



## Dosha Self-Test

Think about each question and choose answer 'yes', 'partially' or 'no' to assign the points:

No	Partially	Yes
0	1	2

### Vata

- 1 I am lively and enthusiastic. \_\_\_\_\_
- 2 I am talkative. \_\_\_\_\_
- 3 I am easily fearful and worried. \_\_\_\_\_
- 4 I am mentally restless and curious. \_\_\_\_\_
- 5 My mind is frequently changing. \_\_\_\_\_
- 6 I have difficulty making decisions. \_\_\_\_\_
- 7 I am physically very active. \_\_\_\_\_
- 8 I walk quickly. \_\_\_\_\_
- 9 I'm a quick learner. \_\_\_\_\_
- 10 I am forgetful. \_\_\_\_\_
- 11 My body is rather thin, I do not gain weight easily. \_\_\_\_\_
- 12 My body is light weight. \_\_\_\_\_
- 13 My skin is dry and rough, especially in winter. \_\_\_\_\_
- 14 I often have cold hands and feet. \_\_\_\_\_
- 15 I prefer warm weather. \_\_\_\_\_
- 16 My hair is dry and wavy. \_\_\_\_\_
- 17 My appetite and hunger vary. \_\_\_\_\_
- 18 I am inclined to bloating and constipation. \_\_\_\_\_
- 19 I do not sleep quickly and wake up at night often. \_\_\_\_\_
- 20 My dreams often are anxious; of flying, jumping, running. \_\_\_\_\_

Total Vata Score: \_\_\_\_\_



**Pitta**

- 1 I have a sharp intellect. \_\_\_\_\_
- 2 I am inclined to perfectionism. \_\_\_\_\_
- 3 I like to work accurately and methodically. \_\_\_\_\_
- 4 I like to follow my ideas, I can also be stubborn. \_\_\_\_\_
- 5 I get impatient quickly. \_\_\_\_\_
- 6 I am irritated quickly and get out of balance. \_\_\_\_\_
- 7 I am short-tempered but calm down again soon. \_\_\_\_\_
- 8 My mind is fast in grasping, assertive and intelligent. \_\_\_\_\_
- 9 I am determined, at times fanatical. \_\_\_\_\_
- 10 My memory is accurate and well. \_\_\_\_\_
- 11 My body is of normal build. \_\_\_\_\_
- 12 I am active normally. \_\_\_\_\_
- 13 My skin is oily, soft and warm. \_\_\_\_\_
- 14 My hair is thin, silky, grays prematurely. \_\_\_\_\_
- 15 My eyes are sharp and piercing. \_\_\_\_\_
- 16 My appetite and thirst are strong. \_\_\_\_\_
- 17 My digestion is good, whatever I eat. \_\_\_\_\_
- 18 I feel uncomfortable when I skip a meal. \_\_\_\_\_
- 19 I am prone to heartburn. \_\_\_\_\_
- 20 I feel uncomfortable in very hot and humid weather. \_\_\_\_\_

Total Pitta Score: \_\_\_\_\_



## Kapha

- 1 People find my nature pleasant. \_\_\_\_\_
- 2 I am loving and tolerant. \_\_\_\_\_
- 3 I do not get angry easily and it is difficult to get me out of calmness. \_\_\_\_\_
- 4 I am steady and loyal. \_\_\_\_\_
- 5 Mentally I take things calmly and slowly. \_\_\_\_\_
- 6 I have an excellent memory. \_\_\_\_\_
- 7 I work constantly, not in a hurry. \_\_\_\_\_
- 8 I walk slowly and evenly. \_\_\_\_\_
- 9 I am inclined to lethargy. \_\_\_\_\_
- 10 My body is tall and athletic. \_\_\_\_\_
- 11 My body has tendency to gain weight easily. \_\_\_\_\_
- 12 My skin is oily, thick and cool. \_\_\_\_\_
- 13 My hair is oily, thick and curly. \_\_\_\_\_
- 14 If I'm busy, I can easily skip a meal. \_\_\_\_\_
- 15 I have big appetite and love to eat \_\_\_\_\_
- 16 I am prone to blocked sinuses. \_\_\_\_\_
- 17 I do not like cold, rainy weather. \_\_\_\_\_
- 18 My sleep is deep and long hours. \_\_\_\_\_
- 19 I need a minimum of 8 hours of sleep. \_\_\_\_\_
- 20 I do not like any change. \_\_\_\_\_

Total Kapha Score: \_\_\_\_\_



## Evaluation

Please put in the score for each Dosha here:

Vata Score

Pitta Score

Kapha Score

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

The higher the score of one Dosha, the more this individual Dosha is in your system. If two Doshas have the same (or similar) score you might have a mixed constitution. This constitutional type is found most frequently.

To learn more about the meaning of the different constitutional types and how to harmonise them, please visit the Dosha subpages (Vata, Pitta, Kapha) on [www.spice-harmony.com](http://www.spice-harmony.com).

Note: The self- test shows your general tendency of Doshas. For a exact diagnosis, we advise you to consult an Ayurvedic physician who is an expert in pulse diagnosis.