

Determine your body type (dosha)!

Keep in mind that this test can only give you an idea about your constitution. However, a deeper understanding of your body type can only be determined by an ayurvedic doctor. Instead, use the information you get to get to know yourself better and to customize food and lifestyle habits to improve your overall health.

Mark with a one (1) next to the statement that you think suits you best. If two alternatives are equal, you can put half (0.5) a point on each.

It is best to do the self-assessment test twice. The first time you make your decisions based on what is going on in your life over the last five years. This determines your constitution (Prakriti). Fill in the test again and focus on how you have felt in the last two months. This determines your current state (Vikriti).

Count your score in each column (Vata, Pitta and Kapha). The more points the more dominant is the dosha.

	VATA	PITTA	KAPHA	VATA	PITTA	KAPHA
Body length	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	tall or very short	medium	short or tall or corpulent
Bone structure	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	sleek	medium	wide, strong
Body weight	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	low tendency to less weight	moderate, steady weight	heavy, tendency to overweight
Skin	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	cold & rough, bluish-brown, tends to be dry	warm & moist, pinkish-red, sensitive to heat	cold and moist, yellowish-white, tends to be oily
Hair	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	thin, silky & brown, dry & brittle	red, fine & soft, blonde early gray or bold	oily, dense, bushy and dark
Teeth	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	small & twisted teeth line	pink gums & steady teeth	firm & large teeth, white, oily gums
Nose	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	small, thin, sleek	medium, pointy	big and wide nose
Eyes	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	dancing eye balls, small, firm eye lashes, brown-black	steady sharp eyes, fine eyelashes,	attractive wie eyes, white eye ball, large bushy eye lashes, blue
Nails	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	small, brittle	soft, pinkish	big, oily, white
Lips	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	small	soft and red lips	large smooth lips
Chin	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	small, edgy	pointy	round, dubbel chin
Cheeks	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	wrinkly, hollow	smooth	rounded
Smell	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	very little	strong	pleasant
Joints	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	stiff, cracking	medium, soft	strong
Appetite	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	changeable, forgets to eat	strong hunger makes you angry	regular, can wait to eat
Thirst	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	needs to drink but forgets	strong, need a lot	medium, don't need much
Taste	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	sweet, sour, salty	sweet, bitter	bitter, spicy
Sweat	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	very little to non-existing	abundant, but short lasting	little first, then abundant
Toilet visit	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	newspaper / coffee, takes time	fast and efficient	reads, let it take time
Feces	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	little, tend to get dry, constipation, hard	tend to diarrhea, burning sensation	solid, heavy, sometimes mucus in stool
Urine	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	little, dark/brown	yellow, a lot	colorless, whitish

Diseases	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	joint pain, stiffness, reproductive &	fever, liver, stomach ulcers, migraine, skin	constipation, lungs, mucus conjunction in throat, heart
Action	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	hyperactive and quick	motivated and purposeful	slow and steady
Mental activity	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	artistic, creative, quick thinking	analyzing, intellectual, business	slow, care taking and thoughtful
Sex drive	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	strong desire but low energy	dominating and passionate	devoted and constant
Lifestyle	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	active, diverse, restless	intense, organised	routines, slow
Works	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	fast, flexibel, devided	energetic, determined	slow and methodical
Emotions	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	adaptive, fear, anxiety, restlessness	brave, determined anger, won't accept failure	dependent, dislikes changes, love, sympathy
Intellect	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	fast on surface, misunderstands	professional, intellectual, demanding, critical	slow to grasp but steady mind
Memory	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	good present memory, poor past memory, forgets easily	sharp and good memory	strong past memory, poor present memory
Learning	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	understands but forgets quickly	problem-solving	slow understanding, but remembers
Dreams	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	moving, travel, falling down	intense, fighting, aggressive	peaceful, water & natur, love
Sleep	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	shallow, wakes often, light interrupted sleep	moderate, difficulties falling asleep	deep, hard to wake up, can sleep long hours
Talk / Speech	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	nervous & quick, often forgets main points	confident & precise, interrupts people	profound, good listener but poor speaker
Temper	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	nervous, impulsive	irritation, motivated	calm, satisfied, konservative
Spending habits	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	big spender, impulsive, less control	purposeful, but indulgend	big savers
Stress reaction	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	anxiety attacks, hysteria, sleeping problems	anger, argument, frustration	introvert
Out of balance of	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	wind & cold, cold & dry food, irregular habits	sun & heat, spicy & hot food	cold & damp, inactivity, heavy & cold food

Total points:

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Every person consists of all three doshas. Often one of them dominates, but it may also be that there are as many as two (or more rarely three) doshas that dominate.

You will find more information about my different ayurvedic massage therapies or ayurveda yoga classes under www.patriciabohlen.com