

Ayurvedic Constitution Quiz

Answer BASED ON YOUR LIFETIME, not the past 2 months. Add up your Xs under each column to determine your primary dosha(s). Remember that you are comprised of all 3, but one or two will likely be dominant. If 2 doshas are equal strong, you can check 2 boxes, but really consider your first inner response before checking more than one box. Understanding your dosha constitution is key to working with your strengths, weaknesses, diet and routines to cultivate optimal health and vibrancy.

	VATA DOSHA	PITTA DOSHA	KAPHA DOSHA	
Body Frame	Slight, thin, lanky	<input type="checkbox"/>	Medium, proportional	<input type="checkbox"/>
Weight	Loses weight easily, underweight or slim	<input type="checkbox"/>	Steady, consistent, not rail thin or stocky	<input type="checkbox"/>
Schedule	Irregular. Doesn't like to adhere to a routine.	<input type="checkbox"/>	Works long hours easily. Workaholic tendencies. Likes to have a routine.	<input type="checkbox"/>
Sleep	Light, restless, interrupted	<input type="checkbox"/>	Sleeps well, moderate # hours	<input type="checkbox"/>
Stamina	Tires easily/short bursts of energy	<input type="checkbox"/>	Moderate stamina/strong will	<input type="checkbox"/>
Preferences	Spontaneous, adventurous, and doesn't mind change of plans	<input type="checkbox"/>	Likes physical and intellectual challenges. Prefers to plan ahead and know what to expect.	<input type="checkbox"/>
Personality	Enthusiastic, creative, excitable	<input type="checkbox"/>	Disciplined, smart, ambitious, intense	<input type="checkbox"/>
Mental tendencies	Indecisive, easily scattered. In a group setting tends to be the "ideas" person.	<input type="checkbox"/>	Clear, focused, uncompromising. In a group setting, tends to be the leader.	<input type="checkbox"/>
Conflict makes me	Anxious, worried, fearful	<input type="checkbox"/>	Impatient, angry, frustrated	<input type="checkbox"/>
Memory	Learns fast, forgets fast	<input type="checkbox"/>	Sharp, quick, studious. Remembers what she/he wants to remember.	<input type="checkbox"/>
Speech	Talks quickly and skips around a lot	<input type="checkbox"/>	Articulate, clear communicator, can get snarky when provoked	<input type="checkbox"/>
Appetite	Irregular appetite and doesn't like routine eating times. Prefers to graze rather than eat a full meal.	<input type="checkbox"/>	Strong hunger/hangry when food isn't available. Often goes back for seconds when something tastes good.	<input type="checkbox"/>
Digestion	Gas, bloating, indigestion. Weak digestion.	<input type="checkbox"/>	Quick and moderately strong digestion. Tends towards acidity.	<input type="checkbox"/>
Stools	Tendency for harder and drier stools and constipation	<input type="checkbox"/>	Tendency loose, soft stools	<input type="checkbox"/>
Hips	Slender hips	<input type="checkbox"/>	Medium hips	<input type="checkbox"/>
Skin	Dry, thin, rough	<input type="checkbox"/>	Sensitive, gets red easily.	<input type="checkbox"/>
Hair	Dry, frizzy	<input type="checkbox"/>	Fine but may have a lot of hair, typically straight	<input type="checkbox"/>
Lips	Thin lips	<input type="checkbox"/>	Moderate size, red lips/palms/face	<input type="checkbox"/>
Eyes	Small, active eyes	<input type="checkbox"/>	Sharp, piercing, intense	<input type="checkbox"/>
TOTAL		0	0	0