**Ayurvedic Constitution Quiz**

**Determining your dominant Ayurvedic Psycho-physiological (Mind-Body)constitutional type:**

**Vata, Pitta, or Kapha**

The following simple test will give you a fairly good idea of the levels of your doshas. We have to remember that everyone has all three doshas, but in varying degrees. After reading each description, mark 0 to 7 in the box provided.

Please rate each question according to the following scale and fill in your scores below.

0-1 2 3-4 5 6-7

Does not Applies Applies Applies Applies

apply Rarely Sometimes Often Most of

the Time

**Evaluating My Vata**

**Physical Attributes:**

1. My physique is thin- I don’t gain weight easily.
2. I am active and quick.
3. My skin is usually dry, more so in winter.
4. My hands and feet are usually cold.
5. My energy fluctuates and comes in bursts.
6. I usually develop gas or constipation.
7. I usually have difficulty falling asleep or having a sound night’s sleep.
8. I am uncomfortable in cold weather.

**Mental, Emotional, and Behavioral Attributes:**

1. My nature is lively and enthusiastic.
2. I have difficulty memorizing things and remembering them later.
3. It is easy for me to learn new things quickly but I also forget quicky.
4. I am not good at making decisions.
5. I am anxious or worrisome by nature.
6. People think I am talkative and that I talk quickly.
7. I am usually emotional by nature and my moods fluctuate.
8. My mind is restless, but also imaginative.
9. I have irregular eating and sleeping habits.

**Total Vata: ­­­­­­­­\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Evaluating my Pitta**

**Physical Attributes:**

1. My hair is fine, straight, light, blonde, red, graying early or balding.
2. I don’t tolerate hot weather.
3. I sweat easily.
4. I can’t tolerate delaying or skipping a meal.
5. My appetite is very good and I can eat big meals.
6. My bowel movements are regular. I might have occasional loose stool 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.

**Mental, Emotional, and Behavioral Attributes:**

1. I consider myself efficient.
2. I try to be organized and accurate.
3. I have a strong will and my friends think I am stubborn.
4. I am impatient by nature.
5. I tend to become irritable or angry quite easily.
6. I try to be meticulous and am a perfectionist by nature.
7. I get angry easily, but I don’t hold a grudge.
8. I am usually critical of myself and others.

**Total Pitta:­­­­­­­­\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Evaluating My Kapha**

**Physical Attributes:**

1. It is easy for me to gain weight but difficult to lose.
2. Skipping meals is easy for me and does not cause any problems.
3. I tend to have congestion, mucus, or sinus problems.
4. I am a sound sleeper.
5. I have thick, oily, dark, wavy hair.
6. My skin is smooth and soft with an almost pale complexion.
7. My body frame is large and solid with a heavy bone structure.
8. My digestion is slow, so I feel full after eating.
9. I have a steady energy level with good endurance and strong stamina.

**Mental, Emotional, and Behavioral Attributes:**

1. I tend to be slow, methodical, and relaxed.
2. I need to sleep a minimum of eight hours to feel well the next morning.
3. By nature I am calm and composed. I don’t get angry easily.
4. I am not a quick learner but I am good at memorizing things and remembering them later.
5. Many people consider me affectionate, forgiving, and peaceful.
6. I usually oversleep and have difficulty waking up the next morning.
7. I am very reluctant to take on new responsibilities.

**Total Kapha:­\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**