



ASHISHVEDA DOSHA QUESTIONNAIRE

Assessing your present Body-Mind constitution (*Vikruti*)

Tick ALL the attributes in each column that most closely resemble your own. Then total the ticks in each column to see which *Dosha* predominate. Try to answer all questions for a more accurate assessment.

CHARACTERISTIC	VATA	PITTA	KAPHA
Body frame	Thin, Tall or Short, Bony	Moderate , Average development	Thick, Wide, Well developed body
Height	Very short, Very tall	Medium	Small & Stout Large & Stout
Body weight	Low, Can't keep weight on, may be heavy but fluctuating weight and spongy tissue	Moderate, muscular, well built	Overweight, hard to keep weight off
Body fat	Around the waist	Evenly distributed	Around thighs and buttocks
Muscles	Light muscles, stiffness of muscles, minute muscle twitching	Soft delicate muscles,	Heavy & firm muscles,
Hair on head	Black, Dry, Kinky, Coarse, Curly	Soft, Oily, Yellow, Early grey, Red	Thick, Oily, Wavy, Dark or Light, Abundant
Skin	Thin, Cold, Rough, Cracked, Dry, Brown, Black	Warm, Pink, Freckles, Acne, Moles, Moist, Red, Yellowish	Thick, Cold, Smooth, White, Soft, Moist, Oily, Odema, Fatty,
Eyes	small, dark, dry, nervous	sharp, bright, red, sensitive to light	Large, moist, calm
Lips	Small, dark, dry, cracked	Medium, soft, red	Large, velvety, moist
Teeth	not straight, thin gums	medium, straight, tender gums	large, strong, healthy, white
Fingers	small, long	Regular	Wide, plump
Nails	Brittle, dry, ridged, break easily	well formed, soft, pink, flexible sharp	strong, thick, smooth, oily
Hands and feet	Cold, dry	Warm, pink	Cool, damp
Joints	Cold, cracking	Moderate in size, warm/hot to touch	Large lubricated
Movement	Fast	Medium speed	Slow and steady
Speech	Fast, chaotic, interrupted	Sharp, clear and precise	Slow, monotonous, melodious



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Physical energy	Very active, erratic, comes in bursts	Moderate, driven by motivation	Lethargic, once motivated long lasting
Physical activity	Very active	Moderate	Lethargic
Mental energy	Restless, erratic, very active	Active, highly intellectual	Dull, slow, tends to be lazy
Mind	Restless, active	Aggressive, intelligent	Calm, slow
Strength/ exertion	Poor endurance, starts and stops	Medium, intolerant of heat	Strong, slow, good endurance
Emotions	Anxiety, fear, uncertainty, flexible, changeable	Impatience, anger, intolerance, jealousy, determined	Calm, possessive, obstinate, greedy
Sexual nature	Variable, strong desire but low energy	Moderate, passionate, dominating	Good sexual energy, low desire, takes a while to get aroused
Eating habits	Irregular	Regular	Snacks
Appetite	Variable, irregular	Strong, cannot miss meals	Steady, can miss meals
Taste	Sweet, sour, saline	Sweet, bitter, astringent	Pungent, bitter, astringent
Digestion	Irregular, forms gas	Quick, causes burning	Prolonged, forms mucus
Thirst	Variable	Excessive	Scanty
Urine	Scanty, difficult, colorless	Profuse, burning, yellow, strong odour	Moderate, whitish milky
Elimination	Constipation, small stools	Loose, yellow color	Thick, oily, sluggish
Sweat/body odour	Scanty, no smell	Profuse, hot, strong smell	Moderate, cold, pleasant smell
Sleep	Light, interrupted, 5-6 hours	Short, even, 6-8 hours	Long, deep, over 8 hours
Dreams	Quick, active, many, fearful	Fiery, war, passion	Lakes, snow, romantic, calm



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Memory	Good short term, quick to grasp, quick to forget	Medium, sharp, clear	Good long term, slow to grasp, never forgets
Mood	Changes quickly	Intense, changes quickly	Steady, non changing
Creativity	Rich in ideas	Inventive, technical	Methodical, business minded
Habits/ hobbies	Likes moving, traveling, dancing, laughter	Likes sports, politics, painting, competitive sports	Likes relaxing, water, sailing, flowers, business
Financial habits	Earns quickly, spends quickly	Spends money on luxuries	Rich, thrifty
Lifestyle/life pace	Erratic	Busy, regulated	Steady, slow
Faith	Changeable	Uncompromising, Fanatic	Steady
Resistance to disease	Poor, variable, weak immune system	Medium, prone to infections	Good, consistent, strong immune system
Disease tendency	Nervous system, pain, arthritis, mental disorders	Febrile diseases, infections, inflammatory diseases	Respiratory system, mucous, odema
Nature of pain	Severe-sharp, shocking, throbbing, colic	Moderate-burning, steaming, swelling, bleeding	Mild-dull, heavy, congestion
Sensitivity	Fear of cold, wind, sensitive to dryness	Fear of heat, dislikes Sun	Fear of cold & damp, likes wind & sun
Total			

References

- Frawley, D., 1999. *Yoga & Ayurveda. Self-Healing and self-realization*. U.S.A.: Lotus Press, Wisconsin.
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