

Ayurvedic Questionnaire

Ayurveda- “The Science of Life” Evaluate Your Constitution

You are uniquely you, physiology, psychology, and chemically. Determining which dosha is dominant, will help you to obtain balance by customizing a food and lifestyle plan that’s best for you. This evaluation only works if you are answering being true to your **nature**. To take the test, read the description, mark 0-7 on the lines provided based on your first thought.

0 = Does not apply
7 = Always applies
1 2 3 = Applies to some degree
4 5 6 = Applies most of the time

1. Skin is usually dry, more in the winter months _____
2. My hair is fine, straight, light, blond, red, graying early or balding _____
3. I have thick, oily, dark, wavy hair _____
4. My skin is smooth and soft, almost pale complexion _____
5. I sweat easily _____
6. Hands and feet are usually cold _____
7. I often feel hot _____
8. Physique is thin, don't gain weight easily _____
9. I gain weight easily and I have a difficult time losing weight _____
10. My appetite is very good and I can eat large meals _____
11. I often develop gas or constipation _____
12. Spicy, hot foods upset my stomach or other areas _____
13. I can skip meals easily _____
14. My digestion is variable and delicate _____
15. Can't tolerate delaying or skipping a meal _____
16. My digestion is slow, I feel full after eating a small amount of food _____
17. I have a consistent appetite, neither strong, nor poor _____
18. I might have loose stools occasionally, but not much constipation _____
19. I have irregular eating and sleeping habits, or a sensitive and variable stomach and digestion _____
20. I'm quick moving, have a purposeful walk, and am active (type A personality) _____
21. I tend to be meticulous, and can become perfectionist _____
22. I am impatient/irritable by nature _____
23. I tend to be slow, methodical, and relaxed _____
24. I have a strong stamina, good endurance and a steady energy level _____
25. Energy fluctuates, comes in bursts _____
26. I am usually goal oriented, organized, disciplined, and accurate but can become a competitive and compulsive _____
27. I can have a mind is restless, but also imaginative _____
28. My communication is precise, convincing, or direct _____
29. By nature, I'm calm and composed. _____
30. Many people consider me affectionate, forgiving, and peaceful _____
31. I'm strong willed and others think I'm stubborn _____
32. I tend to become irritable or angry quite easily, but don't hold grudge's _____

33. I have difficult time memorizing things and remembering them later _____
34. I learn best by listening. _____
35. I am not a quick learner. I'm good at memorizing things and remembering them later _____
36. I am usually critical of myself and others. I can be critical and suspicious _____
37. I'm very reluctant to take on new responsibilities, commitments _____
38. I often have a difficult time falling asleep or sleeping thru the night _____
39. I would love to sleep in and have difficulty waking up the next morning _____
40. I consider myself to be efficient _____
41. By nature, I'm anxious or worrisome _____
42. Others think I'm talkative and that I talk quickly _____
43. I giving, reluctant, and can be passive at times _____
44. I am a sound sleeper and need to sleep a minimum of 8 hrs to feel well the next morning _____
45. I don't tolerate hot weather _____
46. My disease pattern consists of, or tendencies are; ulcers, skin conditions, and other inflammatory conditions. _____
47. I tend towards congestion, mucus or sinus problems _____
48. I can not over do myself and have a tendency toward fatigue _____
49. I tend to carelessly spend money or be compulsive _____
50. I splurge on luxuries occasionally. _____
51. I tend to be more frugal and conservative _____

Add #'s:

1

6

8

11

14

19

20

25

27

28

33

34

38

41

42

48

49

For Vata's Score:

Add #'s

2

5

7

10

12

15

18

21

22

26

31

32

36

40

45

46

50

For Pitta's Score:

Add #'s

2

4

9

13

16

17

23

24

29

30

35

37

39

43

44

47

51

For Kaph's Score
