

# Ayurvedic Medical Form

## Dosha Test (VATA, PITTA, KAPHA)

Each of us has all three Doshas within us, but one or two of them exert more influence over us than the others.

This QUESTIONNAIRE will help us to determine your doshic makeup.

You will find that one dosha dominates the other two, but more than likely you'll have two that vie for center stage. Answer the following questions in terms of your pattern or tendency over your lifetime, not necessarily your current state. This will help to discover your constitution.

Please circle a, b, or c.

### How Do You Perform Your Activities?

- a.) Quickly, with a lot of enthusiasm.
- b.) With medium speed, intensely.
- c.) More slowly and methodically.

### How Easily Do You Become Excited?

- a.) Very easily
- b.) Fairly easy
- c.) Not easily

### How quickly do you pick up new information?

- a.) Very quickly, usually the first time
- b.) Quite quickly
- c.) More slowly, prefer to review the material several times

Which of the following best describes your memory?

- a.) Good short-term, but tend to forget rather quickly
- b.) Medium, it depends
- c.) Good long-term

Which of the following best describes your digestion?

- a.) Quite easily upset, tendency for gas or bloating
- b.) Rarely a problem, can eat anything
- c.) Slow, stomach feels heavy long after meals

Which of the following best describes your appetite?

- a.) Erratic
- b.) Strong, do not like to skip a meal
- c.) Not very strong, easily skip a meal

How would you characterize your capacity for food intake?

- a.) Varies a lot
- b.) Can eat a lot at one time without undue discomfort
- c.) Low

Which of the following tastes do you prefer?

- a.) Sweet, sour, salty
- b.) Sweet, bitter, (e.g., split peas, corn, dried beans)
- c.) Hot & spicy, bitter, astringent
- d.) None of the above

Which of the following types of foods do you crave?

- a.) Warm, cooked foods and hot drinks
- b.) Cold foods and drinks
- c.) Dry, crunchy foods
- d.) None of the above

Which type of weather makes you most uncomfortable?

- a.) Cold
- b.) Heat
- c.) Cold and damp
- d.) None of the above

Which of the following best describes your sleep patterns?

- a.) Light sleeper, frequently awakened
- b.) Sound sleep, need 6-8 hours
- c.) Deep sleep, need more than 8 hours

Which of the following best describes your bowel habits?

- a.) Irregular, not every day
- b.) More than twice a day
- c.) Regular, every day

How would you describe your bowel movements?

- a.) Hard, dry stools
- b.) Loose stools
- c.) Formed stools
- d) Do they sink or float

How easily do you perspire?

- a.) Not easily, only when very hot
- b.) Easily, more than is comfortable
- c.) Very little

How would you describe the strength of your sexual drives?

- a.) Mild
- b.) Moderate
- c.) Strong

How do you feel inside when you run into some problem or difficulty?

- a.) Worried, mind moving back and forth, anxious
- b.) Irritated or angry
- c.) Calm, stable, and clear

What is your skin like?

- a.) Dry and rough
- b.) Normal looking
- c.) Oily

What is your temperament like?

- a.) Indecisive
- b.) Fiery
- c.) Slow and methodical

How would you describe your body type?

- a.) Thin, angular
- b.) Athletic, medium frame
- c.) Big-boned, powerful frame

What is your complexion usually like?

- a.) Darker, gray-bluish color
- b.) Pinkish or reddish color
- c.) Pale, light

How would you describe your mind?

- a.) Quick and restless
- b.) Sharp and aggressive
- c.) Calm, steady, and stable

How do you consider your confidence?

- a.) Timid
- b.) Outwardly self- confident
- c.) Inwardly confident

When threatened, how do you respond?

- a.) Run
- b.) Fight
- c.) Make peace

### Scoring

Add up your scores for each letter and if one letter has significantly more points than the other, the corresponding **Dosha** is probably most active in you. The most active **Dosha** is the one most likely to get out of balance.

### TOTAL SCORES

A. )VATA \_\_\_\_\_

B. ) PITTA\_\_\_\_\_

C. ) KAPHA \_\_\_\_\_

Dr. F. James Weston