

What Is Your Dosha?

(For each observation in the left column, indicate which quality or trait most pertains to you. Then calculate how many V's, P's and K's you have and which is your predominant constitution.)

Observations	 VATTA	 PITTA	 KAPHA	V/P/K
Body Frame	Thin	Medium Built	Large/heavy	
Body weight	Low	Medium	Overweight	
Chin	Thin, angular	Tapering	Rounded, double	
Cheeks	Wrinkled, sunken	Smooth flat	Rounded, plump	
Eyes	Small, sunken, dry, active, black, brown, nervous	Sharp, bright, gray, green, sensitive to light	Big, beautiful, calm, loving, long lashes	
Nose	Uneven shape, deviated septum	Long, pointed, red tip	Short rounded, button nose	
Lips	Dry, cracked, black/brown tinge	Red, inflamed, yellowish	Smooth, oily, pale, whitish	
Teeth	Stick out, big, roomy, thin gums	Medium, soft, tender gums	Healthy, white, strong gums	
Skin	Thin, dry, cold, rough, dark	Smooth, oily, warm, rosy	Thick, oily, cool, white, pale	
Hair	Dry, brown, black, knotted, brittle, scarce	Straight, oily, blond, gray, red, bald	Thick, curly, oily, luxuriant	
Nails	Dry, rough, brittle	Sharp, flexible, pink, lustrous	Thick, oily, polished, smooth	
Neck	Thin, tall	Medium	Big, folded	
Chest	Flat, sunken	Medium	Big, folded	
Belly	Thin, flat, sunken	Moderate	Expanded, round	
Hips	Slender, thin	Moderate	Heavy, big	
Joints	Cold, cracking	Moderate	Large, lubricated	
Appetite	Irregular, scanty/forgets to eat	Strong, unable to go long time without food	Slow but steady	

What Is Your Dosha?

(For each observation in the left column, indicate which quality or trait most pertains to you. Then calculate how many V's, P's and K's you have and which is your predominant constitution.)

Observations	 VATTA	 PITTA	 KAPHA	V/P/K
Digestion	Irregular, forms gas, bloated	Quick, causes burning. A lot if acid reflux and liquid stools	Prolonged, forms mucus	
Preferred Tastes	Sweet, sour, salty	Sweet, bitter, astringent	Bitter, pungent, astringent	
Thirst	Changeable	Surplus, always thirsty	Sparse, don't need much water	
Elimination	Constipation	Loose stools	Thick, oily, sluggish	
Physical Activity	Hyperactive	Moderate, but likes to move	Slow, not likely to get off the couch very often	
Mental Activity	Lots of thoughts	Able to focus and organize thoughts well	Dull, slow - good memory	
Emotions	Anxiety, fear, uncertainty	Anger, hate, jealousy (all fiery emotions)	Calm personality but tendencies towards attachment	
Intellect	Quick but faulty response - forgets a lot/can process details	Accurate response, very prompt and intelligent	Slow, exact	
Recollection	Recent good, poor long-term memory	Distinct	Slow and sustained	
Dreams	Quick, active, many, fearful dream and awakes often	Fiery, war, violence	Involving water, snow, romantic	
Sleep	Scanty, broken up, insomnia	Little, but sound	Deep, prolonged; hard to get out of bed in the morning	
Speech	Rapid, unclear	Sharp, penetrating	Slow, monotonous	
Financial	Poor, spends on trifles	Spends on luxuries	Rich, good money saver	
TOTAL:				

** Adapted from Ayurvedic Cooking for Self-healing by Usha and Dr. Lad*

Sylvia Alakusheva
 200-RYT | MSc. Clinical Nutrition
 Ayurvedic Nutrition Specialist
sylvia@treatmenttrainingwellness.com