

Ayurvedic Dosha Mini-test

Part I ~ Attributes Which do not Change & Childhood:

Characteristics which do not change. The choices that you pick here reveal your original metabolic body type. This is the body type that you were born with, and meant to experience the world in. Often lifestyle, diet, climate etc. can shift you out of balance (see part II, Attributes which change), with compromised immunity and health. The distribution of your answers will reveal your type as predominately one type, or a mixed type. This basic configuration VPK is where your health lies. Remember your numbers here and compare to Part II.

VATA

BODY STRUCTURE

- small, protruding bones
- Very tall or short, odd proportions, knock-kneed
- narrow hips
- narrow, thin shoulders
- thin as child, difficulty gaining weight
- hands & feet: thin, long or small

FACE & HEAD

- small forehead
- eyes grey or brown, irregular, unsteady, small; greyish sclera
- small, thin head
- nose - crooked, thin, small
- lips - small, thin, irregular
- teeth irregular, small or extra large, crooked
- chin & jaw receding, small, pointy
- complexion dark, brown or greyish undertones, tans easily
- neck small, thin, unsteady

total vata

PITTA

- moderate bones
- medium height, usually proportionate
- medium hips
- medium, balanced shoulders
- medium build as child
- hands & feet: medium

- medium forehead, receding hairline
- eyes sharp & penetrating; blue or hazel; red sclera
- medium sized head
- nose - medium, reddish, sharp
- lips - medium, reddish
- teeth even, medium, yellowish
- chin & jaw medium
- complexion fair, burns easily, moles & freckles
- neck medium

total pitta

KAPHA

- heavy, large bones
- stout
- broad hips
- broad, thick shoulders
- large build as child, gains weight easily
- hands & feet: large, thick, square toes and fingers

- large forehead
- eyes blue, black, liquid, large, 'doe-eyes', white sclera
- large head
- nose - large, fleshy, wide
- lips - full, pale
- teeth gleaming, white, large, even
- chin & jaw large or wide
- complexion clear, pale, white undertones
- neck thick, large, sturdy

total kapha

Part II ~ Attributes Which Change:

Characteristics That Change ~ this shows where your balance is now. Total your VPK here and compare them to your original VPK to see how you've shifted. Many of these characteristics are symptoms of imbalances and you may wish to be free of them.

VATA

- skin, feet and hands usually cold, craves warmth & humidity
- difficulty gaining weight
- gains weight around middle

- dry skin, chaps easily, prone to corns & callouses
- dry hair, lusterless, split ends

- tongue dry, cracked with greyish coating
- eyes often dry and scratchy
- bowel movements can be irregular, dry, constipated
- if ill; nervous disorders, sharp or migrating pain
- menses irregular, scanty flow, severe and painful cramps

- receding gums
- joints painful, unsteady, cracking or stiff
- thirst irregular
- appetite irregular
- sweat, lack of; astringent odor
- urine scanty, cloudy, colorless
- endurance poor
- resistance poor, tendency to acute allergies

total vata

PITTA

- skin, hands and feet usually warm to the touch
- gains or loses weight easily
- weight gain all over, muscle

- oily skin, prone to rashes & pimples
- oily or early grey hair, thinning or balding
- tongue reddish, yellow coating

- eyes often red or yellow tinged
- loose bowels, diarrhea, several movements per day
- if ill: fevers, rashes, inflammations
- may bleed heavily, loose stools may accompany period

- inflamed, bleeding gums
- joints hot, swollen, burning

- thirst strong, excessive
- appetite strong, excessive
- sweat profuse, acrid sharp odor
- urine profuse, yellow
- endurance medium
- resistance medium, prone to infections

total pitta

KAPHA

- skin cool but not cold
- gains weight easily
- weight hips & butt, pear shape

- thick skin, well lubricated

- thick, wavy hair, soft, dark brown
- tongue swollen, white coating

- tendency towards eye puffiness
- large, full movement once per day, mucus, itching
- if ill: swelling, fluid retention, mucus, congestion
- prone to water weight gain during menses, sentimentality, slight cramps if any
- thick gums
- joints loose, achy, watery swollen
- thirst slight
- appetite steady, slow sweat moderate, pleasant odor
- urine moderate
- endurance strong
- resistance strong

total kapha

Part III ~ Menal & Emotional Attributes

The mind attributes of each metabolic type demonstrates favorable and unfavorable characteristics. Vatas are creative thinkers but change their mind often. Pittas have good memory and organization skills but can tend toward snap decisions and aggressiveness in getting things done. Kaphas work well with routine and follow directions thoughtfully, but are slow to make decisions and can lack creativity. Knowing yourself and understanding how you think can save you much discomfort.

VATA

- short term memory good, forgets easily, lacks concentration
- dislikes routine, hard to structure
- difficulty with decision making,
- changes mind often
- restless, active, likes movement
- creative thinker
- multi-tasker, likes to do lots at once
- knows a lot of people, few close friends
- spends impulsively
- rapid speech, changes subjects, talks a lot
- experiences fear, anxiety
- dynamic, communicative
- can be self-destructive
- feelings and emotions change rapidly or easily
- flexible, takes change well
- dreams of flying, running, restless nightmares

total vata

PITTA

- learns fast, good memory
- enjoys planning and organizing esp own creations
- rapid decision making, sees things clearly
- aggressive, likes competitive activities
- organized thinker
- likes to organize and proceed orderly
- very selective, but creates warm friendships, makes enemies easily
- planned spending for achieving goals or luxuries
- speech sharp, orderly, serious, fluid
- experiences hate, jealousy, anger
- perceptive, caring
- can be destructive
- aggressive and expresses opinions even if not asked for
- tolerant, accepts things when no other choice
- dreams fast, passionate, in color, conflicts

total pitta

KAPHA

- learns more slowly, never forgets
- works well with routine
- takes time to make decisions
- calm, likes leisure activities
- prefers to follow a plan or idea
- resists change, new things, likes simplicity
- loyal with many friends
- spends reluctantly, likes to save
- slow, thoughtful speech, melodious voice
- experiences greed, attachment, sentimental
- harmonious, loyal, devoted
- can feel victimized
- avoids giving opinions, avoids conflict
- patient, accepts all
- dreams romantic, involve water

total kapha

SUMMARY: Part I: shows where we started constitutionally, and where you may need to return to 'feel ourselves'. Part II: shows our immediate state of balance and where we may need to modify through lifestyle changes. Part III shows our mind strengths and weaknesses, as well as possible negative emotions.