

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, thin, tapered
Joints	Well-lubricated	Average	Crack easily
Body Weight/Dynamic	Tends to gain weight easily/lose weight with difficulty	Maintains a steady weight, gain slowly or lose easily	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
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
Worse 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
COLUMN TOTALS	TOTAL:	TOTAL:	TOTAL:

Characteristic	Kapha	Pitta	Vata
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
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
Competitiveness	Not aggressive	Very aggressive	Variable
Forgiveness	Slow to forgive, forgets with difficulty	May hold grudge with eventual forgiveness	Forgives & forgets easily
COLUMN TOTALS			

Characteristic	Kapha	Pitta	Vata
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 Temperament	Calm, or greedy	Irritable, or aggressive	Fearful, insecure, anxious
Stress Response	Attached	Jealous, fiery	Impatient, fragile
Mental Stability	Insensitive, withdrawal, complacent	Anger, jealousy, hatefulness	Fear, anxiety, panic
Mental Style	Calm, tolerant, complacent	Irritable	Easily knocked off center
Memory	Stable, logical	Judging, artistic	Inspired, theoretical
Faith-commitment	Good long-term	Good short-, moderate-, long-term	Good short-term, weak long-term
Financial Style	Steady, loyal	Fanatical	Fickle, changeable
Dreams	Wealthy, frugal	Saves, buys luxuries when appropriate	Poor, spends quickly
Sleep	Water, romantic	Fire, violence, war	Fearful, flying, running
Stress Tolerance	Easy, long, deep, excessive	Short, sound	Insomnia, scanty, irregular, or grinds teeth
Type of Appreciation	High	Medium	Low
Life Style	Grateful	Demonstrably appreciative	Fickle
	Home-oriented, accumulates money	Well-organized, pragmatic life	Exciting, irregular lifestyle on every level
Subtotal Chart 3			
Subtotal Chart 2			
Subtotal Chart 1			
Totals			