

The Three Body Types

Identifying Your Constitution

To learn your basic Ayurvedic constitution type (called a “dosha”), please rate the following traits as they have pertained to you in the last 2 to 3 years.

Answer each number and be sure to put a number in all 3 blanks per line, even if it is “0”.

0 = Doesn't describe me at all
 1 = Describes me a little
 2 = Describes me quite well
 3 = Describes me almost perfectly

VATA

PITTA

KAPHA

1. My hair texture tends to be: Dry, curly Straight or wavy, shiny Thick or full bodied

2. My hair color is: Medium or or light brown Blond or reddish tone or early gray Dark brown or black

3. My skin tends to be: On the dry side Delicate or sensitive Oily or smooth

4. My complexion (when compared with others of my race) is: Darker More reddish or freckled Lighter

5. Compared with others of my height, I have: Smaller bones Average-size bones Larger bones

6. My weight is: Thin: I don't gain weight Average Heavy

7. My energy level: Tends to fluctuate, may be high or low Is moderate to high; I can push myself too hard Is steady

SUBTOTALS: VATA = PITTA = KAPHA =

VATA

PITTA

KAPHA

8. Regarding temperature, I: Dislike cold; am comfortable in heat Dislike heat, perspire easily, like cool temperatures Dislike damp and cold, can tolerate extremes well

9. My typical hunger level: Can vary from excessive to no interest in food Is intense; I need regular meals Is usually low but can be emotionally driven

10. I prefer my food/drinks: Warm or moist or oily Cold Warm or dry

11. I generally eat: Quickly Moderately fast Slowly

12. My sleep is most often: Interrupted, light Sound, moderate Deep, long

13. My sexual interest is: Strong when romantically involved; low to moderate otherwise Moderate to strong Slow to awaken but then is sustained

14. My emotional moods: Change easily; I'm very responsive Are intense; I'm quick-tempered Are even; I'm slow to anger

15. My general reaction to stress is: Anxious, fearful Irritated Mostly calm

16. With regard to money, I: Am easy and impulsive Am careful, but I spend Tend to save, accumulate

SUBTOTALS: VATA = PITTA = KAPHA =

VATA

PITTA

KAPHA

17. My way of learning is: _____ To learn quickly, enjoy more than one thing at a time
_____ To focus sharply, discriminate
_____ To take my time

18. With regard to tasks, I may: _____ Start a task, but not finish
_____ Finish what I start
_____ Tend to be methodical

19. My memory is: _____ Best in the short term
_____ Good overall
_____ Best in the long term

20. My way of speaking is: _____ Quick, often imaginative or excessive
_____ Clear, precise detailed, well-organized
_____ Soothing, calm

21. If there was one trait to best describe me, it would be: _____ Vivacious
_____ Determined
_____ Easygoing

22. Regarding my relationships, I: _____ Easily adapt to different kinds
_____ Often choose friends on the basis of their values
_____ Am slow to make new friends, but then I am loyal

23. My family and friends might prefer me to be more: _____ Settled
_____ Tolerant
_____ Enthusiastic

SUBTOTALS: VATA = _____ PITTA = _____ KAPHA = _____

Add each of the subtotals together for each dosha, then enter in the grand total for each one.

GRAND TOTALS VATA = _____ PITTA = _____ KAPHA = _____

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ASSESSING YOUR SCORE

If one column total is 15 or more points higher than the other two column totals, this is clearly your dominant constitutional type -- vata, pita or kapha.

If two of the column totals are 0 to 15 points apart, you are a dual-dosha constitutional type -- vata-pita (or pita-vata), pita-kapha (or kapha-pita), or vata-kapha (or kapha-vata).

If all three column totals are within 0 to 10 points of each other, you are a tri-dosha constitutional type (the most balanced type).

Birth Dosha: To determine your original constitutional type, take this test again, only answer the questions as they would have pertained to you as a child. Compare your present (acquired dosha) with your birth dosha.