

Dosha Questionnaire

Instructions:

1. For each category, please circle the option that best describes you.
 - a. Read across the page from left to right. For example, for the category ‘Mental activity’ -- circle ‘quick mind, restless’.
 - b. If you feel you can equally relate to more than one of the descriptions, circle all that apply to you.
2. When taking the questionnaire, select the description that best fits how you truly are. (Not as you are if you’ve been affected by recent events).
3. After finishing a profile: For each column, tally up how many descriptions you circled.
 - a. This number goes in the Subtotal row at the bottom of each profile.
4. After finishing the profiles, record all your profile totals in the Totals Chart on page 4.
5. Note the column you have the most points in, and then find the corresponding Dosha Type. You can read a little about your Dosha on the last pages of this questionnaire.

Remember to bring this with you to the workshop.

| MENTAL | | | |
|--------------------------------|-----------------------------------|--|---|
| Category | VATA | PITTA | KAPHA |
| Mental activity | Quick mind, restless | Sharp intellect, aggressive | Calm, steady, stable |
| Memory | Short-term best | Good general memory | Long-term best |
| Thoughts | Constantly changing | Fairly steady | Steady, stable, fixed |
| Concentration | Short-term focus best | Better than average mental concentration | Good ability for long-term focus |
| Ability to learn | Quick grasp of learning | Medium to moderate grasp | Slow to learn new things |
| Dreams | Fearful, flying, running, jumping | Angry, fiery, violent, adventurous | Include water, clouds, relationships, romance |
| Sleep | Interrupted, light | Sound, medium | Sound, heavy, long |
| Speech | Fast, sometimes missing words | Fast, sharp, clear-cut | Slow, clear, sweet |
| Voice | High pitch | Medium pitch | Low pitch |
| <u>Mental subtotal:</u> | _____ | _____ | _____ |

| BEHAVIORAL | | | |
|-----------------------------|--|--|--|
| Category | VATA | PITTA | KAPHA |
| Eating speed | Quick | Medium | Slow |
| Hunger level | Irregular | Sharp, needs food when hungry | Can easily miss meals |
| Food and drink | Prefers warm | Prefers cold | Prefers dry and warm |
| Achieving goals | Easily distracted | Focused and driven | Slow and steady |
| Giving/donations | Gives small amounts | Gives nothing, or large amounts infrequently | Gives regularly and generously |
| Relationships | Many casual | Intense | Long and deep |
| Sex drive | Variable or low | Moderate | Strong |
| Works best | While supervised | Alone | In groups |
| Weather preference | Aversion to cold | Aversion to heat | Aversion to damp, cool |
| Reaction to stress | Excites quickly | Medium | Slow to get excited |
| Financial | Doesn't save, spends quickly | Saves, but big spender | Saves regularly, accumulates wealth |
| Friendships | Tends toward short-term friendships, makes friends quickly | Tends to be a loner, friends related to occupation | Tends to form long-lasting friendships |
| Behavioral subtotal: | _____ | _____ | _____ |

| EMOTIONAL | | | |
|--------------------------------------|----------------|--------------------------|--------------------|
| Category | VATA | PITTA | KAPHA |
| Moods | Change quickly | Change slowly | Steady, unchanging |
| Reacts to stress with | Fear | Anger | Indifference |
| More sensitive to | Own feelings | Not sensitive | Others' feelings |
| When threatened, tends to | Run | Fight | Make peace |
| Relations with spouse/partner | Clingy | Jealous | Secure |
| Expresses affection | With words | With gifts | With touch |
| When feeling hurt | Cries | Argues | Withdraws |
| Emotional trauma causes | Anxiety | Denial | Depression |
| Confidence level | Timid | Outwardly self-confident | Inner confidence |
| Emotional subtotal: | _____ | _____ | _____ |

| PHYSICAL | | | |
|-------------------------------|--|---|-------------------------------------|
| | VATA | PITTA | KAPHA |
| Amount of hair | Average | Thinning | Thick |
| Hair type | Dry, coarse, curly | Normal, fine, soft | Oily, lustrous, wavy |
| Hair color | Light brown, blonde | Red, auburn | Dark brown, black |
| Skin | Dry, rough, or both | Soft, normal to oily, acne | Oily, moist, cool |
| Skin temperature | Cold hands/feet | Warm | Cool |
| Complexion | Darker, dull, brown | Pink-red, flushed, smooth, rosy, freckles | Pale |
| Eyes | Small, sunken, dry | Medium, irritated, sensitive to light | Large, calm, lucid, wide, prominent |
| Whites of eyes | Blue/brown | Yellow or red | Glossy white |
| Size of teeth | Very large or very small | Small-medium | Medium-large |
| Shoulder | Thin, small, flat, hunched | Medium | Broad, thick, firm |
| Weight | Thin, hard to gain | Medium | Heavy, gains easily |
| Appetite | Variable, erratic, scanty | Strong, sharp | Constant, slow & steady |
| Elimination | Dry, hard, thin, gas, easily constipated | Many during day, soft to normal | Heavy, slow, thick, regular |
| Sweat & body odour | Scanty, no smell | Profuse, strong smelling | Moderate, pleasant smell |
| Veins and tendons | Very prominent | Fairly prominent | Well covered |
| Physical subtotal: | _____ | _____ | _____ |

| FITNESS | | | |
|---------------------------|-----------------------------------|------------------------------|---|
| | VATA | PITTA | KAPHA |
| Exercise tolerance | Low | Medium | High |
| Endurance | Fair | Good | Excellent |
| Strength | Fair | Better than average | Excellent |
| Speed | Very good | Good | Not so fast |
| Competition | Doesn't like competitive pressure | Driven competitor | Deals easily with competitive pressure |
| Walking speed | Fast | Average | Slow and steady |
| Muscle tone | Lean, low body fat | Medium, with good definition | Brawny/bulky, with higher fat percentage |
| Runs like | Deer | Tiger | Bear |
| Body size | Small frame, lean or long | Medium frame | Large frame, fleshy, stocky, well-developed |
| Reaction time | Quick | Average | Slow |
| Fitness subtotal: | _____ | _____ | _____ |

TOTALS

Your Primary Dosha Type is the column you scored highest in.

| Profile | VATA | PITTA | KAPHA |
|---------------|-------|-------|-------|
| Mental | | | |
| Behavioral | | | |
| Emotional | | | |
| Physical | | | |
| Fitness | | | |
| <u>TOTAL:</u> | _____ | _____ | _____ |



Summary of Doshic Qualities

| | Vata | Pitta | Kapha |
|---|--|--|---|
| Season | Winter or Fall (dry, cold, windy) | Summer (hot) | Spring (moist, cool) |
| Governs | Nervous System | Digestion | Structure |
| Predominant Time of Day | 2:00-6:00 a.m.: Wake Up 2:00-6:00 p.m.: Think | 10:00 am - 2:00pm: Digest 10:00pm - 2:00am: Cleanse | 6:00-10:00 a.m.: Exercise 6:00-10:00 p.m.: Sleep |
| Taste/Qualities <i>Aggravating</i> | Pungent, Bitter, Astringent/ Light, Cold, Dry | Pungent, Sour, Salty/ Hot, Light, Dry | Sweet, Sour, Salty/ Heavy, Oily, Cold |
| Taste/Qualities <i>Balancing</i> | Sweet, Sour, Salty/ Heavy, Oily, Hot, Moist | Sweet, Bitter, Astringent/ Cool, Heavy, Oily | Pungent, Bitter, Astringent/ Light, Dry, Hot |
| Emotions | Balanced: Enthusiasm Imbalanced: Fear | Balanced: Intelligence Imbalanced: Anger | Balanced: Happy/Content Imbalanced: Depression |
| Beneficial Oils | Sesame, Almond, Apricot | Sesame, Coconut, Sunflower | Sesame, Olive |

VATA: Air & Ether

If left unbalanced it causes Pitta and Kapha to become imbalanced. Vata is the main driver or mover of the body, providing these functions:

- All eliminations: fetus, semen, feces, urine, and sweat.
- The lower abdomen, pelvis, and large intestine are the main residence of vata in the body. Also found in the brain, ears, bones, joints, skin, and thighs.
- Assists with metabolisms in the body (Agni), transformation of tissues.
- Controls movement in body (mental and physical) such as respiration, heartbeat, motivation, contraction of muscles, and natural urges.
- Relays all sensory input to the brain, motor functions.
- Governs nervous system.
- When vata is in excess we are prone to diseases of the large intestines, like constipation and gas, along with diseases of the nervous system, immune system, and joints. Also, dry skin and hair, brittle nails, confusion.
- Vata = quick mind, ready flexibility, creative resources; on the go mentally and/or physically.

PITTA: Fire & Water

Wherever there is transformation, there is Pitta. Pitta provides the following functions:

- Metabolism, from digestion of food to transformation of all other material.
- Thermogenesis – maintains the proper body temperature.
- The eyes are controlled mainly by Pitta, also the blood and sweat glands.
- Comprehension of information into knowledge / reasoning and judgment.
- Complexion – gives color and softness to skin.
- When pitta is in excess, we are prone to diseases of the small intestines, like diarrhea, along with diseases of the liver, spleen, thyroid, blood, skin, and eyes.
- Pitta = determination, strong will, good digestive fire, initiative, energy.

KAPHA: Earth & Water

Kapha is the heaviest of the three doshas. It provides the structures and the lubrication that the body needs. Kapha provides the following functions:

- Strength and energy.
- Moistness & Lubrication.
- Stability to add the necessary grounding aspect to both mind and body.
- Mass and structure to provide fullness to bodily tissues.
- Fertility & Virility.
- Kapha resides in the chest, sinuses, head, throat, nose, lungs, joints, mouth, stomach, lymph, and plasma.
- When kapha is in excess, we are prone to diseases of the stomach and lungs, most notably mucous conditions like colds, congestion, and sinusitis, along with diseases of water metabolism, such as swelling and water retention; also, diabetes.
- Kapha = strength, endurance, stamina, faith, groundedness, calm, fluidity, lubrication.