

What is your Dosha

Please check any that apply and total at the end of each column.

	VATA (AIR)	PITTA (FIRE)	KAPHA (WATER)
Height	Very short or very tall	Medium	Short or tall and large
Frame	Thin frame, bony	Medium build	Thick, wide frame
Joints	Prominent, stiff, crack easily	Loose	Firm, large
Hair	Dry, thin	Thin, oily	Thick, oily, wavy, lustrous
Eyes	Small, dark brown or gray	Piercing, blue, gray or light brown	Large, light brown
Lips	Thin, tight	Medium	Full, large
Nails	Rough, brittle	Soft, pink	Soft, white
Skin	Dry, rough, thin	Warm, reddish in color and prone to irritation	Thick, moist and smooth
Weight	Light, hard to gain weight	Medium, can lose or gain weight easily	Heavy, hard to lose weight
Sweat	Scanty	Profuse but not enduring	Moderate but present even without exercises
Temperature	Hands and feet cold. Prefer warm environment	Warmed blooded. Prefer cool environment	Fine to most temperature. don't like cold and wet day
Sleep	Light	Short and sound	Oversleep
Appetite	Variable, nervous	High, excessive	Moderate but constant
Thirst	Low, scanty	High	Moderate
Immune functions	Low, variable	Moderate, sensitive to heat	Strong
Disease tendency	Pain, inflammation	Fever, edema	Congestion
Under Stress (mentally)	Anxious	Angry	Depressed
Under Stress (physically)	Constipation	Gastritis/Ulcers	Water retention
Activity	Restless, high	Moderate	Low, move slowly
Endurance	Easily exhausted	Moderate	Good stamina
Memory	Learn fast but forget	Keen memory	Slow but steady
Speech	Fast, frequent	Sharp, cutting	Slow melodious
Temperament in general	Intuitive, creative	Motivated, organized	Content, conservative
Negative emotion	Fearful	Jealous	Greedy
Inner nature	Adaptable	Courageous	Loving
	← Total VATA	← Total PITTA	← Total KAPHA