone		Intense, enthusiastic		High-pitched, wavering, or weak	
Vocal habit	Silent, speaks slowly		Vocal, good public speaker		Very talkative, but variable	
Pain tolerance	Would rather avoid pain		Moderate, faces pain		Low, sensitive to pain	
Worse from	Lack of exercise		Acid food & acid system		Wind, overexertion of any sort of emotional or physical extremes	
Travel	Likes to stay home		Adventurer with a purpose, explorer		Wanderer	
Natural immunity	Moderate		High		Weak	
Tendency for disease	Mucous accumulation, colds, flus		Inflammations, heart, skin		Body pain-frequent, nervous system, or muscle & joint problems	
Communication pattern	Slow, cautious communication, quiet		Concise, clear		Loves to talk a lot, gets off subject	
Personality trait	Serious, patient, regular		Strong, forceful		Chaotic, spacy, flexible	
Personality imbalance	Inertia, complacent, greedy, or stubborn		Domineering, angry		Ungrounded, poor life or task focus	
Emotions which create imbalance	Complacency		Anger, jealousy, grief		Fear, anxiety	
Mental state	Calm, steady		Intelligent, aggressive		Alert, restless, quick	
Humor	Serious, quiet humor, slow to laugh		Intense laugh, sharp, sarcastic, biting		Quick wit, joyful, punster	
Friendships	Few, steady, loyal		Utilitarian		Changes, brief, or many	
COLUMN TOTALS						

CHARACTERISTIC	KAPHA	PITTA	VATA
Competitiveness	Not aggressive	Very aggressive	Variable
Forgiveness	Slow to forgive, forgets with difficulty	May hold grudge with eventual forgiveness	Forgives & forgets easily
Ability to grasp information	Slow, comprehensive, but works logically with material once comprehended	Insightful, takes in information easily	Quick, makes theoretical connections
Mode of receiving information	Sensate, feeling, intuitive	Visual intake of information	Receive information auditorily, through intellect; auditory senses acute; noise level is painful
Follow-through	Completes everything, strong perseverance	Completes work quickly	Inconsistent, incomplete
Typical role in organizations	Bureaucrat	Executive leader, good organizer	Doesn't do well in organizations, inspirational, visionary
Concentration ability	Steady, strong	Moderate	Erratic, variable
Speech	Harmonious, slow	Sharp, cutting	Fast
Voice tone	Low-pitched	Medium-pitched	High-pitched, dissonant, cracks easily, hoarse
Emotional	Calm, or greedy	Irritable, or aggressive	Fearful, insecure, anxious
Temperament	Attached	Jealous, fiery	Impatient, fragile
Stress response	Insensitive, withdrawal, complacent	Anger, jealousy, hatefulness	Fear, anxiety, panic
Mental stability	Calm, tolerant, complacent	Irritable	Easily knocked off center
Mental Style	Stable, logical	Judging, artistic	Inspired, theoretical
Memory	Good long-term	Good short-term, moderate-long-term	Good short-term, weak long-term
Faith-commitment	Steady, loyal	Fanatical	Fickle, changeable
Financial style	Wealthy, frugal	Saves, buys luxuries when appropriate	Poor, spends quickly
Dreams	Water, romantic	Fire, violence, war	Fearful, flying, running
Sleep	Easy, long, deep, excessive	Short, sound	Insomnia, scanty, irregular, or grinds teeth
Stress tolerance	High	Medium	Low
COLUMN TOTALS			

CHARACTERISTIC	KAPHA		PITTA		VATA	
Type of appreciation	Grateful		Demonstrably appreciative		Fickle	
Life Style	Home-oriented, accumulates money		Well-organized, pragmatic life		Exciting, irregular lifestyle on every level	
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SUBTOTAL PAGE 4						
SUBTOTAL PAGE 3						
SUBTOTAL PAGE 2						
SUBTOTAL PAGE 1						
TOTAL						